



SWAT **TRIP**
 SACKVILLE WAVES AQUATIC TEAM
 across
 Canada



A Trip Across Canada - Meet the Swimmers

Newfoundland

Noah Cumby – Noah was a member of the 2018 Canadian Junior National Team which competed in Fiji at Junior Pan Pacific Champs where he won a bronze medal in the 4x100 Medley relay. Noah has just completed his second season at University, where he attends TCU and is a major player in the Sprint Freestyle Events for his school. Noah holds multiple NFLD Records, and was awarded as NFLD Athlete of the Year in 2017.

Nova Scotia

Jade Hannah – Jade hails from NS, and was a SWAT & HTAC Swimmer before she moved to Victoria to train at the Canadian Sport Centre. Jade has had incredible success at the Junior International level, including being an 8 time World Junior Champs Medalist. This past summer in Budapest, Jade won gold in the 100 and 200m Backstroke at Junior Worlds. In 2018 Jade got her first taste of Senior International experience travelling to Gold Coast Australia as part of the 2018 Commonwealth Games team, where her top placing was 7th in the 50m Backstroke. If you look at the NS record book, you will see Jade still holds many of our provincial records!

New Brunswick

Marianne Limpert – Marianne trained in Fredericton growing up and partly in preparation for the 1992, 1996 and 2000 Olympic Games. She won a Silver Medal in the 200IM at the 1996 Olympic Games in Atlanta. Over her 8 year + National Team Career Marianne stepped onto the international podium over 10 times, in her signature 200IM as well as 100fr, and many relay appearances for Team Canada.

Brooklyn Douthright – Brooklyn trains in Moncton with CVAC, and has been turning heads across Canada for several years. This past summer, Brooklyn was part of the Canadian Jr Team who competed in Budapest, at the 2019 World Junior Championships. Brooklyn left with 3 bronze medals as part of the 4x200Fr Relay, 4x100Fr Relay, and 4x100 Mixed Medley Relay.

PEI

Tom Ponting – Ponting is a 3x Olympian and 3x Olympic Medalist in the 4x100 Medley Relay (2 silver, 1 bronze). Tom's best stroke was butterfly and he broke 2 SCM World Records in the 4x100 medley relay swimming butterfly, as well as the individual 100m butterfly SCM World Record, in the early 1990's. You can now catch Tom on deck as the head coach for Charlottetown Bluefins!

Quebec – Montreal

Savannah King – Sav was born in BC, but is now part of the coaching staff at McGill University where she is completing graduate studies as well. Savannah represented Canada at the 2008 and 2012 Olympic Games, where she raced in her speciality, the 400m and 800m freestyles. Over her career, Savannah broke numerous Canadian Records both SCM & LCM in the 400, 800 & 1500m freestyle.

Ontario – Toronto

Kylie Masse – Kylie has been on an upward trajectory over the last 5 years. Kylie made her first International team in 2015, where she won gold in the 100bk at World University Student Games. From there, Kylie was a bronze medalist at the 2016 Rio Olympics (100bk) and was the first Canadian Swimmer to defend a World Championship Title by winning Gold in the 100bk in 2017 & 2019. Kylie also broke the LCM World Record in the 100bk in 2017, and has been Swimming Canada's Female Swimmer of the year for the last 3 seasons.

Penny Oleksiak – Penny broke onto the International stage at the 2016 Rio Olympics becoming the first Canadian to win 4 Medals at a Single Games (G = 100fr, S = 100fly, B = 4x100fr & 4x200Fr). Penny holds multiple Junior World Records, and has helped to transform the face of Canadian Swimming over the last 4 years. In addition to her Olympic Medals, Penny has achieved 8 other International Medals from World Champs & Commonwealth Games. Penny trains with many of her relay teammates at the High Performance Centre – Ontario.

Ontario – Kenora

Gabe Mastromatteo – Gabe competed at his first Senior International Competition this past summer, 2019 World Championships in Gwangju. However, Gabe has been a staple to the Canadian Junior Team for many years now, breaking countless Canadian Age Group National Records. In 2018, Gabe posted a gold medal finish in the 100br at Junior Pan Pacs, and took 2nd in the 50br at World Junior Championships in 2019. Gabe will be moving to Toronto in the fall to attend UofT and be part of their Varsity Team while he continues to work towards the Canadian Olympic Team.

