

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	EXTREME 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 125 swim.

STATSWATCH! Track your progress with the success. For tips on how to track your performance, visit www.125.com or call us at the "125" line.

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

1 hr swim 125, 90 min swim 1 and 30 min swim 1 and a total of 2000 is required to qualify for the double day.

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Ryan Watkins



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