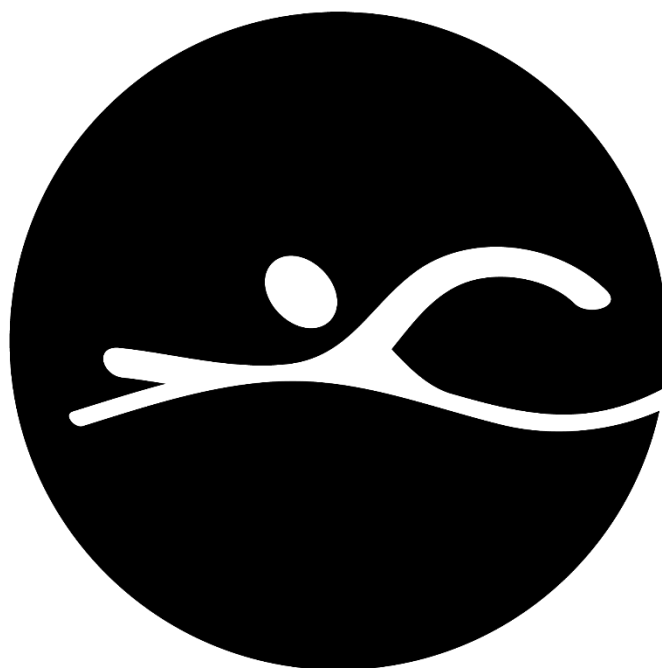




# SWIMMING



## Athlete Training Guide



## Week 1

### Nutrition Focus

Eating right is important to your health and your sports performance. Eating right can be easy and enjoyable because there are many delicious healthy choices. Your goal is to eat at least 5 total fruits and vegetables every day! Here some examples of meals you can have for breakfast, lunch, and dinner that are packed with fruits and vegetables:

- **Breakfast:** Try making a parfait! Start with some yogurt and add in granola, nuts, and your favorite fruits and you have a quick and healthy breakfast!
- **Lunch:** Swap out your peanut butter and jelly sandwich for a peanut butter and banana sandwich. Not only will this satisfy a fruit serving, but it is also lower in fat, calories, and sodium. Add in a side of baby carrots for a well-rounded meal.
- **Dinner:** At dinnertime add in a side salad to get a wide variety of vegetables.

### Training

1. Warm-up
  - a. 3-minutes of walking, then increase your speed and jog for 2 minutes
  - b. Stretch:
    - i. Arm Circles: 30 seconds forward, 30 seconds backwards. Start with small circles and slowly make them bigger and bigger
    - ii. Arm swings: 30 seconds. Pretend like you are giving yourself a big hug, then pull your arms back as far as you can. Repeat this for 30 seconds
    - iii. Butt kicks: 30 seconds. Kick your heels back as far as you can! Try and touch your heels to your bottom.
    - iv. Leg Swings: 30 seconds each leg. Kick your leg forward and back as far as you can. Be sure to hold on to something if you need help balancing.
    - v. Truck twists: 30 seconds. Without moving your feet twist your body to look over your right shoulder, then twist to look over your left shoulder. Repeat this for 30 seconds.
  - c. Dry-land training: dryland training stretches and strengthens the muscles used in swimming because it's just not possible to be in a pool at all times.
    - i. Flutter Kicks: 20 seconds on, 30 second break. Repeat twice. Lie flat on your back & place your hands at your side and lift your legs about two inches from the ground. Keep your legs straight and quickly flutter your legs about two inches up and down without touching the ground. This exercise will not only work your abs and legs but is also the kick needed for freestyle and backstroke.
    - ii. Jumping Jacks: 1 minute. Stand upright with your legs together, arms at your sides. Bend your knees slightly, and jump into the air. As you jump,



spread your legs to be about shoulder-width apart. Stretch your arms out and over your head. Jump back to starting position & repeat.