Manitoba – Winnipeg

Chantal Van Landeghem – Born and Raised in Winnipeg, Chantal was a member of the 2016 Olympic Team winning a Bronze Medal in the 4x100 Free Relay. Chantal was a resilient athlete, who came back from a disappointing 2012 Trials where she missed the Olympic Team by 0.01 in the 50 Free! From there, Chantal went to the University of Georgia and in her Senior Year was awarded the Dean William Tate Award in recognition of a perfect 4.0 GPA. Chantal is currently finishing her PhD in Clinical Psychology at University of Manitoba.

Saskatchewan – Regina

Michael McGillivray – Michael swims for RODS in Regina and is a distance freestyle specialist. Last April at 2019 World Championship Trials Michael placed 2nd in the 1500 fr, and 3rd in the 800fr, earning a spot on the 2019 Canadian World Junior Championships Roster, which allowed him to compete in Budapest. Michael holds over 15 Saskatchewan Provincial Records. Michael was also picked by Swimming Canada last season to receive a Next-Gen Scholarship to help with training!

Bree Crookshanks – Bree is in her 3rd year of school and swimming at the University of Regina. This season Bree continued to break school and Sask Senior Records in all three breaststroke events (50, 100 & 200). Her top place this season was 4th at the USport National Champs in February. In Bree's 1st season at UofR she was part of the women's 4x100 Medley Relay which placed 3rd at USports, and was the first women's swimming relay medal in the school's history.

Alberta – Calgary

Tristan Cote – Tristan is a member of the University of Calgary Dino's and has been Canada's premier 400IM specialist for the last few years. Tristan has competed at the Senior International Level since 2015, attending 2 World Championships, 2 World University Student Games, 1 Commonwealth Games & 1 Pan Pacific team. Tristan is a consistent swimmer, posting personal best times at high level competitions, which is not always easy to do.

Cole Pratt – Cole made a decisive splash onto the Senior National Team last April coming 2nd in the 200bk at World Championship Trials. Cole did double duty last summer swimming at both World Championships in Gwangju and Junior World Champs in Budapest, leaving with a Bronze Medal in the 4x100 Medley Relay. Cole also broke his first Men's Canadian Senior Record in the SCM 200bk last December, while still being a junior swimmer. Look for Cole to be a huge player on the world scene in the coming years.

British Columbia – Vancouver

Brent Hayden – Brent has had an incredible career spanning many decades of success. Most recently Hayden came out of an 8 year retirement to attempt to make the 2020 Olympic Team. Brent was on track as he had been hitting personal best training times, and broke 22-seconds for the LCM 50fr already this season. Brent was the World Champion in the 100 Free in 2007 and also the bronze medalist in the 50fr and the 2012 London Olympics. Brent still holds the Canadian Senior Record for the 50fr.

British Columbia – Victoria

Ryan Cochrane – When you think of distance swimming in Canada, you think of Ryan Cochrane. Ryan was on the Senior National Team for 10 years, and earned a silver (2008) and a bronze (2012) Olympic Medal in the 1500fr. Ryan has won 8 medals at the World Championships, which is the most of any Canadian Swimmer to date. Ryan was also named Swimming Canada's Male Swimmer of the year for 8 years in a row from 2008 – 2015. Ryan now works in real estate in Victoria

A Trip Across Canada - Daily Itinerary

Day 1 – Site See: Noah’s Dryland Challenge

Favorite Dryland Exercise: Tricep Push-Ups

Signal Hill Tricep Push-Up Challenge

Complete 8 rounds of Tricep Push-ups, with a break in between.
Round 1 = 3 Tricep Push Ups
Round 2 – 8:

Miniwaves & Novice: add 1 more push-up each round.

Junior & Sr 2: add 2 more push-ups each round.

Sr 1. & Sr P: add 3 more push-ups each round.

Advice From Noah: “Always make sure you’re having fun, and not taking the sport so serious at a young age. Lots of time to be serious when you get older.”

Day 2 – Travel Day: NFLD → NS

Time to hop on the ferry taking you from NFLD to NS. You arrive in Cape Breton, and drive through the Cabot Trail en route to Halifax. The Cabot Trail is 298km long, full of winding roadways, paths ways, stairs and scenic views. Complete this circuit that incorporates your whole body to complete the Cabot Trial.

