

Water Polo Conditioning

Workout # 6

25% of available time

Egg beater kick / breaststroke kick

Add one cycle of each after ten reset to 1

1 cycle of each

2 cycle of each

....

10 cycle of each

1 cycle of each

25% of time

Easy free / sprint free

Add one cycle of each after ten reset to 1

25% of time

Lap 1 long doggie paddle

Lap 2 reverse scull belly down

Lap 3 repetitive over hips

Lap 4 sideways spider sculling

25% of time

Hard 15 seconds, easy 15 seconds

Freestyle kick one way, backstroke kick one way