

# AQUALAD WORKOUT ROUTINE



Bonus PDF File  
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# AQUALAD WORKOUT ROUTINE

## Training Volume:

5+ days per week

## Explanation:

We're going to be doing 3 days of weightlifting and 3 days of swimming. I'm programming you a 3 day split of each, and the swimming programming will take place by getting increasingly harder over an eight week period. It'll also be your job to train using some of the MMA routines programmed for us by [Coach Derek](#) that I provide you below.

## Aqualad Workout Routine Day One: Push Day

### Warm Up:

Stretch

Swim or Jog 5-10 minutes

### Main Workout:

Bench Press

3×10

Skull Crushers

3×10

Incline Press (Machine/BB/DB)

3×10

Cable Pushdowns

3×10

Weighted Dips

3×10

**Core and Explosiveness:**

3 Rounds for Time:

50m Tire Flip

25 Hanging Leg Raises

15 Mountain Climbers

10 Sit Ups

## **Aqualad Workout Routine Day Two: Pull Day**

**Warm Up:**

Stretch

Swim or Jog 5-10 minutes

**Main Workout:**

Deadlifts

3×10

Row Variation (T-Bar/Cables/Machine)

3×10

Lateral Pulldowns

3×10

Preacher Curls

3×10

Weighted Chin Ups

3×10

**Core and Explosiveness:**

3 Rounds for Time:

30 Second Battle Ropes

25 Lying Leg Raises

15 V-Ups

10 Plank to Push Ups

## **Aqualad Workout Routine Day Three: Legs Day**

**Warm Up:**

Stretch

Swim or Jog 5-10 minutes

**Main Workout:**

Back Squats

3×10

Hamstring Curls

3×10

Quad [Leg] Extension

3×10

Weighted Lunges

3×10

Glute Bridges

3×10

**Core and Explosiveness:**

3 Rounds for Time:

50m Farmers Walk

25 Toe to Bars

15 Box Jumps

10 Sit Ups w/ Twist

## Aqualad Workout Routine: Swimming and Bodyweight Schedule

So we are talking about Aqualad here, so this will be of an aggressive addition to our programming, but necessary.

On top of the other 3 days of training you'll also be doing this swim progression.

Here's what it will look like over the course of eight weeks:

- **Week 1 (100 yards):** 4 x 25 with no more than 20 breaths rest between lengths
- **Week 2 (100 yards):** 4 x 25 with no more than 15 breaths rest
- **Week 3 (150 yards):** 6 x 25 with no more than 20 breaths rest
- **Week 4 (150 yards):** 6 x 25 with no more than 15 breaths rest
- **Week 5 (200 yards):** 8 x 25 with no more than 15 breaths rest
- **Week 6 (200 yards):** 1 x 50 with no more than 20 breaths rest, followed by 6 x 25 with no more than 15 breaths rest
- **Week 7 (250 yards):** 1 x 50 with no more than 20 breaths rest; then 8 x 25 with no more than 15 breaths rest
- **Week 8 (250 yards):** 1 x 50 with no more than 15 breaths rest; then 8 x 25 with no more than 15 breaths rest

## Aqualad Workout: Bonus Mixed Martial Arts

Check out programs on the site from Coach Derek here: [Moon Knight](#), [Deathstroke](#), [Daredevil](#), and [Sagat](#).

For some Thai Boxing fun check out [Anna Diop's](#) routine.

The [Parkour Workout](#) (Nightrunner) designed by [Academy](#) member Felix.

*\*\*And the Daredevil workout also has some beginner Parkour as well.\*\**