- iii. Squats: 2 sets of 15. Whenever you push off the wall you're basically doing a squat. Start with your feet shoulder width apart, bend your knees and lower your bottom until your knees are bent to 90 degrees (pretend like you are sitting down in a chair). Straighten your legs and repeat.
  - iv. Jump Rope: 30 seconds of jump rope with 15 seconds rest, repeat 3 times. If you don't have a jump rope just pretend and do small bunny hops
  - v. Planks: 30 second plank, 30 second rest, repeat twice. With your feet pressed into the ground, raise yourself onto your elbows. Make sure that you don't stick your butt in the air, or arch your back inwards. You want your body to form a straight line from your ankles to shoulders. Suck your belly button in towards your spine to fully engage your core.
  - vi. Repeat this entire circuit 2-3 times
- d. Cool down
- i. 5-minute walk
  - ii. Stretch:
    1. Standing Hamstring Stretch: Stand with your feet hip-width apart, & arms by your sides. Exhale as you bend forward at the hips, lowering your head toward floor. Hold for 30 - 45 seconds and roll up when you're done. Repeat 2-3 times
    2. Standing Quad Stretch: Bend your left knee and use your left hand to pull your left foot toward your butt. Keep your knees together. If you need to, put one hand on a wall for balance. Hold for 30-45 seconds & repeat on the other leg.
    3. Shoulder Stretch: Take your right arm straight across your chest and curl the left hand around your elbow, gently pulling on the right arm to deepen the stretch in the shoulders.
    4. Calf Stretch: Stand facing a wall a bit more than arm's length away. Put one foot forward with a bent knee, and the other one back with a straight knee. Using your arms to brace yourself against the wall, keep your belly firm and lean until you feel the stretch in the calf muscle of your back leg. Try to keep both feet flat. Hold it for 30 secs.
    5. Lying Knee-to-Chest Stretch: Lie on your back and pull one knee toward your chest until you feel a stretch in your lower back. Leave the other leg bent if you have low back pain. Hold it for 30 seconds and then switch legs.



## Week 2

### Nutrition Focus

Now you know fruits and vegetables are important for your health, but sometimes it can be difficult to know what other foods you should be eating. Here is a list of the other food groups and some great choices in each group that make up a healthy meal or diet.

- Grains:
  - Brown or Wild, or Unpolished Rice
  - Oatmeal
  - Whole Grain Bread & Pasta
- Dairy:
  - Low-fat or Skim Milk
  - Low-fat Cheese
  - Low-fat, unsweetened yogurt (watch the sugar!)
  - Cottage Cheese
- Protein:
  - Lean Meats
  - Eggs
  - Fish (frozen, fresh or canned)
  - Nuts

### Training

1. Warm-up
  - a. 3-minutes of walking, then increase your speed and jog for 2 minutes
  - b. Stretch:
    - i. Toe touches: 10 on each leg. Kick your leg out straight and try to touch it with your hand.
    - ii. Walking knee hug: 30 seconds. With each step raise your knee up to hip height and “hug” it with both arms, pulling it towards your belly
    - iii. Side Lunge: 10 on each side. Start standing with legs slightly wider than shoulder-distance apart and toes pointed forward. Shift your body weight to one leg bending the knee until it reaches a 90-degree angle and the other leg is straight. Glutes are pressing back behind you. Return to center and switch sides.
    - iv. Side arm raises: 30 seconds. Stand straight with your arms by your side. Reach up as high as you can and slowly lower them back down. Repeat
    - v. Arm Circles: 30 seconds forward, 30 seconds backwards. Start with small circles and slowly make them bigger and bigger



- vi. Side arm reaches: 5 per side. Stand and raise your left arm and place your right hand on your hip. Lean toward the right while keeping your hips still until you feel a stretch. Hold that position for 30 seconds and then switch sides

## 2. Dry-land training

- a. Sumo squats: 10 reps. Start in a standing position with your feet wide (wider than shoulder width) apart and your toes pointing at 45° angles. Drop into a squat, bending at the knees and sitting back. Keep your chest up and knees out. Keep lowering until your thighs are parallel to the ground (almost like you are sitting in a chair)
- b. Push-ups: 10 reps. Assume a face-down prone position on the floor. Keep your feet together. Put your hands with your elbows pointed towards your toes. Raise yourself using your arms. At this point, your weight should be supported by your hands and the balls of your feet. Make a straight line from your head to your heels. Lower yourself back to the ground and repeat. If this is too difficult you can do a modified push up by lowering your knees to the floor.
- c. Walking lunges – 10 each leg. Take a step forward with your right leg. Keeping your back straight, lower your body until both your front and back legs form 90-degree angles, and your knees are directly over your ankles. Pause, then take a big step forward with your left (back) leg. Continue alternating to move forward across the floor.
- d. Bicep Curls (using a gallon milk jug or another weight): 10 each arm. Stand with the weight in your hand, palm facing forward and arms to your side. Slowly bend your elbow and draw the weight upward until it is at shoulder height, or even touching your shoulder. Slowly lower the weight back to the starting position.
- e. Plank: 30 seconds. With your feet pressed into the ground, raise yourself onto your elbows. Make sure that you don't stick your butt in the air, or arch your back inwards. You want your body to form a straight line from your ankles to shoulders. Suck your belly button in towards your spine to fully engage your core.
- f. Jumping jacks: 30 reps. Stand upright with your legs together, arms at your sides. Bend your knees slightly, and jump into the air. As you jump, spread your legs to be about shoulder-width apart. Stretch your arms out and over your head. Jump back to starting position & repeat.
- g. Repeat this circuit 2-3 times