Miniwaves & Novice: 1 rep = 2 KM. Complete 1 round

Junior & Sr 2: 1 rep = 1 KM. Complete 2 rounds

Sr 1 & Sr P: 1 rep = 0.5KM. Complete 4 rounds

(40 Step Ups
30 Speed Skater Lunges
20 Push Ups
10 Leg Lift to Toe Touch
49 second plank

Day 3 – Site See: Jades’s Dryland Challenge

Favorite Dryland Exercise: V-Sit Rotation

The Citadel Hill V-Sit Rotation Challenge

Miniwaves & Novice: 5 minutes as 30 seconds on / 30 seconds off.

Junior & Sr 2: 5 minutes as 45 seconds on / 15 seconds off.

Sr 1 & Sr P: 6 minutes as 1 minute on / 15 seconds off.

**Slow and controlled movements, keep your legs still so that movement is coming from upper body only. Engaged core and flat backs!

Video Advice From Jade:

<https://www.youtube.com/watch?v=CBgDx-WiLqg>

Day 4 – Travel Day: NS → NB

Today we’ll travel to NB. Don’t forget to wave at the Mastodon as you pass it on the highway. The drive to NB is pretty short, so

today we’ll do shorter, high quality efforts, on your bike or running, your choice!

Miniwaves & Novice: 20 minutes as: 3 minutes HIGH effort, 2 minutes, lower recovery effort.

Junior & Sr 2: 30 minutes as: 4 minutes HIGH effort, 2 minutes, lower recovery effort.

Sr 1 & Sr P: 30 minutes as: 5 minutes HIGH effort, 1 minute, lower recovery effort.

Day 5 – Site See: Marianne’s Dryland Challenge

Favorite Dryland Exercise: Pilates & Yoga

The Freddybeach Pilates Challenge

Complete 10 reps of each exercise in the circuit. Depending on the Group, complete a different # of rounds!

Miniwaves & Novice: 2x through pilates circuit

Junior & Sr 2: 4x through pilates circuit

Sr 1 & Sr P: 6x through pilates circuit

Pilates Circuit

1. Double Leg Stretch
2. Scissor Kick
3. Teaser
4. Pendulum
5. Plank Leg Lift
6. Plank Rock
7. The 100 (inhale 5, exhale 5 = 1 rep)

Advice From Marianne: “I realize these are extraordinary circumstances. Obviously we’ve never been in a situation like this however, this is a great opportunity for swimmers and coaches to change things up a bit, get creative and do things they might not have done under ‘normal’ circumstances – and that obviously seems like what you’re doing here! This situation reminds me a bit of an experience I had relatively early during my swimming career (not during a pandemic, of course) and when I was looking to make my first Olympic team in 1992.

I had tendinitis in both shoulders for most of my swimming career and although I was mostly able to manage it, it would still flare up from time to time - and sometimes at the worst possible moments. One of those moments was a few months before the 1992 Olympic Trials. I had been training well and was looking forward to potentially qualifying for my first Olympics, which was a dream I had had since I was a little girl. All of a sudden, the pain in both shoulders became increasingly worse, to the point that I could not even lift my arms above shoulder-level. I was taking anti-inflammatory medications and going to physio but I was still in a lot of pain and could barely swim, let alone train at the level I needed to in order to prepare for Trials. My doctor finally said that the only way to settle down the inflammation was to rest my shoulders. While I was initially devastated and thinking

that my Olympic dream was fading away, my coach decided we were not giving up and we just needed to get creative. He pointed out that resting my shoulders/arms did not mean that I couldn’t still train - I would just do all of it using only my legs. At first I was a bit skeptical but I also didn’t want to just give up on my dream and so I decided to give it a try. I still trained in the pool a bit, joining my teammates on kick sets (no board and with my arms at my sides) and also modifying some of the other sets where I would go last and just do it all kick. I also supplemented that with workouts on the stationary bike that were similar to the sets my teammates were doing in the pool (e.g. 10 x 200m on 3:00 min, descending 1-5, and I would just do it all pedalling on the bike). It might not have been ideal for everyone but I really enjoyed it - I had my headphones on, listening to my favourite mixed tapes on my Walkman (swimmers may need to google what those were :), and I was keeping up my cardio fitness while giving my shoulders the rest they needed.

