



H3 Deep Water Conditioning

Emphasize good posture, tall, shoulders back, not leaning forward or collapsing the chest.

Warm up

Slowly bicycle legs
Circle arms at sides
Easy jog
Wide jog (knees apart)

Cardio

High Knees

- Bring alternate knees up toward chest
- Move arms at side

Hamstring Curls

- Kick heels up in back (toward buttocks)
- Alternate legs
- Move arms at side

Variation:

- Hamstring curls with legs out wide

Suspended Jacks

- Start in T-position (legs together and arms out to sides)
- When legs are apart, arms move in to the center
- When legs are together, arms move out to sides
- Legs move opposite of arms

Laps

- Bicycle forward, breast stroke arms
- Bicycle backward pulling arms through water
- Cross country ski, hands cupping water
- Jog forward, arms moving at side

Diamond Legs

- Bring soles of feet together
- Bring feet toward body
- Kick legs out to a V (legs parallel to surface of water)





Line Jumps

- Start with legs together
- Jump from front to back over imaginary line
- Jump from side to side over imaginary line

Cross Country Ski

- Start with right leg and left arm out in front of body
- Left leg and right arm in back
- Scissor kick legs
- Bring opposite arm forward with opposite leg

Straight Leg Kicks

- Kick legs out in front, alternating legs
- Kick low and slow, then higher and faster

Bicycle Interval

- Bicycle legs 30 seconds at easy pace
- Bicycle legs 30 seconds at medium pace
- Bicycle legs 30 seconds at fast pace (with good form)

Reverse Crunch

- Start with legs together
- Bring knees up toward chest
- Push legs down toward bottom of pool

Reverse Oblique

- Start with legs together
- Bring knees up to chest and roll onto side
- Kick legs straight out in opposite direction
- Alternate sides

Cool down

- Same as warm up

Stretches (shallow end)

- Hamstring
- Quadriceps
- Inner thigh
- Glutes
- Shoulder
- Upper Back