## 3. Cool down

- a. March in place: 2 minutes
- b. Arm-Cross Shoulder Stretch: 30 seconds on each side. Cross your left arm across your body at chest height, and use your right forearm to gently pull it to feel more of a stretch across your shoulder and back.



- c. Bicep stretch: 30 seconds. Sit on the floor with your feet flat and knees bent. Place your palms on the floor behind you with your fingers pointing away from your body. Keeping your hands in place, slowly slide your bottom away from your hands until you feel a stretch.
- d. Butterfly: 30 seconds. Bring the soles of your feet together, bring them in towards your body and lay your legs down toward the ground.
- e. Wide leg stretch: 30 seconds. Sit on the floor with legs straight. Make sure your feet are 2-3 feet apart. Exhale as you bring your chest towards one leg, reaching for your toes with your hands. Come back to center and repeat with the other leg.
- f. Cobra: 30 seconds. Lie on your stomach and use your hands to press your upper body and core up and off of the mat.



## Week 3

### Nutrition Focus

Now that you know what types of foods to eat here is how to build a healthy plate for a meal or for a snack.

- Watch the amounts of food you put on your plate
- Save junk food like desserts, chips and sodas for special occasions.
- Make half of your plate fruits or vegetables (see diagram below).
- Fill the other half with foods like whole grains, dairy, and protein.
- Add more fruits and vegetables to your meals.
- Keep snacks healthy and small.



### Training

1. Warm-up
  - a. Walk: 5 minutes
  - b. Stretch:
    - i. Arm swings: 30 seconds. Pretend like you are giving yourself a big hug, then pull your arms back as far as you can. Repeat this for 30 seconds
    - ii. Butt kicks: 30 seconds. Kick your heels back as far as you can! Try and touch your heels to your bottom.
    - iii. Leg Swings: 30 seconds each leg. Kick your leg forward and back as far as you can. Be sure to hold on to something if you need help balancing.
    - iv. Truck twists: 30 seconds. Without moving your feet twist your body to look over your right shoulder, then twist to look over your left shoulder. Repeat this for 30 seconds.
2. Workout: This week we are focusing on cardio. Go for a 20 minute run, either on a treadmill or outside. Walk if you need to but try and push yourself to run as much as you can.
3. Cool-down
  - a. Walk: 5 minutes
  - b. Standing Hamstring Stretch: Stand with your feet hip-width apart, & arms by your sides. Exhale as you bend forward at the hips, lowering your head toward floor. Hold for 30 - 45 seconds and roll up when you're done. Repeat 2-3 times



- c. Standing Quad Stretch: Bend your left knee and use your left hand to pull your left foot toward your butt. Keep your knees together. If you need to, put one hand on a wall for balance. Hold for 30-45 seconds & repeat on the other leg.
- d. Shoulder Stretch: Take your right arm straight across your chest and curl the left hand around your elbow, gently pulling on the right arm to deepen the stretch in the shoulders.
- e. Calf Stretch: Stand facing a wall a bit more than arm's length away. Put one foot forward with a bent knee, and the other one back with a straight knee. Using your arms to brace yourself against the wall, keep your belly firm and lean until you feel the stretch in the calf muscle of your back leg. Try to keep both feet flat. Hold it for 30 secs.
- f. Lying Knee-to-Chest Stretch: Lie on your back and pull one knee toward your chest until you feel a stretch in your lower back. Leave the other leg bent if you have low back pain. Hold it for 30 seconds and then switch legs.



