

Women's Water Polo

Summer 2009 - Phase 1

Day 1	Week 1	Week 2	Week 3	Week 4	Day 2	Week 1	Week 2		
	week of 6/1	week of 6/8	week of 6/15	week of 6/22		week of 6/1	week of 6/8		
Warm Up:	See Choices				Warm Up:	See Choices			
Core:	See Choices				Core:	See Choices			
Clean Pull / Power Clean	x3e a50	x3e a55	x3e a60	x3e a60	Hang Clean	x3 a50	x3 a55	x	
<i>paired with:</i>	x3e a55	x3e a60	x3e a65	x3e a67.5		x3 a55	x3 a60	x	
<i>Y-T-W</i>	x3e a60	x3e a65	x3e a70	x3e a75		<i>paired with:</i>	x3 a60	x3 a65	x
	3x8	3x8	3x8	3x8		Scarecrows	3x8	3x8	3
Back Squat	x10 a45	x8 a50	x8 a55	x8 a55	Bench Press	x10 a45	x8 a50	x	
<i>paired with:</i>	x10 a50	x8 a60	x8 a65	x8 a67.5		x10 a50	x8 a60	x	
<i>DB Scap & Row</i>	x10 a55	x8 a65	x8 a70	x8 a72.5		<i>paired with:</i>	x10 a55	x8 a65	x
	x10 a60	x8 a70	x8 a72.5	x8 a75		x10 a60	x8 a70	x	
	x8	x8	x8	x8	<i>DB Step Ups</i>	x5e	x5e	x	
	x8	x8	x8	x8	<i>(onto box)</i>	x5e	x5e	x	
	x8	x8	x8	x8	<i>all 1 leg; then switch</i>	x5e	x5e	x	
PB Leg Curl	x8	x8	x10	x10	Barbell RDL	x8	x8	x	
<i>(2 in - 2 out)</i>	x8	x8	x10	x10		x8	x8	x	
<i>tripled with:</i>	x8	x8	x10	x10		<i>paired with:</i>	x8	x8	x
<i>Pull-ups</i>	x8	x8	x10	x10	Upperback Row	x7	x8	x	
<i>tripled with:</i>	x8	x8	x10	x10	<i>paired with:</i>	x7	x8	x	
Supermans	x10	x10	x10	x10	Wrist Roller	x1	x1	x	
<i>(3s hold at top)</i>	x10	x10	x10	x10		<i>(up and down)</i>	x1	x1	x
	x10	x10	x10	x10		x1	x1	x	
GUN SHOW:					GUN SHOW:				
<i>Bicep Curls</i>	3x8	3x8	3x8	3x8	<i>OH Extension</i>	3x8	3x8	3	
<i>Hammer Curls</i>	3x8	3x8	3x8	3x8	<i>Tricep Kickbacks</i>	3x8	3x8	3	
<i>Cable Curls</i>	3x8	3x8	3x8	3x8	<i>Cable Press Downs</i>	3x8	3x8	3	
Roll / Stretch	20 sec e	20 sec e	20 sec e	20 sec e	Roll / Stretch	20 sec e	20 sec e	2	

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Summer 2009 - Phase 1

Day 3	Week 1	Week 2	Week 3	Week 4
	week of 6/1	week of 6/8	week of 6/15	week of 6/22
Warm Up:	See Choices			
Core:	See Choices			
Box Jumps	x5	x5	x5	x5
land soft!	x5	x5	x5	x5
<i>paired with:</i>		x5	x5	x5
<i>OH Granny Toss</i>	3x10	3x10	3x10	3x10
Barbell Lateral squat	x5e	x6e	x7e	x8e
	x5e	x6e	x7e	x8e
	x5e	x6e	x7e	x8e
<i>paired with:</i>		x6e	x7e	x7e
<i>Towel Grip</i>	x7	x8	x9	x10
<i>Chin-ups</i>	x7	x8	x9	x10
		x8	x9	x10
Alt. DB Incline	x8e	x7e	x6e	x5e
	x8e	x7e	x6e	x5e
	x8e	x7e	x6e	x5e
<i>tripled with:</i>		x7e	x6e	x5e
<i>DB Lunges</i>	x5e	x6e	x7e	x8e
all 1 leg; switch	x5e	x6e	x7e	x8e
<i>tripled with:</i>		x6e	x7e	x8e
<i>Back Extensions</i>	10	10	8	8
(add weight)	10	10	8	8
		10	8	8
<i>DB Upright Row</i>	3x8	3x8	3x8	3x8
<i>DB Flys</i>	3x8	3x8	3x8	3x8
<i>Lateral Raises</i>	3x8	3x8	3x8	3x8
Roll / Stretch	20 sec e	20 sec e	20 sec e	20 sec e

