



Name : jedidah
Sport : swimmer

Three month workout plan endurance and power (running , pulling and pushing) with EMOM and HIIT
(AI,1RM,KMPH and recovery)

january	focusing load ,A1 and 1RM (power)				january	1kmph (recovery and endurance)			january	EMOM and HIIT (power, recovery and endurance)			
1 week /1day	deadlift	clean and jerk	chest press	hang clean	1 week /2day	the 3 -2-1	the 3 -2-1	the 3 -2-1	1 week /3 day	push press	front squat	squat clean	barbell rowing
2 week /1 day	deadlift	clean and jerk	chest press	hang clean	2 week /2day	hills to help	hills to help	hills to help	2 week /3 day	push press	front squat	squat clean	barbell rowing
3 week /1 day	deadlift	clean and jerk	chest press	hang clean	3 week /2day	12 -3- 20	13 -3- 20	14 -3- 20	3 week /3 day	push press	front squat	squat clean	barbell rowing
4 week /1 day	deadlift	clean and jerk	chest press	hang clean	4 week /2day	Zwift's over /unders	Zwift's over /unders	Zwift's over /unders	4 week /3 day	push press	front squat	squat clean	barbell rowing

february	HIIT					february	24 minutes				february	HIIT				
1 week /1day	TRX Y-raises	Reverse Flyes	Eggbeater Kicks	Lat Pulldowns	Windshield Wipers	1 week /2day	deadlift	the 3 -2-1 *10	chest press	hang clean	1 week /3 day	Scapular retractions	Landmine Twists	Vertical Kicking	spiderman pushup	toe to bar

2 week /1 day	Breaststroke Pull Outs	TRX Y-raises	T-bar rows	Bulgarian Split Squats	Barbell hip thrusts	2 week /2day	12 -3- 20	clean and jerk	Eggbeater Kicks	T-bar rows	2 week /3 day	Battle Ropes	Dolphin Kicks	plyo pushup	Med Ball Rotational Throws	Reverse hyperextensions
3 week /1 day	single dumbbell snatch	RDL	TRX Pike	Swiss Ball Leg Curls	BandSwimmer's Row	3 week /2day	Zwift's over /unders	TRX Y-raises	squat clean	Reverse hyperextensions	3 week /3 day	single dumbbell snatch	RDL	TRX Pike	Swiss Ball Leg Curl	Band Swimmer's Rows
4 week /1 day	deadlift	clean and jerk	chest press	hang clean		4 week /2day	push press	front squat	hills to help	barbell rowing	4 week /3 day	push press	front squat	squat clean	barbell rowing	

march	EMOM					march	24 minutes					march	EMOM				
1 week /1day	Battle Ropes	Dolphin Kicks	plyo pushup	Med Ball Rotational Throws	Reverse hyperextensions	1 week /2day	TRX Y-raises	Reverse Flyes	Eggbeater Kicks	Lat Pulldowns	Windshield Wipers	1 week /3 day	deadlift	the 3 -2-1 *10	chest press	hang clean	
2 week /1 day	Breaststroke Pull Outs	TRX Y-raises	T-bar rows	Bulgarian Split Squats	Barbell hip thrusts	2 week /2day	Scapular retractions	Landmine Twists	Vertical Kicking	spiderman pushup	toe to bar	2 week /3 day	12 -3- 20	clean and jerk	Eggbeater Kicks	T-bar rows	
3 week /1 day	single dumbbell snatch	RDL	TRX Pike	Swiss Ball Leg Curl	Band Swimmer's Row	3 week /2day	Battle Ropes	Dolphin Kicks	plyo pushup	Med Ball Rotational Throws	Reverse hyperextensions	3 week /3 day	Zwift's over /unders	TRX Y-raises	squat clean	Reverse hyperextensions	
4 week /1 day	deadlift	clean and jerk	chest press	hang clean		4 week /2day	Breaststroke Pull outs	TRX Y-raises	T-bar rows	Bulgarian Split Squats	Barbell hip thrusts	4 week /3 day	push press	front squat	hills to help	barbell rowing	