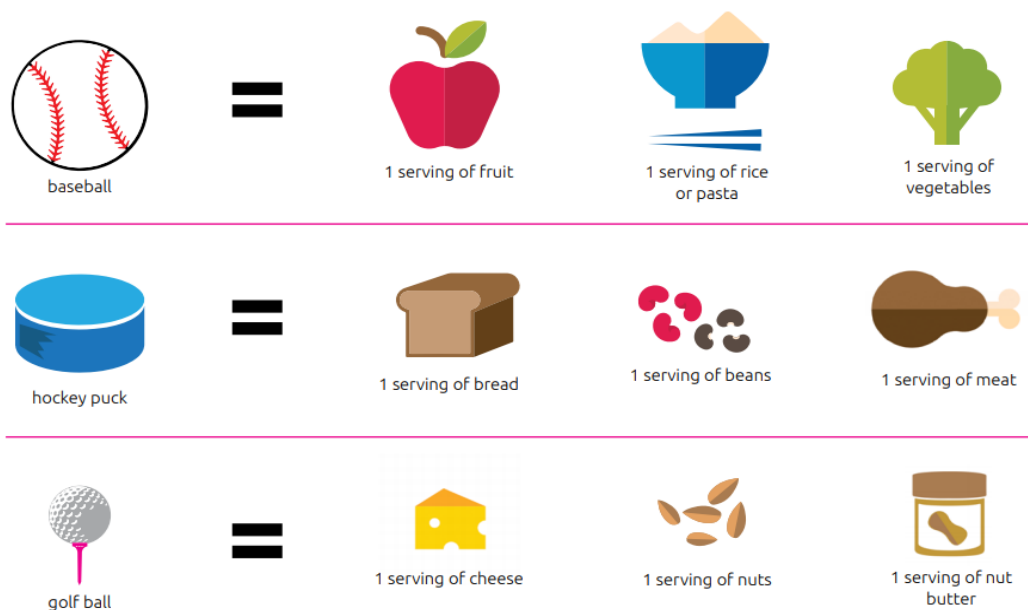


## Week 4

### Nutrition Focus

The amount of food you eat is one of the most important parts of building a healthy eating style. Choosing smaller portions can help you stay within your calories needs. Be aware of the amount of what you eat and drink during meals and snacks. Some commonly eaten foods can provide more calories than we realize. You can cut down on calories by choosing a smaller portion.

Here is a fun way to remember how much to eat when you have a serving. The size of sports equipment on the left is about the same size as one serving of the foods on the right:



### Training

1. Warm-up
  - a. 3-minutes of walking, then increase your speed and jog for 2 minutes
  - b. Stretch:
    - i. Arm Circles: 30 seconds forward, 30 seconds backwards. Start with small circles and slowly make them bigger and bigger
    - ii. Arm swings: 30 seconds. Pretend like you are giving yourself a big hug, then pull your arms back as far as you can. Repeat this for 30 seconds
    - iii. Butt kicks: 30 seconds. Kick your heels back as far as you can! Try and touch your heels to your bottom.
    - iv. Leg Swings: 30 seconds each leg. Kick your leg forward and back as far as you can. Be sure to hold on to something if you need help balancing.



- v. Truck twists: 30 seconds. Without moving your feet twist your body to look over your right shoulder, then twist to look over your left shoulder. Repeat this for 30 seconds.
2. Dry-land training: Do each exercise for 20, 30, or 45 seconds (20 = beginner, 30 = intermediate, 45 = advanced)
  - a. Push-ups: Assume a face-down prone position on the floor. Keep your feet together. Put your hands with your elbows pointed towards your toes. Raise yourself using your arms. At this point, your weight should be supported by your hands and the balls of your feet. Make a straight line from your head to your heels. Lower yourself back to the ground and repeat. If this is too difficult you can do a modified push up by lowering your knees to the floor.
  - b. Wall sit: Find a flat, bare wall. Make sure your back is flat against the wall and set your feet about shoulder-width apart and then about 2 ft out from the wall. Slide your back down the wall, bending your legs until they're in a 90 degree angle— or as close as you can get! Your knees should be directly above your ankles, but no more forward. Hold this position for 45 seconds.
  - c. High knees: Stand with your feet hip-width apart. Lift up your left knee to your chest. Switch to lift your right knee to your chest. Continue the movement, alternating legs and moving at a jogging or running pace.
  - d. Triceps dips: Place your hands on a chair or a low table, with your back to the chair. Put your legs straight out while balancing on your palms. Bending from your elbows, lower as far as you can, then press up to the original position.
  - e. Side Lunges: With your bodyweight in your heels and your toes facing forwards, step to the left in a deep lateral lunge, keeping your knee above your toes. Alternate legs.
  - f. Repeat this circuit 2-3 times
3. Cool down
  - a. March in place: 2 minutes
  - b. Arm-Cross Shoulder Stretch: 30 seconds on each side. Cross your left arm across your body at chest height, and use your right forearm to gently pull it to feel more of a stretch across your shoulder and back.
  - c. Triceps stretch: Lift your elbows up toward your ears and then draw them down and back. Extend your right arm to the ceiling, then bend at the elbow to bring the right palm toward the center of your back, resting your middle finger along your spine. Use your left hand to push your elbow down.
  - d. Butterfly: 30 seconds. Bring the soles of your feet together, bring them in towards your body and lay your legs down toward the ground.
  - e. Wide leg stretch: 30 seconds. Sit on the floor with legs straight. Make sure your feet are 2-3 feet apart. Exhale as you bring your chest towards one leg, reaching for your toes with your hands. Come back to center and repeat with the other leg.



