

SET Water Polo Club

At Home Workouts

Pool Workout #1

Warm up

- 200 Free, 100 choice, 100 kick (IM), 100 breast (single, double, triple, free w/ bk)
- 10 x 75's - 2 stretch on 1:00/1:10, 3 IM on 1:15/1:20 no free, 3 kick on 1:30 (flutter kick w/ breast pull, triple kick, flutter kick w/ breast pull), 2 build by 25 1:00 / 1:10



Main Set (3 Parts)

- Aerobic - 6 x 150's -, 2 on 2:05/2:15 (under 1:55), 2 on 2:00 /2:10 (under 1:50), 2 on 1:55/2:05 (under 1:45)
- Legs / Skill - 6 x 75s - 1:30
 - Over hips to forward lunge x 4 + double kick breast, over hips to crash x 2 + flutter kick w skull, over hips to shot block x 2 plus counter the shooter
- Legs & Sprint - 6 x 25's - hu sprints - on :30
 - 1 - 10 secs arms out + sprint
 - 2 - 10 secs arms out Bk + sprint
 - 3 - 10 secs wall push + sprint

Passing (15-20 mins on own do drills below)

- Both hands, up down up, tip passing, catch pass, catch slide, catch fake, releasing, entries + kick out pass, attacking zone, over the top to slam, shot blocks

Warm Down

- 4 x 50's alternate between free, back & breast