

Water Polo Post Season 2020
Regeneration Phase – 4 weeks
March 30 – April 24

NOTE: Always begin each workout with a dynamic warmup and finish with recovery

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 OFF	30 Strength Circuit #1	31 Cardio Circuit #1	1 Yoga 30-45'	2 Strength Circuit #2	3 Cardio Circuit #2	4 Cardio 60'
5 OFF	6 Strength Circuit #1	7 Cardio Circuit #1	8 Yoga 30-45'	9 Strength Circuit #2	10 Cardio Circuit #2	11 Cardio 60'
12 OFF	13 Strength Circuit #1	14 Cardio Circuit #1	15 Yoga 30-45'	16 Strength Circuit #2	17 Cardio Circuit #2	18 Cardio 60'
19 OFF	20 Strength Circuit #1	21 Cardio Circuit #1	22 Yoga 20-30'	23 Strength Circuit #2	24 Cardio Circuit #2	25 Cardio '45

**Cardio – Movement! Go on a walk, hike, bike ride, Peloton, etc.

**Yoga – Down Dog, Peloton, Vibe Yoga

DYNAMIC WARMUP #1 (in place)

Lunge + Twist	x 3e
Lunge to High Knee	x 3e
World's Greatest	x 2e
Groin + Middle + Up	x 2e
Standing Squad + Reach	x 5e
Leg Cradle	x 5e
High Knees/Butt Kicks	x :10e
Frankenstein + Bounce	x :10e
Inch Worms	x 3
Sprint	x :10

DYNAMIC WARMUP #2 (in place)

Squat	x 10
Back Lunge + Twist	x 5e
Side Lunge	x 5e
Push-Ups	x 10
Shoulder Taps	x 10e
Alternating Knee Tucks	x 10e
Jumping Jacks	x 20
Burpees	x 10
Mountain Climbers	x 20e

Mobility Work

- Lunge/Twist (reach up and away from back leg) + Sit Back (front leg straight, sit on back foot)
2 x :15 each side and position
- World's Greatest (lunge w/ back leg straight, inside elbow to floor, extend back, rotate outside arm to ceiling, rotate inside arm to ceiling)
2 reps each side w/ 2 rock backs and 2 rotations e/arm
- Pigeon to Sit Upright (front leg bent, back leg straight, bend forward, sit up with body)
2 x :15 each side and position
- Groin/Walk Back/Up and Back (WIDE stance, shift left, shift right, through the legs, up and back)
2 x :15 each side and position
- Standing Quad w/ Opposite Arm Reaching Up (hold ankle at rear)
2 x :15 each side
- Standing Cradle (knee at 90 degrees, foot on opposite leg, sit hips back)
2 x :15 each side
- Inch Worm (legs straight, slow walk out with hands)
2 x :15 at each position
- Scorpion
5 reps each side, hold :05 at each position
- Cat/Dog/Childs Pose
5 reps each segment
- Hip Flow (levels 1-2-3)
5 reps each side each level

Flexibility Work

- Band Stretch Lower Body Series (hamstring, groin, leg cradle, cross the body, quad)
2 x :15 each segment
- Band Stretch Upper Body Series (sit back arm hang, arm across body, open up chest stretch, arm over top stretch)
2 x :15 each segment

Soft Tissue Work

- LAX Ball /Tennis Ball/Softball – shoulder, mid/upper back/neck, hip flexor/quad, calves, feet
Roll out as needed, find a knot, breath and “melt” over ball for release.
- Foam Roller Series (glute, hamstring, calf, IT band, quad, groin, low back, upper back, T-spine)
Roll out as needed

STRENGTH CIRCUIT #1	WEEK 1	WEEK 2	WEEK 3	WEEK 4
<p>*Equipment Needed: Cans/bags/detergent, towel</p> <p>Negative Chins (5c) x 5 Negative Push-Ups (5c) x 5 *Curl + Press x 15</p> <p>Tempo Squat 5-5-5 x 10 Tempo FFESS 5-5-5 x 5e *Towel Leg Curl x 15</p> <p>*Towel Rollout x 15 BE Hip Rotations x 10e Hollow Hold x :30</p> <p>FINISHER – :20on/:10off x 8e Mountain Climbers Burpees</p>	3 Rounds	4 Rounds	5 Rounds	3 Rounds (no finisher)
<p>STRENGTH CIRCUIT #2</p> <p>*Equipment Needed: Weighted backpack, socks/towel, cans/bags/detergent</p> <p>*RFESS x 15e SL Glute Bridge x 15e *Towel Side Squat x 10e</p> <p>*Bent Over Row x 15 *Front/Pullapart/Lat Raise x 10e *Pullover x 15</p> <p>3 Way Sit-Up x 10e BE Side Plank w/ Leg Raise x 10e *Alternating Knee Tucks x 10e</p> <p>FINISHER – Run 1 Mile AFAP</p>				

CARDIO CIRCUIT #1	WEEK 1	WEEK 2	WEEK 3	WEEK 4
<p>*Equipment Needed: High bench, jump rope, 10yds of space</p> <p>Round 1 - :30on/:30off Round 2 - :30on/:20off Round 3 - :30on/:10off</p> <p>Squat Jumps Mountain Climbers *Lateral Shuffle (10yds D/B) *Jump Rope (or imaginary) Burpees *Forward/Backpedal (10yds D/B) Jumping Jacks *High Bench Foot Taps Skater Hops</p> <p>FINISHER – 50 burpees (record time)</p>	Rounds 1 x 2	Rounds 1, 2	Rounds 1, 2, and 3	Rounds 1, 2 (no finisher)
CARDIO CIRCUIT #2	WEEK 1	WEEK 2	WEEK 3	WEEK 4
<p>*Equipment Needed: Weighted backpack</p> <p>NEW ROUND EVERY 3'</p> <p>*Front Squat x 10 *Swings x 10 *Lunges x 10e *Push Press x 10 *High Pull x 10 *Bicep Curl x 10 *Front Press x 10 *Side Swing x 10e</p> <p>FINISHER – CAPTAINS CHOICE</p>	8 Rounds	9 Rounds	10 Rounds	8 Rounds (no finisher)