

Water Polo Conditioning

Workout # 7

Warm up

3x100 free

2x100 IM

3x50 backstroke kick

2x50 build

2x50 sprint

Main set 1

10x50 "golf"

Interval minute

Count your kicks.

Count your strokes.

Know your finish time.

Lap 1 triple kick breaststroke

Lap 2 freestyle

Goal is to do as few kicks and as few strokes.

Each 50, try to decrease a stroke or kick or go faster.

Main Set 2 5x

100 on 1:20 80-85% effort

50 on :40 80-85% effort

25 on 1:00 SPRINT

Main 3 10x50 interval is your choice

Lap 1 / lap 2

1. Skates / Rev skates

2. Rev scull belly up / water polo backstroke

3. Rev scull belly down / water polo butterfly

4. Rev scull left hip up 2 seconds into 4 stroke sprint / same but right hip up

5. Backstroke kick / freestyle kick

Warm down:

Choice