

## Deep UpDownRun with Mark Grevelding

**Music BPM – 126 (playlist link included in blog)**

**NOTE:** This is our first filming in a saline pool. And that is why the clarity of the underwater footage is not as clear as other videos.

### 5-Minute Combo Template

1. 30 seconds running
2. 60 seconds down - vertical
3. 30 seconds running
4. 60 seconds up - horizontal
5. 30 seconds running
6. 60 seconds down & up - vertical
7. 30 seconds running

### Timing used in video

15 seconds = one 32-count phrase of music  
30 seconds = two 32-count phrases of music  
60 seconds = four 32-count phrases of music

### Deep Combo 1

1. Run: 30 seconds – sprints with bilateral arms
2. Down: 60 seconds – Vertical tucks with arm & tempo variations
3. Run: 30 seconds – sprints with unilateral arms
4. Up: 60 seconds - Crunch variations (horizontal knee tuck, frog tuck, right angle, left angle)
5. Run: 30 seconds – pressing arms (unilateral)
6. Up Down: 60 seconds - Tuck x 2 (8) tuck & shoot (4) crunch x 4 (16) reverse tuck to vertical (4) (Use variations for tucks and crunches)
7. Run: 30 seconds – pressing arms (bilateral)

## Deep Combo 2

1. Run: 30 seconds – clock arms R & L (unilateral)
2. Down: 60 seconds – Jacks/heel clicks water tempo (WT) & land tempo (LT)
3. Run: 30 seconds – clock arms (bilateral)
4. Up: 60 seconds – Reclined jacks/heel clicks > WT & LT
5. Run: 30 seconds – clock arms (unilateral)
6. Up Down: Jack tuck & shoot (8) & horizontal jack tuck and return to vertical (8) - WT & LT jacks
7. Run: 30 seconds – clock arms (bilateral)

## Deep Combo 3

1. Run: 30 seconds – wide jog (unilateral)
2. Down: Ski 3 and neutral/tuck
3. Run: 30 seconds – wide jog (bilateral)
4. Up: ½ WT Moguls > Side shoots > side shoots with double flick > side shoots with double kick
5. Run: 30 seconds – wide jog (unilateral)
6. Up Down: Ski 3 & tuck (8) Alternating side shoot (8)
7. Run: 30 seconds – wide jog (bilateral)

## Deep Combo 4

1. Run: 30 seconds – leg curl sprints (unilateral)
2. Down: narrow and wide flutter kicks
3. Run: 30 seconds – leg curl sprints (bilateral)
4. Up: ankle reach x 3 & wide and criss cross x 3 and wide
5. Run: 30 seconds – leg curl sprints (unilateral)
6. Both: Narrow to wide flutter up (8) ankle reaches x 3 & wide (8) criss cross x 3 & wide (8) wide flutters to narrow moving down
7. Run: 30 seconds – leg curl sprints (bilateral)

## Bonus Round

All 28 for 15 seconds each