

# Water Polo Conditioning

## Workout # 2

Warm up

100 free ~50 strokes

100 back ~50 strokes

1 min reverse skull

100 free ~50 strokes

100 breast ~40 strokes

1 min boat race

50 free ~25 strokes

50 fly ~20 cycles

30 sec right hip up reverse skull

30 sec left hip up reverse skull

Main #1 - Ten rounds - all walls are over hips

10 Skates one hand out

15s reverse skull belly down

Over hips into 15 strokes freestyle

Over hips into 15 strokes backstroke

(Be ready for flip turn somewhere in here if in pool)

15 cycles backstroke kick

Pick your rest

Main #2 - Eleven rounds - all walls are over hips

Dead water start breaststroke kick with butterfly arms straight into

5 (+1 each round) underwater butterfly kick cycles

10 (+1 each round) freestyle strokes

10 (+1 each round) jumps

Pick your rest

Warm down - all walls are flip turns

50 strokes freestyle

20 strokes double arm back

25 strokes free