

UCSD WOMEN'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 |
|---|--|---|---|--|--|---|---|--|--|---|---|

| | | | | | | | | | | | |
|---|--|---|----|--|--|---|----|--|--|---|----|
| 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 |

