

PMA 2020

NEWSLETTER May 11

“I don’t count my situps. I only start counting once it starts hurting.” -Muhammad Ali



Head Coaches message

Hello PMA and welcome to the 2020 swim..... well dryland season to start. The coaches have all been working hard to put together some activities and challenges for you to start our season. Here is a short movie to get us started. Just hold down your Ctrl button and click on the link with your mouse.

[PMA Welcome Video](#)

That’s right we are challenging you to get the season started. We know many of you are busy with other activities so please feel free to change the schedule, or only do some of the things that we have put on the schedule..... but if you would like to do it all GO FOR IT!

Each group will have their own page on the newsletter with your training schedule and challenges for the week. Just scroll down to your training group and check out the message from your coaches as well as the workouts and challenges for you. If you have any questions for them, please just email them on your groups email as they will be checking this regularly.

PMA Weekly Challenge

Each week we will be asking every swimmer in the club to complete a challenge and post it to the PMA facebook page, PMA Community facebook page or the PMA Instagram page. Everyone that puts up a post will get their name in the draw for weekly prizes.

PMA Challenge of the week - Post a picture of yourself swimming on land

Race of the week.

Here is one of Michael Phelps best races ever. He practiced his races so well, that he was able to break a world record despite having water fill his goggles from the start!

https://www.youtube.com/watch?v=CaJAhr_m00U

Development / Silver group

Coach Thomas, Jimmy, Mia, Isy, & Hamish

Please email pma.devgroup@gmail.com if you have any questions.

Hello PMA swimmers we hope that everyone is being safe and more importantly enjoying the beautiful weather we are having. The three development coaches for this season are Thomas, Jimmy, and Mia. We are looking forward to meeting and having some more face to face conversations over zoom before we are able to get in the pool. In the meantime we will be running challenges for our group that everyone can participate at home. Challenges will be sent out prior to our scheduled zoom meetings in the weekly newsletter so that we will be able to go over them! Our first meeting will be May 12th at 6 pm so make sure to have your weekly challenge completed beforehand!

Week 1 Challenge

SCAVENGER HUNT!!! - We challenge our swimmers to find the following items:

- Something that's like hat that you can wear in the pool to swim
- Something you need to see clearly underwater
- Something to keep you warm after a hard practice/swim
- Something you should bring to every practice
- A good snack for after swim practice
- Anything with PMA on it
- Something to carry all your swim gear
- Something to wear on your feet on deck
- Something to dry off with after practice
- A water bottle for practice
- A good luck charm
- A photo of you swimming
- An item from another activity you do (hobbies, sports, etc.)
- Something you can do with friends at swim meets
- Something to protect you from the sun at practices and swim meets
- Some type of equipment you would use during practice

Week 1 Challenge 2

We Challenge our swimmers to practice and figure out the following questions:

1. What is the order of strokes in an IM (individual medley race)? (hint: you start with fly)
2. What type of turn do you do at the wall in a freestyle or backstroke race?
3. What type of turn do you do at the wall in a butterfly or breaststroke race?
4. How do swimmers enter the water for a race? (hint: something to do with a race block)
5. How many lengths are in a 100 meter race?
6. How many lengths are in a 50 meter race?
7. When swimming, what should you do off EVERY wall?
8. What type of kick do you use when swimming freestyle or backstroke?
9. What type of kick do you use when swimming breaststroke?
10. What type of kick do you use when swimming butterfly?
11. How do you breathe during freestyle?
12. How do you breathe during butterfly and breaststroke?

Development / Silver – Shape of the Week

- **Monday** - [BCSSA Virtual Training](#) - 02:00 PM - Cardio Workout - Div 1 & 2
- **Tuesday** - Zoom meeting for Dev/Silver Group – 6 pm - Welcome & Challenge#1 Scavenger hunt
[Development / Silver Group Zoom](#)
 - Meeting ID: 845 6860 3840
 - Password: 573448
- **Wednesday** – Aerobic 20 – Go for a 20 min walk, Bike, hike or Run
 - **Remember to stretch for 10 min after every workout** - [10 min Stretching routine](#)
- **Thursday** – Challenge #2 - Answer the questions on swimming
- **Friday** - – Practice perfect freestyle in a mirror for 6 x 30 seconds rest 30 seconds
- **Saturday** Aerobic 20 – Go for a 20 - 30 min walk, Bike, hike or Run
 - **Remember to stretch for 10 min after every workout** - [10 min Stretching routine](#)
- **Sunday** – RELAX!!

White Group

Coach Alex, David, Bart

Please email pma.whitegroup@gmail.com if you have any questions.

Hello White group swimmers. We are so excited to get our season started that your white group coaches have put together a schedule for the whole week. We will also have a weekly challenge that you can chip away at all week. At the 5 pm Tuesday zoom meeting, we will be breaking you into smaller groups and asking you to get to know some of the other swimmers in your group. Coach Bart will then be running a 20 interval workout for you to follow along so lets make sure to wear proper cloths and have your computer in a space big enough to move a round a bit.

