

Water Polo Conditioning

Workout # 5

Dry land:

Cycle through: Push ups, sit ups, squats

Reps of each: 10,1,9,2,8,7,3,6,4,5

ie:10 push ups, 10 sit ups, 10 squats.

1 PU, 1 SU, 1 SQ

9 PU, 9 SU, 9 SQ

2

8

Etc

Warm up:

4x100 Reverse IM

Odds are swim form IM

Evens are water polo IM

4x25 Backstroke kick

4x25 Build Freestyle

Main 1:

20x50 (rest your desire)

Odd 50s:

.5 lap freestyle kick to half

.5 lap sprint to wall eyes up

Turn: over hips no wall

.5 lap sprint to half eyes down

2 jumps at half lap

.5 skate to Wall

Even 50s:

.5 lap reverse scull belly up to half,

.5 lap reverse scull right hip up to wall,

Turn: over hips shot block hit wall, push off wall with hands

.5 reverse scull belly down to half,

.5 reverse scull left hip up to wall,

Finish: over hips shot block hit wall.

Main 2:

12x75 (rest to your desire)

Lap 1: cycling swim Fly, Back, Breast, Free

Lap 2: Free kick with fly and breast, cycling 8 egg beater cycles 3 breaststroke kick with back and free

Lap 3: All Out sprint freestyle

IE:

1st 75: L1 fly, L2 freekick, L3 free sprint

2nd 75: L1 back, L2 8 egg/3 breast kick, L3 free sprint

3rd 75: L1 breast, L2 freekick, L3 free sprint

4th 75: L1 free, L2 8 egg/3 breast kick, L3 free sprint

Warm down:

4 laps double arm backstroke

3 minutes choice