During this time, I was also working with a sport psychologist who helped me stay focused by reframing any negative thoughts or doubts I had with positive ones. She also helped me come up with a relaxation exercise where I would visualize swimming my race (200 IM) and I practiced this several times a day, in addition to all of the physical workouts I was doing.

After a few weeks, the pain in my shoulders did finally start to decrease and I was gradually able to return to full workouts and my preparation for Trials. When I did, I didn’t notice any decline in my fitness and I actually noticed that my leg strength and stamina had increased. I also felt mentally refreshed, since I had gotten out of the normal routine of spending hours in the pool. When I finally went to Trials in Montreal in May, I made the Olympic Team and later that summer I finished 6th in the 200 IM final in Barcelona.

Although it was initially stressful to go through all of this, I feel that everything happens for a reason and it helps if you can see it as an opportunity to do something different. This early experience really helped me during the rest of my swimming career and also in my life now. I know that I can pretty much handle whatever comes at me, I may just have to get a bit creative when figuring out the solution.”

Day 6 – Site See: Brooklyn’s Dryland Challenge

Favorite Dryland Exercise: Core Circuits like SL Tucks, SL flutter kicks and planks, etc.

The Reversing Falls Core Circuit Challenge

Miniwaves & Novice: 1x through core circuit

Junior & Sr 2: 2 or 3x through core circuit

Sr 1 & Sr P: 3 or 4x through core circuit

Core Circuit

5 Streamline Tucks (as fast as possible)

1 Min Plank

(con’t next page)

A Trip Across Canada - Daily Itinerary

:15 Sec Flutter Kicks
 4 Streamline Tucks (as fast as possible)
 :45 Sec Plank
 :30 Sec Flutter kicks
 3 Streamline Tucks (as fast as possible)
 :30 Sec Plank
 :45 Sec Flutter Kicks
 2 Streamline Tucks (as fast as possible)
 :15 Sec Plank
 1 Min Flutter Kicks
 1 Streamline Tuck *best quality ever!

Sr 1 & Sr P: 10 minute blocks

Block as follows:

(30 Jumping Jacks
 (20 Standing Knee to Elbow Twists
 (10 Squat Jumps
 (5 Full Burpees
 (run/jog/skip/bike until time is up for your block.

Take as much rest as needed between blocks.

Day 10 – Site See: Sav’s Dryland Challenge

Favorite Dryland Exercise: Mountain Climbers with :30 sec plank hold at the end

“Mountain Climber” Defi du Parc Olympique

All Groups:

50 Mountain Climbers + :30 sec plank
 40 Mountain Climbers + :30 sec plank
 30 Mountain Climbers + :30 sec plank
 20 Mountain Climbers + :30 sec plank
 10 Mountain Climbers + :30 sec plank

Advice from Savannah: “Enjoy the Process – even when it gets hard and it doesn’t seem like much fun to be at the pool remember why you do it and try to find the joy in that”

Day 11 – Travel Day: MTL → TO, ON

We leave Quebec and travel into our 6th province, Ontario, known for the Great Lakes, vast forests and Niagara Falls. To complete this leg of our journey, we’ll head outside for your choice of cardio!

All Groups: 30 Minute Cardio – Run /Walk /Bike /Hike

Day 12 – Site See: Kylie’s Dryland Challenge

Favorite Dryland Exercise: Squat Jumps and Pull Ups

The CN Tower Squat Jump Challenge

There are 147 floors in the CN Tower – so let’s Squat Jump up every floor!

