

Swimming May 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 BW Workout #3 Phase 3	2
3 Finals Week Recovery Stretch/Foam Roll	4 Finals Week BW Workout #1 Phase 4 Vibe Yoga 6pm ET	5 Finals Week Conditioning Workout #1 30 min Down Dog App Yoga	6 Finals Week BW Workout #2 Phase 4 Vibe Yoga 5pm ET	7 Finals Week Conditioning Workout #2 30 min Down Dog App Yoga	8 Finals Week BW Workout #3 Phase 4 Vibe Yoga 4pm ET	9 Finals Week 30-40 minute steady cardio run/bike/be active & sweat
10 Recovery Stretch/Foam Roll	11 BW Workout #1 Phase 4 Vibe Yoga 6pm ET	12 Conditioning Workout #3 30 nmin Down Dog App Yoga	13 BW Workout #2 Phase 4 Vibe Yoga 5pm ET	14 Conditioning Workout #4 30 min Down Dog App Yoga	15 BW Workout #3 Phase 4 Vibe Yoga 4pm ET	16 30-40 minute steady cardio run/bike/be active & sweat
17 Recovery Stretch/Foam Roll	18 BW Workout #1 Phase 5 Vibe Yoga 6pm ET	19 Conditioning Workout #1 30 min Down Dog App Yoga	20 BW Workout #2 Phase 5 Vibe Yoga 5pm ET	21 Conditioning Workout #2 30 min Down Dog App Yoga	22 BW Workout #3 Phase 5 Vibe Yoga 4pm ET	23 30-40 minute steady cardio run/bike/be active & sweat
24 Recovery Stretch/Foam Roll	25 BW Workout #1 Phase 5 Vibe Yoga 6pm ET	26 Conditioning Workout #3 30 min Down Dog App Yoga	27 BW Workout #2 Phase 5 Vibe Yoga 5pm ET	28 Conditioning Workout #4 30 min Down Dog App Yoga	29 BW Workout #3 Phase 5 Vibe Yoga 4pm ET	30 30-40 minute steady cardio run/bike/be active & sweat
31 Recovery Stretch/Foam Roll	Notes:					