

# Water Polo Conditioning

## Workout # 3

### Warm up

400 IM reverse order swim one way with style notes, kick the other.

-Freestyle is easy and loose, focus on recovery

-Breaststroke skates (moving at alternating 45 degree angles, lead hand out of water)

-Backstroke is egg beater or breaststroke kick, backstroke arms

-Butterfly is with breaststroke kick

4 lap sideways spider (spider = hips on surface, ready position. Sideways means you are moving perpendicular to your spine.) #

### Main 1: (9x75) \*no walls\*

Lap 1: repeating 4 kicks egg beater, 2 kicks breaststroke. Focus on fast transitions between the two.

Lap 2: Build freestyle

Lap 3: 4 stroke freestyle head down, 2 stroke freestyle head up, 6 strokes backstroke, 4 strokes freestyle head down, 2 stroke head up

Rest your duration.

### Main 2: (12 total) \*no walls\*

1: 4 laps of the following: reverse skull belly down to half, overhips sprint head down to wall, 2 hand jump up, lunge left, lunge right. Rest your duration

2: 4 laps of the following: reverse skull left hip up to half, overhips sprint head up to wall, 2 hand jump up, lunge left, lunge right. Rest your duration

3: 4 laps of the following: reverse skull belly up to half, overhips sprint head down to wall, 2 hand jump up, lunge left, lunge right. Rest your duration

4: 4 laps of the following: reverse skull right hip up to half, overhips sprint head up to wall, 2 hand jump up, lunge left, lunge right. Rest your duration

### Water balance:

One lap spider counterclockwise turning

One lap spider clockwise turning

### Warm down:

5 minutes relaxed.

One lap underwater alternating legs IM order.

One lap pick your form.