Miniwaves & Novice: 1 Squat Jump = 2 Floors (74 total)
Junior & Sr 2: 1 Squat Jump = 1 Floor (147 total)
Sr 1 & Sr 2: 2 Squat Jumps = 1 Floor (294 total)

Squat Jump Pattern (repeat until # reps done)

10 Regular Squat Jumps
 10 Squat Jump to Streamline
 10 3 Sec Pause in Low Squat to Jump
 10 Squat Jump to Knee Tuck

** take breaks as needed to hold form & explosive power!

Advice From Kylie: “One piece of advice I would give to swimmers is to learn to compartmentalize swimming. When it is time to practice, focus on only practice and give your everything to practice that day. It may be a good practice and it may also not be your best practice but as long as you did what you could in that moment and focused on the best you could do in that time, then that’s all you can ask for. Then, when you leave the pool, and it’s time to do your homework or be with friends and family, you can focus on just that. You aren’t thinking about practice and what you could have done better or what you should do next. When you are in practice you are not thinking about studying for your tests and all the homework you have to complete. By compartmentalizing swimming separate from your other tasks, hobbies, and relationships, then you can better focus, be present and accomplish one thing at a time.”

Day 13 – Site See: Penny’s Dryland Challenge

Favorite Dryland Exercise: Dead Bug / Beetles

We the North “Dead Bug” Challenge

Miniwaves & Novice: 10 reps or :30 seconds hold for each
Junior & Sr 2: 14 reps or :45 seconds for each
Sr 1 & Sr P: 20 reps or :60 seconds for each

Dead Bug Circuit (3x Through)

1. Dead Bug
2. Dead Bug Hold – press hands to knees
3. Double Dead Bug (lower both arms & legs @ same time)
4. Dead Bug Hold – press hands to knees
5. Dead Bug Legs only, hold arms straight up

Video Advice From Penny:

<https://www.youtube.com/watch?v=ZwXKOdOccTU>

Day 14 – Travel Day: TO → Kenora, ON

The drive from Toronto to Kenora shows some of the most beautiful spots in Canada, especially along the coast of Lake Superior and then finally through the Superior National Forest. Today’s Travel will be all about endurance as it’s close to a 19h drive between the cities.

Miniwaves & Novice: 12 minutes continuous
Junior & Sr 2: 15 minutes continuous
Sr 1 & Sr P: 20 minutes continuous

Endurance Circuit

10 Squat to Streamline Reach Up
 10 Bird Dogs
 10 Broad Jumps + shuffle back
 10 Single Leg V-Sits
 10 Lunge Switch
 10 Mountain Climbers

** repeat until time is up, try to take minimal breaks!

Advice From Brooklyn: “In face of setbacks; when you don’t achieve your goal, or your focus meet of the season is cancelled, find a positive way to use the disappointment by turning it into motivation. Don’t let the situation beat you down, let it encourage you to train harder, get stronger, and keep raising the bar.”

Day 7 – Travel Day: NB → PEI

To arrive in PEI you must cross the Confederation Bridge. One of Tom Ponting’s favorite exercises is yoga, so to honor the ~13km Bridge, and Tom’s love for yoga you must complete Sun-Salutations to cross the bridge!

Miniwaves & Novice = 1 SunSal’s for every KM

Junior & Sr 2 = 2 SunSal’s for every KM

Sr 1 & Sr P = 3 SunSal’s for every KM

Day 8 – Site See: Ponting’s Dryland Challenge

Favorite Dryland Exercise: Anything with Stretch Cords (physio bands)

Cavendish Beach Stretch Cord Challenge

All Groups: Complete 3 rounds – slow and controlled exercise, focus on small muscle groups.

High Rows: 10
 External Rotations: 10
 Low Rows: 10

**If you don’t have a stretch cord or physio band at home, that’s ok, do the exercises without resistance, or holding two water bottles, focusing on engagement through your scapula to begin movement.

Advice From Tom: “One piece of advice - Keep your eyes on the prize, keep the dream alive, keep your goals prioritized.”

Day 9 – Travel Day: PEI → MTL, QC

Time to say, “au revoir aux Maritimes et bonjour au Quebec.” It’ll be a long travel day today, but if we break it into chunks to take rest stops, it shouldn’t be so bad! In the workout today, we’ll do three blocks, with three rest stops.

Miniwaves & Novice: 6 minute blocks

Junior & Sr 2: 8 minute blocks

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Day 15 – Site See: Gabe’s Dryland Challenge

Favorite Dryland Exercise: Anything jumping. Box Jumps, Broad Jumps, etc.

