

Let Me Hear Your Body Talk!
Olivia Newton John Memorial Workout

HARD

HARDER

HARDEST

WARM UP

100 back 100 breast	150 back 150 breast	200 back 200 breast
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MAIN SET

Repeat 5x V-Up hold (w/pull buoy) for 30 sec Flutter kick against wall for 30 sec Dolphin kick for 1 min (50 yd) Vertical dolphin kick Shark shimmy for 30 sec	Repeat 5x V-Up hold for 30 sec Flutter kick against wall for 30 sec Dolphin kick on back for 1 min (50 yd) Vertical dolphin kick Shark shimmy for 30 sec	Repeat 5x V-Up hold for 30 sec Flutter kick against wall for 30 sec Dolphin kick on back for 1 min (50 yd) Vertical dolphin kick Shark shimmy for 30 sec
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Repeat 3x 50 pull on 3:30 On 25, do 10 air squats on pool deck Hold 2 seconds at bottom of each 50 kick on 3:30 On 25, do 30 sec plank on pool deck	Repeat 3x 100 pull on 3:30 On 75, do 10 air squats on pool deck Hold 2 seconds at bottom of each 50 kick on 3:30 On 25, do 30 sec plank on pool deck	Repeat 3x 125 pull on 3:30 On 75, do 10 air squats on pool deck Hold 2 seconds at bottom of each 75 kick on 3:30 On 50, do 30 sec plank on pool deck
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COOL DOWN

100 free	100 free	100 free
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