## Week 5

### Nutrition Focus

Snacking is a great way to make sure you are full of energy. It is important to keep your snacks healthy. Here are a few ideas for tasty snacks that are packed with fruits and vegetables.

- Apple slices dipped in peanut butter
- Low-fat unsweetened yogurt with berries
- Low-fat cottage cheese with tomatoes or fruit
- Carrots or peppers dipped in hummus
- Celery topped with peanut butter and raisins

### Training

1. Warm-up
  - a. March in place: 2 minutes, pick up the pace and pick up the knees for 1 minute of high knees
    - iii. Jump rope: 1 minute. If you don't have a jump rope just pretend and do small bunny hops
  - b. Stretch:
    - i. Front to back leg swings: 10 per leg
    - ii. Side to side leg swings: 10 per leg
    - iii. Arm swings: 30 seconds. Pretend like you are giving yourself a big hug, then pull your arms back as far as you can. Repeat this for 30 seconds
    - iv. Truck twists: 30 seconds. Without moving your feet twist your body to look over your right shoulder, then twist to look over your left shoulder. Repeat this for 30 seconds.
2. Dry-land training: Complete the following circuit 3 times, resting one minute between each round. For more of a challenge complete the circuit 5 times.
  - a. Shoulder Press: 10 per arm. Grab your weigh (or milk jug) and Sit on an in a chair. Bend your elbow and raise your arm to shoulder height. Press the weight directly upwards until your arm is straight above your head. Lower your arm back down to shoulder height and repeat.
  - b. 20 Jumping jacks: Stand upright with your legs together, arms at your sides. Bend your knees slightly, and jump into the air. As you jump, spread your legs to be about shoulder-width apart. Stretch your arms out and over your head. Jump back to starting position & repeat.
  - c. 5 Burpees: Stand with your feet shoulder width apart. Bend at your hips and knees to lower yourself into a squatting position. Place your hands on the floor in front of you. Keep your hands close together so they are directly under your shoulders. Kick your feet back so that you are in the plank position. Jump both



feet back behind you at the same time (for a modified burpee walk your feet back instead of jumping). Once you are in the plank position, carefully lower your chest all the way down to the floor. Press up with your arms and jump your feet forward. Keep your hands flat on the ground and push off from the ground with your hand as you hinge forward at the hips and jump your feet towards your chest and stand up (to add difficulty add in a jump after standing and move right into the next rep).

### 3. Cool-down

- a. Modified jump rope: 1 minute. Lift one heel up off the ground and tap it on the floor while rotating your hands in a circular motion, repeat this on the other side with your other foot.
- b. Standing Hamstring Stretch: Stand with your feet hip-width apart, & arms by your sides. Exhale as you bend forward at the hips, lowering your head toward floor. Hold for 30 - 45 seconds and roll up when you're done. Repeat 2-3 times
- c. Shoulder Stretch: Take your right arm straight across your chest and curl the left hand around your elbow, gently pulling on the right arm to deepen the stretch in the shoulders.
- d. Calf Stretch: Stand facing a wall a bit more than arm's length away. Put one foot forward with a bent knee, and the other one back with a straight knee. Using your arms to brace yourself against the wall, keep your belly firm and lean until you feel the stretch in the calf muscle of your back leg. Try to keep both feet flat. Hold it for 30 secs.
- e. Lying Knee-to-Chest Stretch: Lie on your back and pull one knee toward your chest until you feel a stretch in your lower back. Leave the other leg bent if you have low back pain. Hold it for 30 seconds and then switch legs.



