

PREPARATION DRILL
1. Band and Pylon H-coast, 50.0m
2. Pylon Lunge H-coast, 50.0m
3. High Jumper H-coast, MODERATE
4. Pylon H-coast, 50.0m
5. Squat Lunge H-coast, 50.0m
6. Windmill H-coast, 50.0m
7. Pylon Lunge H-coast, 50.0m
8. Pylon Row H-coast, 50.0m
9. Banding Body Tied H-coast, 50.0m
10. Push-Up H-coast, MODERATE

4 FOR THE OGRE
1. Band Leg Press (30 seconds)
2. Pylon Bridge (30 seconds)
3. Band Bridge (30 seconds)
4. Quadruplex (30 seconds)

CONDITIONING DRILL 1
1. Pylon Jump H-coast, MODERATE
2. H-Up H-coast, MODERATE
3. Mountain Climber H-coast, MODERATE
4. Leg Tuck and Twist H-coast, MODERATE
5. Single Leg Stand H-coast, MODERATE

CONDITIONING DRILL 2
1. Pylon and Lunge H-coast, 50.0m
2. Squat Lunge H-coast, 50.0m
3. Pylon Lunge H-coast, MODERATE
4. Squat H-coast, 50.0m
5. H-Coast Pylon Lunge H-coast, MODERATE

CONDITIONING DRILL 3
1. Y-Squat H-coast, 50.0m
2. Single Leg Stand H-coast, 50.0m
3. Pylon H-Coast H-coast, MODERATE
4. Pylon H-Coast H-coast, MODERATE
5. Tuck Jump H-coast, 50.0m
6. Squat H-Coast H-coast, MODERATE
7. Pylon Lunge H-coast, MODERATE
8. Pylon Lunge H-coast, MODERATE
9. Pylon Lunge H-coast, MODERATE
10. Pylon Lunge H-coast, 50.0m

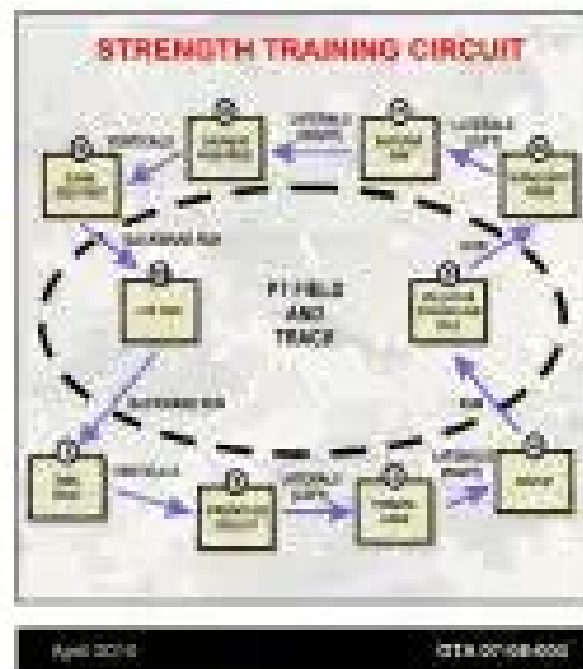
STRENGTH AND MOBILITY ACTIVITIES					
ACTIVITY	Touching Phase (ACT/OUT)	Swimming Phase (ACT/OUT)	Swimming Phase (ACT/OUT)	Swimming Phase (ACT/OUT)	Swimming Phase (ACT/OUT)
Conditioning Drill 1	1 rep	1-10 reps	1-10 reps	1-10 reps	1-10 reps
Conditioning Drill 2	1 rep	1-10 reps	1-10 reps	1-10 reps	1-10 reps
Conditioning Drill 3	1 rep	1-10 reps	1-10 reps	1-10 reps	1-10 reps
Push-Up & Sit-Up Drill	2 sets of 10-20 seconds	2-4 sets of 10-20 seconds	2-4 sets of 10-20 seconds	2-4 sets of 10-20 seconds	2-4 sets of 10-20 seconds
Conditioning Drill 1	1 rep	1-10 reps	1-10 reps	1-10 reps	1-10 reps
Conditioning Drill 2	1 rep	1-10 reps or hold	1-10 reps or hold	1-10 reps or hold	1-10 reps or hold
Strength Tag Circuit	1-2 rotations	1-2 rotations	1-2 rotations	1-2 rotations	1-2 rotations
Conditioning Drill	1 rep	1-10 reps	1-10 reps	1-10 reps	1-10 reps

CLIMBING DRILL 1
1. Stronger Arm Pull H-coast, MODERATE
2. Pylon H-coast, 50.0m
3. Pylon Lunge H-coast, MODERATE
4. Leg Tuck H-coast, 50.0m
5. Alternating Side Pull-Up H-coast, MODERATE

CLIMBING DRILL 2
1. Pylon H-coast, 50.0m
2. Pylon H-coast, 50.0m
3. Pylon H-coast, MODERATE
4. Leg Tuck H-coast, 50.0m
5. Alternating Side Pull-Up H-coast, MODERATE

SHOULDER DRILL
1. Shoulder Roll H-coast, 1-2 x 10 reps
2. Lunge H-coast, 1-2 x 10 reps
3. Shoulder Roll H-coast, 1-2 x 10 reps

RECOVERY DRILL
1. Overhead Arm Pull (20-30 seconds)
2. Pylon Lunge (30-40 seconds)
3. Pylon and Pylon (20-30 seconds)
4. Pylon H-coast (20-30 seconds)
5. Pylon Lunge (20-30 seconds)



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SJ Ball

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