Lake of the Woods Jumping Challenge

All Groups: Complete 2 rounds

- 3 Broad Jumps (Pause b/w each, how far can you jump? – measure distance)
- 3 Box Jumps (jump onto tree stump, bench, stairs, etc)
- 2 Broad Jumps (Pause b/w each, can you make it more than 2/3 your distance of 3 jumps?)
- 2 Box Jumps
- 1 Broad Jump (can you make it further than 1/2 your distance of 2 jumps?)
- 1 MAX Height JUMP!

Video Advice From Gabe:

<https://www.youtube.com/watch?v=GBpuUAd1J4U>

Day 16 – Travel Day: Kenora → Winnipeg, MB

We bid farewell to Ontario, our Challenge Host for the past 5 days and head into the prairies. First stop, Winnipeg Manitoba. Winnipeg hosted the 1999 Pan-American Games and also has the most amazing museum, Canadian Museum for Human Rights, nestled in the centre of “The Forks”. The Forks is a place in Winnipeg where the Red & Assiniboine Rivers Connect and was a traditional meeting place for Trading.

All groups: 30 min bike or run, every ten minutes increase your speed!

Day 17 – Site See: Chantal’s Dryland Challenge

Favorite Dryland Exercise: Med-Ball Slams

“The Forks” Med-Ball SLAM Challenge

Complete 2 rounds:

- Miniwaves & Novice:** 4 Med-Ball Slams
- Junior & Sr 2:** 8 Med-Ball Slams
- Sr 1 & Sr P:** 12 Med-Ball Slams

**If you don’t have a Med-Ball, any sort of soccer or basketball, etc will work!

Video Advice From Chantal:

<https://www.youtube.com/watch?v=XevUFmmsgCiE>

Day 18 – Travel Day: Winnipeg – Regina, SK

Heading west from Winnipeg to Regina, you will go straight for a loooooooong time, passing farm land, and more farm land, and then some more farm land!! And you’ll be able to see for miles because you’re heading into the heart of the prairies. Get outside to complete this challenge, you’ll need to find some space in

your yard or on the street where you have a long, straight distance. Complete 10 rounds of your exercises:

- Miniwaves & Novice:** (6 walking lunges + 4 broad jumps + 2 jump squats + 4 inchworm walk outs + 6 walking lunges + run back to where you started)
- Junior & Sr 2:** (8 walking lunges + 6 broad jumps + 4 jump squats + 6 inchworm walk outs + 6 walking lunges + run back to where you started)
- Sr 1 & Sr P:** (10 walking lunges + 8 broad jumps + 6 squat jumps + 8 inchworm walk outs + 10 walking lunges + run back to where you started)

**take rest as needed, and make sure broad jumps have perfect technique, and a pause between them. Two foot take-off and landing – no bouncing!

Day 19 – Site See: Michael’s Dryland Challenge

Favorite Dryland Exercise: Biking

The Prairie Ride Challenge

Grab your bike and head out for a ride, it takes Michael 15:27.62 to swim 1500m, so let’s bike for at least twice that long.

All Groups: 30:55.24 mins biking!

Advice From Michael: “Focus on what you can control (not others actions, unfavourable variables (cold pool), etc.). I would also say that if you want to be in the top .01% of your event then you have to focus on the small details because the other 99.9% of athletes overlook those small details.”

Day 20 – Site See: Bree’s Dryland Challenge

Favorite Dryland Exercise: Bulgarian Split Squat & Yoga

- Miniwaves & Novice:** 3x through
- Junior & Sr 2:** 6x through
- Sr 1 & Sr P:** 9x through

- (6 Bulgarian Split Squat – each leg
- (6 Lunge Twists – each leg
- (6 Cat-Cows
- (6 High Plank to Down Dog

Advice From Bree: “Maintain a schedule. This helps keep a sense of normalcy in this crazy time. It also helps keep you accountable if you have all of your tasks written out for the day and you will feel accomplished knowing you had a productive day. Just remember that you have a long career ahead of you and this time does not have to be seen as a setback, it all depends on the way you approach it. It is possible to use this time to improve your weaknesses that you otherwise might not had enough spare time for.”

Day 21 – Travel Day: Regina → Calgary, AB

When you’re in Calgary, you will find people love to get outside. There is a large network of bike & running paths all through the city and extending outside. People love climbing, frisbee golf, rollerblading and more. Choose your favorite outdoor activity and spend 30mins being active – bring a family member with you for more fun!

