

FOCUS 125™

BETA

BETA CYCLE
FOCUS: THE CORE
FOCUS AND GO FOR THE
NEXT 5 WEEKS.

WANT TO START GAMMA EARLY?

You can start using GAMMA during the last two weeks of BETA. Here's how:

Swim	Swim	Swim
UPPER FOCUS	RPT CIRCUIT	SPEED 2.0
hr	hr	hr
		
RPT UP	EXTENSIVE CIRCUIT	SPEED 3.0

Visit www.125.com for instructions.

DOUBLE DAY! If you schedule your swim on the weekend in Florida, try doing the weekend double day.

STATSWORK! Track your progress with the swimmer. For tips on how to use swimmerstats, visit www.125.com or call us at 800.875.1254.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	DOUBLE DAY FRIDAY	STATSWORK SATURDAY	SUNDAY
WEEK 1	CORE CARBID Swim 1 hr	SPEED 2.0 Swim 1 hr	RPT CIRCUIT Swim 1 hr	DYNAMIC CORE Swim 1 hr	UPPER FOCUS Swim 1 hr CORE CARBID Swim 1 hr	STRETCH	STRETCH
WEEK 2	DYNAMIC CORE Swim 1 hr	CORE CARBID Swim 1 hr	RPT CIRCUIT Swim 1 hr	UPPER FOCUS Swim 1 hr	RPT CIRCUIT Swim 1 hr SPEED 2.0 Swim 1 hr	STRETCH	STRETCH
WEEK 3	CORE CARBID Swim 1 hr	UPPER FOCUS Swim 1 hr	SPEED 2.0 Swim 1 hr	RPT CIRCUIT Swim 1 hr	DYNAMIC CORE Swim 1 hr SPEED 2.0 Swim 1 hr	STRETCH	STRETCH
WEEK 4	RPT CIRCUIT Swim 1 hr	DYNAMIC CORE Swim 1 hr	CORE CARBID Swim 1 hr	DYNAMIC CORE Swim 1 hr	SPEED 2.0 Swim 1 hr UPPER FOCUS Swim 1 hr	STRETCH	STRETCH
WEEK 5	RPT CIRCUIT Swim 1 hr	CORE CARBID Swim 1 hr	RPT CIRCUIT Swim 1 hr	DYNAMIC CORE Swim 1 hr	RPT CIRCUIT Swim 1 hr SPEED 2.0 Swim 1 hr	STRETCH	STRETCH

1 hr swim 3x/week, 2000 yards per 30 min swim, swim 4x/week, 2000 yards per 30 min swim, swim 4x/week, 2000 yards per 30 min swim.

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Lingsheng Yao



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