

SET Water Polo Club

At Home Workouts

Pool Workout # 2

Warm up

- 300 Swim every 3rd lap kick
- 10 x 50's - 2 on swim on 45/:50, 2 kick 1:00, 3 IM :50, 3 med hard on :40/:45

Main Set (3 Parts)

- Part 1 - 6 x 100's free - 3 on 1:20 under 1:10, 3 on 1:15 under 1:05
- Part 2 - 4 Times Through
 - 100 sprint on 1:15
 - 75 kick on 1:30 - Flutter kick w/ breast pull, Triple kick, flutter w/ BP
 - 50 sprint – on :40
 - 25 sprint kick :45
 - Each round on 4:30
- Part 3 – Record Times
 - 8 x 25's - legs & sprint on :30 - :07 seconds all out jumps or lunges + 25 sprint
- Legs & Skill
 - 20 x 25's defensive skill - 2 x each below
 - Hips up hands out w jump & lunge, on ball pressure add spin or lunge, forward lunge, over hips to crash, lunge to lane x 3 (add spin) over hips to knock downs, over hips to shot block, add stroke forward, zig zag shot block, foul drop + back lunge hold line

Passing

- 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