## Week 6

### Nutrition Focus

Water is another important fuel for sports and for life. Drinking the right amount of water is important for your health and can also help your athletic performance. Your goal is to drink 5 bottles of water every day! Your water bottle should be 16-20oz.

Water helps to keep your body working properly. You lose water when you go to the bathroom, sweat, exercise or even breathe. If you lose too much water without drinking more, your body won't work as well. This is called dehydration. Signs of Dehydration include: •

- You feel thirsty
- You are tired or sluggish
- You have a headache
- Your mouth is dry
- Your urine is dark yellow or brown

**Staying hydrated is easy when you know the best times to drink water!** Use the guide below to help you reach your goal every day.





## Training

1. Warm-up
  - a. Walk: 5 minutes
  - b. Stretch:
    - i. Arm swings: 30 seconds. Pretend like you are giving yourself a big hug, then pull your arms back as far as you can. Repeat this for 30 seconds
    - ii. Butt kicks: 30 seconds. Kick your heels back as far as you can! Try and touch your heels to your bottom.
    - iii. Leg Swings: 30 seconds each leg. Kick your leg forward and back as far as you can. Be sure to hold on to something if you need help balancing.
    - iv. Truck twists: 30 seconds. Without moving your feet twist your body to look over your right shoulder, then twist to look over your left shoulder. Repeat this for 30 seconds.
2. Workout: This week we are focusing on cardio. Go for a 20-minute run, either on a treadmill or outside. Walk if you need to but try and push yourself to run as much as you can.
3. Cool-down
  - a. Walk: 5 minutes
  - b. Standing Hamstring Stretch: Stand with your feet hip-width apart, & arms by your sides. Exhale as you bend forward at the hips, lowering your head toward floor. Hold for 30 - 45 seconds and roll up when you're done. Repeat 2-3 times
  - c. Standing Quad Stretch: Bend your left knee and use your left hand to pull your left foot toward your butt. Keep your knees together. If you need to, put one hand on a wall for balance. Hold for 30-45 seconds & repeat on the other leg.
  - d. Shoulder Stretch: Take your right arm straight across your chest and curl the left hand around your elbow, gently pulling on the right arm to deepen the stretch in the shoulders.
  - e. Calf Stretch: Stand facing a wall a bit more than arm's length away. Put one foot forward with a bent knee, and the other one back with a straight knee. Using your arms to brace yourself against the wall, keep your belly firm and lean until you feel the stretch in the calf muscle of your back leg. Try to keep both feet flat. Hold it for 30 secs.
  - f. Lying Knee-to-Chest Stretch: Lie on your back and pull one knee toward your chest until you feel a stretch in your lower back. Leave the other leg bent if you have low back pain. Hold it for 30 seconds and then switch legs.



## Week 7

### Nutrition Focus

There are many beverage options available, but some of them are healthier choices than others.

- Sodas, energy drinks, and sports drinks are NOT good beverage choices because they have extra sugar and can make you gain weight. Energy drinks and many sodas also have caffeine. Caffeine does not help you stay hydrated.
- 1. Moderate amounts of low-fat milk and 100% juice are also good choices in small amounts. Low-fat milk and 100% fruit juice are good choices with meals. Keep serving sizes small. No more than 3 cups of milk and 1 cup of juice per day.
- 2. Water is the best choice for a beverage! Drink water every day! If you like flavored drinks, try sparkling water or add a few pieces of fruit into your water bottle.

