

Water Polo Conditioning

Workout # 4

Legs for 15 minutes:

Cycling through Backstroke kick, Freestyle kick, eggbeater, breaststroke skates: 10 of each, 15 of each, 20 of each, 10 of each, 15 of each, 20 of each...

Swim for 10 minutes:

Everytime you get to mid pool, pull your hips under you show both hands for 3 seconds. No walls. As intense as you feel necessary or alternate effort.

Swim for 5 minutes:

IM order, use the walls, focus on under waters, when on surface focus on how your hands catch the water.

Cool down:

5 minutes alternating by lap, no walls.

* means switch at half

Rev scull belly up * rev scull belly down

Sideways spider left * sideways spider right

Rev scull right hip up * rev scull left hip up

Long butterfly * double arm backstroke