

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          | focusin  | g load ,A1 a      | and 1RM (p     | ower)         | january         | 1kmph (                 | recovery and e          | ndurance)               | january          | EMOM and HIIT (power, recovery and endurance) |             |             |                   |  |  |
|------------------|----------|-------------------|----------------|---------------|-----------------|-------------------------|-------------------------|-------------------------|------------------|---|-------------|-------------|-------------------|--|--|
| 1week<br>/1day   | deadlift | clean and<br>jerk | chest<br>press | hang<br>clean | 1 week<br>/2day | the 3 -2-1              | the 3 -2-1              | the 3 -2-1              | 1 week<br>/3 day | push press                                    | front squat | squat clean | barbell<br>rowing |  |  |
| 2 week<br>/1 day | deadlift | clean and<br>jerk | chest<br>press | hang<br>clean | 2 week<br>/2day | hills to help           | hills to help           | hills to help           | 2 week<br>/3 day | push press                                    | front squat | squat clean | barbell<br>rowing |  |  |
| 3 week<br>/1 day | deadlift | clean and<br>jerk | chest<br>press | hang<br>clean | 3 week<br>/2day | 12 -3- 20               | 13 -3- 20               | 14 -3- 20               | 3 week<br>/3 day | push press                                    | front squat | squat clean | barbell<br>rowing |  |  |
| 4 week<br>/1 day | deadlift | clean and<br>jerk | chest<br>press | hang<br>clean | 4 week<br>/2day | Zwift's over<br>/unders | Zwift's over<br>/unders | Zwift's over<br>/unders | 4 week<br>/3 day | push press                                    | front squat | squat clean | barbell<br>rowing |  |  |

| february | y HIIT       |         |          |          |           |        |          | 24 mir   | nutes |       | february  | HIIT       |        |          |           |            |  |
|----------|--------------|---------|----------|----------|-----------|--------|----------|----------|-------|-------|-----------|------------|--------|----------|-----------|------------|--|
|          |              |         |          | Lat      |           |        |          |          |       |       |           | Scapular   | Landm  |          |           |            |  |
| 1week    |              | Reverse | Eggbeate | Pulldown | Windshiel | 1 week |          | the 3    | chest | hang  | 1 week /3 | retraction | ine    | Vertical | spiderman |            |  |
| /1day    | TRX Y-raises | Flyes   | r Kicks  | s        | d Wipers  | /2day  | deadlift | -2-1 *10 | press | clean | day       | S          | Twists | Kicking  | pushup    | toe to bar |  |

| 2 week | Breaststroke    | TRX       | T-bar | Bulgaria<br>n Split | Barbell     | 2 week |           | clean and | Eggbe<br>ater | T-bar     | 2 week /3 | Battle   | Dolphi<br>n | plyo   | Med Ball<br>Rotational | Reverse<br>hyperextensio |
|--------|-----------------|-----------|-------|---------------------|-------------|--------|-----------|-----------|---------------|-----------|-----------|----------|-------------|--------|------------------------|--------------------------|
| /1 day | Pull Outs       | Y-raises  | rows  | Squats              | hip thrusts | /2day  | 12 -3- 20 | jerk      | Kicks         | rows      | day       | Ropes    | Kicks       | pushup | Throws                 | ns                       |
|        |                 |           |       | Swiss               | BandSwi     |        | Zwift's   |           |               | Reverse   |           | single   |             |        |                        | Band                     |
| 3 week | single dumbbell |           | TRX   | Ball Leg            | mmer's      | 3 week | over      | TRX       | squat         | hyperexte | 3 week /3 | dumbbell |             | TRX    | Swiss Ball             | Swimmer's                |
| /1 day | snatch          | RDL       | Pike  | Curls               | Row         | /2day  | /unders   | Y-raises  | clean         | nsions    | day       | snatch   | RDL         | Pike   | Leg Curl               | Rows                     |
| 4 week |                 | clean and | chest | hang                |             | 4 week | push      | front     | hills to      | barbell   | 4 week /3 | push     | front       | squat  | barbell                |                          |
| /1 day | deadlift        | jerk      | press | clean               |             | /2day  | press     | squat     | help          | rowing    | day       | press    | squat       | clean  | rowing                 |                          |

| march            |                              | -                 | EMOM           |                                      |                                | march           |                               | 2                | 24 minute               | es                           |                                | march               | EMOM                       |                   |                    |                                |
|------------------|------------------------------|-------------------|----------------|--------------------------------------|--------------------------------|-----------------|-------------------------------|------------------|-------------------------|------------------------------|--------------------------------|---------------------|----------------------------|-------------------|--------------------|--------------------------------|
| 1week<br>/1day   | Battle<br>Ropes              | Dolphin<br>Kicks  | plyo<br>pushup | Med Ball<br>Rotation<br>al<br>Throws | Reverse<br>hyperexte<br>nsions | 1 week<br>/2day | TRX<br>Y-raises               | Reverse<br>Flyes | Eggbea<br>ter<br>Kicks  | Lat<br>Pulldown<br>s         | Windshiel<br>d Wipers          | 1<br>week<br>/3 day | deadlift                   | the 3 -2-1<br>*10 | chest press        | hang clean                     |
| 2 week /1<br>day | Breaststrok<br>e Pull Outs   | TRX<br>Y-raises   | T-bar<br>rows  | Bulgaria<br>n Split<br>Squats        | Barbell<br>hip<br>thrusts      | 2 week<br>/2day | Scapular retractions          | Landmin          | Vertical<br>Kickin<br>g | spiderma                     | toe to bar                     | 2<br>week<br>/3 day | 12 -3- 20                  | clean and<br>jerk | Eggbeater<br>Kicks | T-bar rows                     |
| 3 week /1<br>day | single<br>dumbbell<br>snatch | RDL               | TRX<br>Pike    | Swiss<br>Ball Leg<br>Curl            | Band<br>Swimmer<br>'s Row      | 3 week<br>/2day | Battle<br>Ropes               | Dolphin<br>Kicks | plyo<br>pushup          |                              | Reverse<br>hyperexte<br>nsions | 3<br>week<br>/3 day | Zwift's<br>over<br>/unders | TRX<br>Y-raises   | squat clean        | Reverse<br>hyperextension<br>s |
| 4 week /1<br>day | deadlift                     | clean and<br>jerk | chest<br>press | hang<br>clean                        |                                | 4 week<br>/2day | Breaststro<br>ke Pull<br>outs | TRX<br>Y-raises  | T-bar<br>rows           | Bulgarian<br>Split<br>Squats | Barbell<br>hip<br>thrusts      | 4<br>week<br>/3 day | push<br>press              | front<br>squat    | hills to help      | barbell rowing                 |