

UCSD MEN'S WATER POLO

Day 1

Dynamic Warm Up Jumping Jacks x 20, Split Jacks x 20, Mountain Climbers x 20, High Knees, Butt Kicks, A-Skips, B-Skips, Power Skips, St Leg Skips, Leg Swings

Shoulder Stability I, Y, T Plate Catches 2 x 15 (use small plate 2.5 - 5lb, raise it up in I, Y, or T - release and catch it - repeat)

Glute Act/Strength SL Hip Bridge Shoulders on Bench 2 x 15 each Add Weight each week!

Conditioning See Conditioning Sheet

Order	Max	Exercise	Set	Week 1 wt	x	Week 1 reps	Week 2 wt	x	Week 2 reps	Week 3 wt	x	Week 3 reps
		Clean Complex RDL, Pull, High Pull, Clean, Front Squat		x 5 ea			x 5 ea			x 5 ea		
1	#N/A	Hang Clean Max Speed! Pair w/ Below	1	warm up set #1	x	2		x	3		x	4
			2	warm up set #2	x	2		x	3		x	4
			3		x	2		x	3		x	4
			4		x	2		x	3		x	4
			5		x	2		x	3		x	4
			6		x	2		x	3		x	4
2	#N/A	Back Squat Max Speed! Pair w/ Below	1	warm up set #1	x	3		x	4		x	5
			2	warm up set #2	x	3		x	4		x	5
			3		x	3		x	4		x	5
			4		x	3		x	4		x	5
			5		x	3		x	4		x	5
			6		x	3		x	4		x	5
3	#N/A	Tuck Jump Counter Attack - Hold-Jump-Stick	1		x	5		x	5		x	5
4	#N/A	SL SB Leg Curl Pair w/ Below	1		x	6e		x	7e		x	8e
			2		x	6e		x	7e		x	8e
			3		x	6e		x	7e		x	8e
5	#N/A	Lat Pulldowns	1		x	6e		x	6e		x	6e
			2		x	6e		x	6e		x	6e
			3		x	6e		x	6e		x	6e

Day 2

Dynamic Warm-Up Jump Rope 3:00 min, Knee Hugs, Lateral Lunge, Figure 4, Lunge & Twist x 10 each - Hurdle Mobility: High Hurdle Walk overs- Lateral Walk Overs, Over/Unders x 6 hurdles

Glute Strength SL Mini Hurdle Hops Turn 90° each Jump 2 x 8 Hurdles R/L

Shoulder Stability Blackburns 2 x 15, W-Press 2 x 15

Conditioning See Conditioning Sheet

Order	Max	Exercise	Set	Week 1 wt	x	Week 1 reps	Week 2 wt	x	Week 2 reps	Week 3 wt	x	Week 3 reps
		Jerk Complex Shouler Press, Push Press, Push Jerk, Split Jerk		x 5 ea			x 5 ea			x 5 ea		
1	#N/A	Push Jerk Max Speed! Pair w/ Below	1	warm up set #1	x	2		x	3		x	4
			2	warm up set #2	x	2		x	3		x	4
			3		x	2		x	3		x	4
			4		x	2		x	3		x	4
			5		x	2		x	3		x	4
			6		x	2		x	3		x	4
2	#N/A	Rack Deadlift Max Speed! Pair w/ Below	1	warm up set #1	x	5		x	4		x	3
			2	warm up set #2	x	5		x	4		x	3
			3		x	5		x	4		x	3
			4		x	5		x	4		x	3
			5		x	5		x	4		x	3
			6		x	5		x	4		x	3
3	#N/A	Split Squat Jump Counter Attack - Hold-Jump-Stick	1		x	3e		x	3e		x	3e
4	#N/A	GH Raise Pair w/ Below	1		x	6		x	7		x	8
			2		x	6		x	7		x	8
			3		x	6		x	7		x	8
5	#N/A	Plyo Pushups Stack 45lb plates on ground Wk1. 2 plates-Wk2 3 plates - Wk3 4 plates	1		x	8		x	8		x	8
			2		x	8		x	8		x	8
			3		x	8		x	8		x	8

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Day 3

Dynamic Warm Up Speed Ladder (Pick Drill) + 15yd Sprint x 8

Shoulder Stability Band Internal/External Rotation x 20 each, Arm Adducted Internal/External Rotation x 20 each

Glute Act/Strength SL Squat to Box 2 x 10 each leg

Conditioning See Conditioning Sheet

Order Max Exercise
CG Snatch Complex
RDL, Bent Over Row, Pull, High Pull, CG Snatch

Set	Week 1 wt	x	Week 1 reps	Week 2 wt	x	Week 2 reps	Week 3 wt	x	Week 3 reps
	x 5 ea			x 5 ea			x 5 ea		

1	#N/A	CG Snatch Max Speed! Pair w/ Below
2	#N/A	Front Squat Max Speed! Pair w/ Below
3	#N/A	Vert Jump Counter Attack - Hold-Jump-Stick
4		SL DB RDL Increase Weight Eac Week Pair w/ Below
5		BB Bentover Rows Increase Weight Eac Week

1	warm up set #1	x	2			x	3			x	4
2	warm up set #2	x	2			x	3			x	4
3		x	2			x	3			x	4
4		x	2			x	3			x	4
5		x	2			x	3			x	4
6		x	2			x	3			x	4

1	warm up set #1	x	3			x	4			x	5
2	warm up set #2	x	3			x	4			x	5
3		x	3			x	4			x	5
4		x	3			x	4			x	5
5		x	3			x	4			x	5
6		x	3			x	4			x	5

1		x	5			x	5			x	5
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1		x	6e			x	6e			x	6e
2		x	6e			x	6e			x	6e
3		x	6e			x	6e			x	6e

1		x	6			x	6			x	6
2		x	6			x	6			x	6
3		x	6			x	6			x	6

