

Water Polo Conditioning

Workout # 1

Warm up:

100 free (~50 strokes)

50 Back (~30 strokes) 50 Breast (~20 cycles)

100 free

50 Back 50 Breast

25 fly (~9 strokes) 25 free (~12 strokes) 25 fly 25 free

Main 1:

Starting at 10 finishing at 20, add one per round

10 stroke Freestyle

10 stroke backstroke

10 cycles backstroke kick

10 cycles backstroke kick (yes, again)

10 seconds rest

(Next is 11 of each, then 12, the 13...)

(A cycle of kick is a foot going down and up)

Main set 2:

Interval is 1:00 or 1:10

10x

10 cycles freestyle kick

10 strikes freestyle

10 powerful breaststroke kicks

10 strokes backstroke

10 cycles backstroke kick

Cool down

100 strokes freestyle

Ignore the walls if in a pool. If open water just keep counting.