All Groups: 30 mins outside doing your favorite activity

Day 22 – Site See: Tristan’s Dryland Challenge

Favorite Dryland Exercise: Any 5-min Core Circuit

The DINO 5 MINUTE AB CHALLENGE

- Miniwaves & Novice:** 30seconds on / 30seconds rest
- Junior & Sr 2:** 45seconds on / 15seconds rest
- Sr 1 & Sr P:** 60 seconds on, no rest

- #1: Ab 100’s
- #2: Bicycle Crunch Elbow to Knee
- #3: Leg Raises
- #4: Flutter Kicks
- #5: Toe Touches

Advice From Tristan: “Truly enjoy what you’re doing. Especially right now, we have the freedom to find other things we may be good at or enjoy. On a fitness side, there are so many things you can do to keep your aerobic capacity and strength. Switch things up (run, bike, hike, play tennis against the side of your house, play keep ups outside, etc) and make games out of everything you do. Personally, I’m a really competitive person, so I need to track what I do and try and beat it. I think it’s important to change what you do almost every day to stay motivated. Second, the Canadian national team has a saying “control what you can control”. This means that, through these uncertain times it’s very easy to panic and give up. There’s nothing we can do about what’s going on right now. However, we can control our mindset, energy, attitude, preparation for next season, what we eat, and how we sleep. Be mindful of what you tell yourself and how you react to situations. As long as you focus on what you can control everything will fall into place.

Day 23 – Site See: Cole’s Dryland Challenge

Favorite Dryland Exercise: Pull-Ups. “Probably my favourite thing to do after a hard dryland session is to see how many pull ups I can do! Most pull ups I’ve done after dryland is 24”

The Chinook Pull-Up Challenge

All Groups:

1. Hold a plank for as long as possible
2. Take a 2 min break
3. Max pull ups!!! How many can you do??

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**If you don't have access to a pull up bar, or can't do pull ups, you can do one of the modifications:

- Feet Elevated Push-Ups
- Pull Up Hold for Time
- Reverse Pull Ups (can use two chairs and a broom stick or PVC Pipe to set this up)

Advice from Cole: "I) in the pool- it's really important for swimmers to form a relationship with their coach especially at a young age. Because when you have a great relationship with them then it becomes less of "coach telling the swimmer what to do" and more of a team effort with a mutual understanding of what needs to be done and you both have the same goals in mind.

II) Given the situation at the moment where there is no access to a pool and all the big swim events this summer have been canceled, some people might have a hard time staying motivated. But what's happening now is that everyone is in the same situation, and they should try and see this as an opportunity to get ahead physically and mentally so when they come back to the pool they'll be ahead of everyone else. Plus if they can learn to be disciplined with their exercise and their health, they will be much more regimented when they come back to the pool."

Day 24 – Travel Day: Calgary → Vancouver, BC

Time to go through the MOUNTAINS!!!! One of Canada's coolest areas, the Rocky Mountains. Around each turn there are bigger and more magnificent views. You can stop in Banff for a picturesque lunch, and then hike along Lake Louise. As we go through the mountains you gain elevation – that means it's hill sprints day.

Miniwaves & Novice: 8x 30 sec hill sprint
Junior & Sr 2: 8x 45 sec hill sprint
Sr 1 & Sr P: 10x 60sec hill sprint

**Can bike or run! Take your own rest between so that they are done at absolute best effort! If you don't have a hill, sprinting up a long set of stairs or on a flat area is also an option.

Day 25 – Site See: Brent's Dryland Challenge

Favorite Dryland Exercise: Push-Up to Failure

The Capilano Suspension Bridge Push-Up Challenge

All Groups:

1. Do Push-ups to failure (count reps). Must hold form – from toes.
2. Take that # of push-ups and multiply it by 1.5. This is your new goal.
3. Now complete your new goal reps. You can take breaks as you need to rest in any position (EX:

down dog, plank, side plank to shake out arms), but every time your knees touch the ground you count it. The goal is next time to have your knees touch the ground less times.

Advice From Brent: "1) Do your best and have fun. That's the most important thing... knowing you left nothing in the tank, and you love doing it. Do this consistently and you'll go further than you could dream. Don't worry, it's okay to be sad and mad from time to time...because that means you care.