Your **challenge for the week** is to hold a plank for a total of 10 min. over the whole week. You can break this up any way you want. Here is a link demonstrating a perfect plank. - [The Perfect Plank](#)

Remember to stretch for 10 min after every workout

10 min Stretching routine

- **Monday** - [BCSSA Virtual Training](#) - 02:00 PM - Cardio Workout - Div 1 & 2
- **Tuesday** - Zoom meeting for White Group - 5 pm - Welcome and Circuit Training
 - PMA White Group - Welcome & Circuit Workout
Time: May 12, 2020 05:00 PM Pacific Time (US and Canada)
Join Zoom Meeting [White Group Zoom Meeting](#)
Meeting ID: 892 0323 3864
Password: 366755
- **Wednesday** – Aerobic 30 – Go for a 230 min walk, Bike, or Run
 - **Remember to stretch for 10 min after every workout**
- **Thursday** - Circuit Training –
 - Perform each exercise for 40 seconds, then take 20 seconds rest. Repeat 4/5 times with a one minute rest between rounds.
 - **ONE ROUND CONSISTS OF**
 - 40 seconds jumping jacks
 - 20 rest
 - 40 seconds plank hold
 - 20 rest
 - 40 seconds forward lunges
 - 20 rest
 - 40 seconds pushups (or kneeling pushups) [goal is to complete 10 in the 40 seconds!]
 - 20 rest
 - 40 seconds mountain climbers
 - 20 rest
- **Friday** – Check out this cool video of Michael Phelps Last Olympic Race
 - <https://www.youtube.com/watch?v=UmlYanq5gH8>
 1. Whats something in the video that you didn't expect?
 2. What did you like best about watching the video
 3. Did you learn anything new about swimming from the video?
- **Saturday** - Aerobic 30 – Go for a 30 min walk, Bike, hike or Run - **Remember to stretch**
- **Sunday** - RELAX

Red/Black & HS Fit Group

Coach Kaleigh, Amar, Matt & Eric

Please email pma.redgroup@gmail.com if you have any questions.

Hey Red and Black Group!

We are super excited to be back coaching you guys this summer and hope you are all staying safe, healthy, and active during these crazy times. For this week we have put together a schedule of some workouts you can do on the days we recommend, however if you have other commitments feel free to move them around or omit them.

When doing these workouts, please make sure you always do the warm-up and stretching to minimize risk of injury and optimize benefits. If you guys ever have any questions about any of the workouts or what the purpose or what the expectation is, please email us and we will answer as quickly as we can. As well, if you are unsure of what an exercise is, either email us or try looking for it on google. Always try to perform every movement with strong effort and good form!

Also wanted to shout out all the awesome moms in the group, make sure you show some love to your mom this Mother's Day!

We look forward to seeing everybody on the zoom call Tuesday!

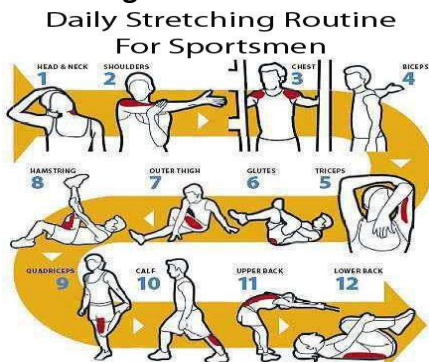
MONDAY - Metabolic

- BCSSA heart rate workout - [BCSSA Virtual Training](#)
- DIV 3&4 @4pm, DIV 5+ @6pm

TUESDAY - Strength

- Zoom meeting @ 7pm
- **Circuit:**
 - Warmup: skip rope for 2 minutes
 - 10 air squats
 - 10 pushups
 - 5x lunge each leg
 - Repeat 2-3x
 - 30 second push ups/ 20 seconds rest
 - 30 second plank hold/ 20 second rest
 - 30 second sumo squat/ 20 second rest
 - 30 second squat jump/ 20 second rest
 - 30 second tricep dips or push ups/ 20 second rest
 - 30 second crunches/ 20 second rest
 - Add one minute rest between rounds
 - Track how many push-ups and crunches you are able to do in one of the rounds

- **Stretching**



Pick at least 4 stretches and hold for 20-30 seconds

WEDNESDAY - Active Recovery

- 30 minute jog or 45 minute walk or bike
- Optional yoga instead - <https://www.youtube.com/watch?v=WymRLcDo1ek>

THURSDAY - Metabolic

- 15 minute warmup of your choice to get your body warm.
- Commit to 3 rounds of either 12 reps or as many you can for 30 secs of each exercise. Example: 3 sets of 12 "push ups" or 30 secs of max "push ups".

Follow each exercise in chronological order (use anything you can for weights- water bottle, milk jugs filled with water, etc):

1. Dumbbell Abs Floor Wipers
2. Dumbbell Step Ups.
3. Push Ups.
4. Power Jacks (Weighted Jumping Jacks)
5. Bent Over DB Ground & Pound.
6. Mountain Climber Complex (Regular to Rotational)
7. Dumbbell Front Squats.

Cool down with active stretching..

FRIDAY - Active Recovery

- 30 minute jog or 45 minute walk or bike
- Optional yoga instead - <https://www.youtube.com/watch?v=WymRLcDo1ek>

SATURDAY - Metabolic + Core

- 10 Scorpions
- 10 Dead bug
- 10 Opposite arm and leg raises (on knees)
- 10 Reverse scorpions
- 2-3 mins of jogging, skipping, high knees, butt kickers

- 30 sec pushups
- 60 sec jumping Jack's
- 30 sec mountain climbers
- 60 sec rest
- x4 - record reps each round, 30-60 rest after round 2

- 10 crunches
- 45 sec plank
- 20 bicycle crunches
- 30 sec side plank
- x2 - switch sides for plank round 2, 1-2 min rest after each round

- 20 Russian twists (use med-ball if you have one)
- 45 sec back plank
- 20 Ankle touches (in sit-up position with head lifted)
- 30 sec side plank
- x2 - switch sides for plank round 2, 1-2 min rest after each round
- Use same stretching routine as above (pick 4)

SUNDAY - relax!