### Training

1. Warm-up
  - a. 3-minutes of walking, then increase your speed and jog for 2 minutes
  - b. Stretch:
    - i. Arm Circles: 30 seconds forward, 30 seconds backwards. Start with small circles and slowly make them bigger and bigger
    - ii. Arm swings: 30 seconds. Pretend like you are giving yourself a big hug, then pull your arms back as far as you can. Repeat this for 30 seconds
    - iii. Butt kicks: 30 seconds. Kick your heels back as far as you can! Try and touch your heels to your bottom.
    - iv. Leg Swings: 30 seconds each leg. Kick your leg forward and back as far as you can. Be sure to hold on to something if you need help balancing.
    - v. Truck twists: 30 seconds. Without moving your feet twist your body to look over your right shoulder, then twist to look over your left shoulder. Repeat this for 30 seconds.
2. Dry-land training: dryland training stretches and strengthens the muscles used in swimming because it's just not possible to be in a pool at all times.
  - a. Flutter Kicks: 20 seconds on, 30 second break. Repeat twice. Lie flat on your back & place your hands at your side and lift your legs about two inches from the ground. Keep your legs straight and quickly flutter your legs about two inches up and down without touching the ground.
  - b. Jumping Jacks: 1 minute. Stand upright with your legs together, arms at your sides. Bend your knees slightly and jump into the air. As you jump, spread your



legs to be about shoulder-width apart. Stretch your arms out and over your head. Jump back to starting position & repeat.

- c. Squats: 2 sets of 15. Whenever you push off the wall, you're basically doing a squat. Start with your feet shoulder width apart, bend your knees and lower your bottom until your knees are bent to 90 degrees (pretend like you are sitting down in a chair). Straighten your legs and repeat.
  - d. Jump Rope: 30 seconds of jump rope with 15 seconds rest, repeat 3 times. If you don't have a jump rope just pretend and do small bunny hops
  - e. Sit ups: 30 seconds. Lie down on your back, bend your legs and place feet firmly on the ground. Cross your hands to opposite shoulders or place them behind your ears, without pulling on your neck. Curl your upper body all the way up toward your knees. Once you are all the way to your knees slowly lower your upper body back down to the floor. Repeat
  - f. Repeat this entire circuit 2-3 times
3. Cool down
- a. 5-minute walk
  - b. Stretch:
    - i. Standing Hamstring Stretch: Stand with your feet hip-width apart, & arms by your sides. Exhale as you bend forward at the hips, lowering your head toward floor. Hold for 30 - 45 seconds and roll up when you're done. Repeat 2-3 times
    - ii. Standing Quad Stretch: Bend your left knee and use your left hand to pull your left foot toward your butt. Keep your knees together. If you need to, put one hand on a wall for balance. Hold for 30-45 seconds & repeat on the other leg.
    - iii. Shoulder Stretch: Take your right arm straight across your chest and curl the left hand around your elbow, gently pulling on the right arm to deepen the stretch in the shoulders.
    - iv. Calf Stretch: Stand facing a wall a bit more than arm's length away. Put one foot forward with a bent knee, and the other one back with a straight knee. Using your arms to brace yourself against the wall, keep your belly firm and lean until you feel the stretch in the calf muscle of your back leg. Try to keep both feet flat. Hold it for 30 secs.
    - v. Lying Knee-to-Chest Stretch: Lie on your back and pull one knee toward your chest until you feel a stretch in your lower back. Leave the other leg bent if you have low back pain. Hold it for 30 seconds and then switch legs.





## Week 8

### Nutrition Focus

Now that you have learned what food and drinks you should be consuming, let's look at how you can tell what's in the products you are buying. All packaged food and drinks come with a nutrition label meant to tell you exactly what you're consuming. Understanding what's in the foods you eat helps you make healthier choices.

Important parts of a food label:

- **Serving size:** Always start with the serving size amount, the rest of the information on the label is based on that. Pay attention to the serving size when you are preparing your meal. For example, if you buy a bag of pretzels and the label says that 1 serving is 15 pretzels, be sure to limit yourself to that amount.
- **Calories:** A calorie is a way to measure how much energy a food provides to your body. The number on the food label shows how many calories are in one serving of that food. The number of calories a person needs depends on their age, weight, gender, and activity level. Visit <https://www.lifespanfitness.com/fitness/resources/calories-calculator> to see how many calories you should consume each day.
- **Fat:** Our bodies need a little fat every day because it is an important source of energy. Unsaturated fats, which are found in vegetable oils, nuts and fish, are often called “good fats” because they don’t raise cholesterol levels. Saturated fats and trans fats are considered “bad” so you want to try and avoid products high in trans fats.
- **Fiber:** Fiber is important for your digestion. Fiber has no calories and can help you feel full. Ideally you should select foods that have at least 3 grams of fiber per serving.
- **Added Sugars:** An added sugar is a sugar type that doesn’t occur naturally within the product and has been added to sweeten the packaged food item. Try to avoid products with added sugars or look for smaller numbers.

