

Water Polo Strength Training Program

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science & practice of training water polo athletes

# Water Polo

## Strength Training Program

### - Phase I

by: Michael Reid, B.HE

[www.michaelreid.ca](http://www.michaelreid.ca)

[www.waterpolotraining.net](http://www.waterpolotraining.net)

# Disclaimer

- It is completely your own responsibility to work directly with your physician before, during and after using this exercise program designed by [www.michaelreid.ca](http://www.michaelreid.ca) and [www.waterpolotraining.net](http://www.waterpolotraining.net).
- Before following this program you should have prior approval of your physician.
- If you choose to use this exercise program without the approval of your physician, you are agreeing to accept full responsibility for your actions and are agreeing to hold [www.michaelreid.ca](http://www.michaelreid.ca), [www.waterpolotraining.net](http://www.waterpolotraining.net), its agents, officers, and employers and any affiliated companies from any liability with respect to injury to you or your property arising out of or connected with your use of the information discussed in this exercise program.
- By accepting this exercise program, you agree to defend, indemnify, and hold harmless [www.michaelreid.ca](http://www.michaelreid.ca), [www.waterpolotraining.net](http://www.waterpolotraining.net) and its subsidiary and other affiliated companies, and their employees, contractors, officers, and directors from all liabilities, claims, and expenses, including attorney's fees, that arise from your use or misuse of this exercise program.

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For inquires, you can contact the author through the website [www.michaelreid.ca](http://www.michaelreid.ca)

*Congratulations!*

*You are on your way to becoming a better Water Polo player.*

*Please read through the entire program, watch the videos on my website and if you have any questions please do not hesitate to contact me.*

*Strength training is a very powerful tool which can greatly enhance your performance and health but at the same time it can destroy your body in just one session if used improperly.*

*I highly recommend that you consult with an experienced physical training coach in your area for further coaching.*

*You can always send me an email through my website at [www.michaelreid.ca](http://www.michaelreid.ca) or [www.waterpolotraining.net](http://www.waterpolotraining.net) with your questions.*

*Be Well,*

*Mike Reid*

[www.waterpolotraining.net](http://www.waterpolotraining.net)



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## **Water Polo Strength Training Program**

Phase I - strength & hyperstrophy

Duration: 4-10 weeks

Start Date: \_\_\_\_\_

### **Periodization (training plan)**

- ✓ Your strength program can be performed 2-3 times per week (e.g. M, W, F).
- ✓ Always perform the warm up before every strength session, it is also beneficial to do it before Water Polo training.
- ✓ This program should be done a minimum of 4 weeks but you can do it longer as long as you are making progress.

### **Warm Up**

- ✓ download the warm up at [www.waterpolotraining.net](http://www.waterpolotraining.net)
- ✓ You can find under the category called "Training Programs"

### **Strength Program**

- ✓ Perform the first 3 exercises in a circuit with ~1 min rest after each exercise.
- ✓ Use the same load on all three sets and when you can complete 3 x 10 reps with a given load then increase the weight at the next training session.

### Water Polo Strength Training Program

- ✓ Always record your training in the provided strength training logs.
- ✓ Total time = 25-30 minutes + 15 minute warm up.
- ✓ Go to [www.waterpolotraining.net](http://www.waterpolotraining.net) for videos demo of all the below exercises.

Exercise	Rest	Intensity	reps	sets	Notes
A1. Goblet Squat (Single DB Front Squat)	~1 min	Start with body weight	8-10	3	Use a small box to lightly touch.
A2. Chin Ups	~1 min	Start with your Body Weight	8-10	3	Resistance can be reduced by using rubber bands to assist you in pulling yourself up. Load can be added with weights in a back pack.
A3. Push Ups	~1 min	Start with body weight	8-10	3	Add load with weight plates placed on your upper back.
B1. Single DB Shoulder External Rotation	~1 min	Start with 2-3kg	8-10	3	

Date >>>			
A1. Goblet Squat (Single DB Front Squat)			
A2. Chin Ups			
A3. Push Ups			
B1. Single DB Shoulder External Rotation			

### Water Polo Strength Training Program

<b>Date &gt;&gt;&gt;</b>			
A1. Goblet Squat (Single DB Front Squat)			
A2. Chin Ups			
A3. Push Ups			
B1. Single DB Shoulder External Rotation			

Notes:

<b>Date &gt;&gt;&gt;</b>			
A1. Goblet Squat (Single DB Front Squat)			
A2. Chin Ups			
A3. Push Ups			
B1. Single DB Shoulder External Rotation			

Notes:

## About Michael Reid



— Mike is a professional physical trainer (strength coach) from Canada who is currently working in Europe.

He has a real passion for Water Polo and has played, coached and referred for many years at various levels.

Mike has extensive experience working with amateur and professional athletes participating in a variety of sports such as Basketball, Volleyball, Water Polo, Golf and Hockey to name a few. He also has experience working with people with metabolic disorders (e.g. diabetes), back pain and other orthopaedic conditions. He continually seeks more education and improved understanding of research, training techniques and approaches in the realm of athletic training, nutrition and lifestyle coaching.

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