2) Dream so big it makes you uncomfortable, then strategize the little steps you can do every day. Big goals are achieved by performing small tasks consistently. The great pyramid was built with 2.3 million blocks.

3) Never stop trying to minimize the resistance you need to overcome and maximizing the amount of water you can move."

Day 26 – Travel Day: Vancouver → Victoria, BC

Headed to the island, our last stop in this cross country tour. Victoria & surrounding area boasts beautiful scenery, fantastic weather and lots of laid back, beach vibes. To pass time on the ferry ride to Victoria, we're lucky to have packed a skipping rope to pass the time while we are outside on the deck optimistically checking for whales and other marine life!

(if you don't have a skipping rope – that's ok, just follow the modifications in parentheses)

All Groups:

- 50 forward skips (50 two foot hops * with "rope")
- 5 double under attempts (max height jumps)
- 50 backward skips (50 lunge switch jumps)
- 5 double under attempts (max height jumps)
- 25 right foot forward skips (25right foot forward lunges)
- 5 double under attempts (max height jumps)
- 25 left foot forward skips (25left foot forward lunges)
- 5 double under attempts (max height jumps)
- 25 right foot backward skips (25right foot back lunges)
- 5 double under attempts (max height jumps)
- 25 left foot backward skips (25 left foot back lunges)
- 5 double under attempts (max height jumps)

Day 27 – Site See: Ryan's Dryland Challenge

Favorite Dryland Exercise: Bilateral Core Exercises

The BC Ferries Core Challenge

Miniwaves & Novice: 10 reps of each exercise for 3 rounds
Junior & Sr 2: 12 reps of each exercise for 4 rounds
Sr 1 & Sr P: 20 reps of each exercise for 5 rounds

(Beetles *with band if you have one)
 (Bird Dogs)
 (Knee to Elbow Side Planks)
 (Plank Shoulder Taps)

Advice From Ryan: "I think the biggest thing is focus on yourself and what you're doing, not what the people around you are doing. Just because someone is faster, or stronger, etc. doesn't mean you can't eventually become that fast or strong or better.... It just takes more hard work and dedication."

I want to extend a huge thank you to the 16 Canadian Swimmers who helped make this amazing activity possible for our SWAT Swimmers! I am proud to be part of such a wonderful community through this sport.

SWAT Swimmers: I hope you enjoyed learning about some of the very best athletes in our country and that they inspire you to be the very best you can be, both in and out of the pool.

Have fun, & see you on the other side.

A Trip Across Canada - Resources

A Collection of Videos to help with any exercises which may be new or unfamiliar to our swimmers! Take a look before you start each day, if you are unsure what to do.

Day 1:

https://www.youtube.com/watch?v=ZC_KaqcbLKY
work

Day 2:

<https://www.youtube.com/watch?v=mLepuf13cR0>

Day 3:

<https://www.youtube.com/watch?v=xJX1Fe5fixQ>

Day 5:

<https://www.youtube.com/watch?v=EeTngAw-IOI>

Day 6:

<https://www.youtube.com/watch?v=60ePLEUagc0>

Day 7:

<https://www.youtube.com/watch?v=NjrMSlpmOPU>

Day 8: <https://www.youtube.com/watch?v=R-1hMR-kCvs>

Day 9:

<https://www.youtube.com/watch?v=7q3vw0VMYok>

Day 10:

<https://www.youtube.com/watch?v=5R-73uKjZj4>

Day 12:

<https://www.youtube.com/watch?v=6TYewqJLLw0>

Day 13:

<https://www.youtube.com/watch?v=RJiC-i1bcGM>

Day 14:

<https://www.youtube.com/watch?v=korFxyvspwc>

Day 15:

<https://www.youtube.com/watch?v=rS8knRLqv0U>

Day 17:

<https://www.youtube.com/watch?v=QqQMegwVsGw>

Day 18:

<https://www.youtube.com/watch?v=IVErI-T7UeY>

Day 20:

<https://www.youtube.com/watch?v=zeAADfCq7Lk>

Day 22: <https://www.youtube.com/watch?v=6-Cn1mw71uY>

Day 27:

https://www.youtube.com/watch?v=J_BXYjAh3bQ