<b>Nutrition Facts:</b>	
Serving size: 1oz (28g)	
Servings per container: about 14	
Amount/Serving	% DV*
Calories 150	Fat Cal. 80
<b>Total Fat 8g</b>	<b>12%</b>
Sat. Fat 1g	6%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 5mg</b>	<b>0%</b>
<b>Total Carb. 12g</b>	<b>3%</b>
Dietary Fiber 3g	12%
Sugars 10g	
<b>Protein 6g</b>	
Vitamin A 2%	Vitamin C 5%
Calcium 3%	Iron 6%
<i>*Percent Daily Values (DV) are based on a 2,000 Calorie diet.</i>	

**INGREDIENTS:** Cranberries (Sugar, Sunflower Oil), Dried Mango (Sugar, Citric Acid) [product of Thailand], Roasted Almonds (Sunflower Oil), Walnuts, Pumpkin Seeds [product of China].

**ALLERGY INFORMATION:** Contains Tree Nuts (Almonds, Walnuts). Manufactured in a facility that processes peanuts/tree nuts. Our products may contain occasional pit, shell pieces, and other naturally occurring objects.

### Training

1. Warm-up
  - a. 3-minutes of walking, then increase your speed and jog for 2 minutes



- b. Stretch:
  - i. Toe touches: 10 on each leg. Kick your leg out straight and try to touch it with your hand.
  - ii. Walking knee hug: 30 seconds. With each step raise your knee up to hip height and “hug” it with both arms, pulling it towards your belly
  - iii. Side Lunge: 10 on each side. Start standing with legs slightly wider than shoulder-distance apart and toes pointed forward. Shift your body weight to one leg bending the knee until it reaches a 90-degree angle and the other leg is straight. Glutes are pressing back behind you. Return to center and switch sides.
  - iv. Side arm raises: 30 seconds. Stand straight with your arms by your side. Reach up as high as you can and slowly lower them back down. Repeat
  - v. Arm Circles: 30 seconds forward, 30 seconds backwards. Start with small circles and slowly make them bigger and bigger
  - vi. Side arm reaches: 5 per side. Stand and raise your left arm and place your right hand on your hip. Lean toward the right while keeping your hips still until you feel a stretch. Hold that position for 30 seconds and then switch sides
2. Dryland training: for our last week of dryland training we are going to put together our cardio and strength workouts from the past 7 weeks.
  - a. Jog: 10 minutes either on a treadmill or outside. This is a shorter run than you’ve done in previous weeks so try not to take breaks to walk.
  - b. Sumo squats: 15 reps. Start in a standing position with your feet wide (wider than shoulder width) apart and your toes pointing at 45° angles. Drop into a squat, bending at the knees and sitting back. Keep your chest up and knees out. Keep lowering until your thighs are parallel to the ground.
  - c. Push-ups: 10 reps. Assume a face-down prone position on the floor. Keep your feet together. Put your hands with your elbows pointed towards your toes. Raise yourself using your arms. At this point, your weight should be supported by your hands and the balls of your feet. Make a straight line from your head to your heels. Lower yourself back to the ground and repeat.
  - d. Walking lunges – 10 each leg. Take a step forward with your right leg. Keeping your back straight, lower your body until both your front and back legs form 90-degree angles, and your knees are directly over your ankles. Pause, then take a big step forward with your left (back) leg. Continue alternating to move forward across the floor.
  - e. Plank: 30 seconds. With your feet pressed into the ground, raise yourself onto your elbows. Make sure that you don’t stick your butt in the air, or arch your back inwards. You want your body to form a straight line from your ankles to shoulders. Suck your belly button in towards your spine to fully engage your core.



3. Cool down

- a. March in place: 2 minutes
- b. Arm-Cross Shoulder Stretch: 30 seconds on each side. Cross your left arm across your body at chest height, and use your right forearm to gently pull it to feel more of a stretch across your shoulder and back.
- c. Butterfly: 30 seconds. Bring the soles of your feet together, bring them in towards your body and lay your legs down toward the ground.
- d. Wide leg stretch: 30 seconds. Sit on the floor with legs straight. Make sure your feet are 2-3 feet apart. Exhale as you bring your chest towards one leg, reaching for your toes with your hands. Come back to center and repeat with the other leg.
- e. Cobra: 30 seconds. Lie on your stomach and use your hands to press your upper body and core up and off of the mat.