

**FITQUEST 2014**

**OAM MASTERS  
SWIM CROSS-TRAINING  
PROGRAM**





## OAM MASTERS SWIM CROSS-TRAINING PROGRAM

A motivational program designed to increase the fitness level of every participating OAM Masters Swimmer by encouraging consistency and cross-training.

### PROGRAM SPECIFICS

**Duration:** Typically 84 Days

**Goal and Requirements:**

- Swim 72,000 yards (6000/week)
- Complete at least 64 workouts
- Complete at least 12 workouts of 50 minutes in duration with options to include:
  - 4 mile walk
  - 40 minutes of land aerobics (run, bike, elliptical) and 10 minutes Abdominal activity (Abs)
  - 40 minutes of strength training and 10 minutes Abs
  - 20 minutes aerobics/20 minutes strength training/10 minutes Abs
- Complete 1 Wilderness Hike of over 4 miles
- Swim 10 x 100 Free on your Fastest Interval (5-15 seconds rest)
- Swim 10 x 100 Specialty Stroke (back, breast, fly or IM) on your Fastest Interval (10-20 seconds rest)
- Swim a 200 Free and a 200 IM for time

Note: Other activities that qualify include Golf (walking 9 holes), Tennis, Basketball, Skiing, Exercise Classes, Yoga, Pilates, NextBarre\* and any dance aerobic class.

\*Next Barre can help restore range of motion, increase strength and function, reduce pain, slim down and align mind and body.. OAM has arranged a special 84 day unlimited access deal at their Lafayette Studio on Mt. Diablo Blvd. Please see the separate NextBarre flier for details.

**Measurement:** Every participating swimmer must record their activities on the 3 month fitness chart. Each participant will submit a completed chart to an OA Masters coach at the conclusion of their FitQuest module. It should include all swim yardage and exercise activities.

**Rules:** 1) All workout activity must be for a minimum duration of 50 minutes.  
2) Double workouts, 2 in 1 day, are allowed if they consist of two different activities.  
3) Participation in a meet may count toward your workout sessions. Check with your coach

**Let your own interests guide your program...GOOD LUCK!**