Women's Water Polo

Summer 2009 - Phase 2

Day 1	Week 5	Week 6	Week 7	Week 8	Day 2	Week 5	Week 6	
	week of 6/29	week of 7/6	week of 7/13	week of 7/20		week of 6/29	week of 7/6	
Warm Up:	See Choices				Warm Up:	See Choices		
Core:	See Choices				Core:	See Choices		
Power Clean	x3 a55	x3 a60	x3 a62.5	x3 a62.5	Hang Clean	x3 a55	x3 a60	x
	x3 a65	x3 a70	x3 a72.5	x3 a75		x3 a65	x3 a70	x
	x3 a70	x3 a75	x3 a77.5	x3 a82.5		x3 a70	x3 a75	x
<i>paired with:</i>		x3 a80	x3 a82.5	x3 a85	<i>paired with:</i>		x3 80	x
<i>Y-T-W</i>	3x10	3x10	3x10	3x10	<i>Scarecrows</i>	3x10	3x10	3
Back Squat	x6 a55	x6 a60	x5 a62.5	x5 a65	Bench Press	x6 a55	x6 a60	x
	x6 a60	x6 a70	x5 a72.5	x5 a75		x6 a60	x6 a70	x
	x6 a65	x6 a75	x5 a77.5	x5 a80		x6 a65	x6 a75	x
<i>paired with:</i>		x6 a80	x5 a82.5	x5 a85	<i>paired with:</i>		x6 a80	x
<i>DB Row</i>	x6e	x6e	x6e	x6e	<i>SL Step Ups</i>	x5e	x6e	x
	x6e	x6e	x6e	x6e	<i>(heal touch)</i>	x5e	x6e	x
		x6e	x6e	x6e			x6e	x
PB Leg Curl	x5e	x6e	x7e	x8e	Barbell RDL	x6	x6	x
<i>(2 in - 1 out)</i>	x5e	x6e	x7e	x8e		x6	x6	x
<i>tripled with:</i>		x6e	x7e	x8e	<i>tripled with:</i>		x6	x
<i>Chin-ups</i>	x8	x7	x6	x5	<i>Inverted Row</i>	x7	x8	x
	x8	x7	x6	x5		x7	x8	x
<i>tripled with:</i>		x7	x6	x5	<i>tripled with:</i>		x8	x
<i>Lateral Raises</i>	x10	x10	x10	x10	<i>Wrist Roller</i>	x2	x2	x
<i>(3s hold at top)</i>	x10	x10	x10	x10	<i>(up and down)</i>	x2	x2	x
		x10	x10	x10			x2	x
MB Complex:					Arm Farm:			
<i>1 hand on MB</i>	3x6e	3x6e	3x5e	3x5e	<i>PB Push Ups</i>	3x6	3x6	3
<i>Diamonds on MB</i>	3x6e	3x6e	3x5e	3x5e	<i>Skull Crushers</i>	3x6	3x6	3
<i>Chest to MB</i>	3x6e	3x6e	3x5e	3x5e	<i>Alt Hammer Curls</i>	3x6e	3x6e	3
Roll / Stretch	20 sec e	20 sec e	20 sec e	20 sec e	Roll / Stretch	20 sec e	20 sec e	2

Women's Water Polo

Summer 2009 - Phase 2

Day 3	Week 5	Week 6	Week 7	Week 8
	week of 6/29	week of 7/6	week of 7/13	week of 7/20
Warm Up:	See Choices			
Core:	See Choices			
Box Jumps	x5	x5	x5	x5
land soft!	x5	x5	x5	x5
<i>paired with:</i>		x5	x5	x5
<i>OH Granny Toss</i>	x5	x5	x5	x5
Barbell Lateral Squat	x7e	x8e	x9e	x10e
	x7e	x8e	x9e	x10e
	x7e	x8e	x9e	x10e
<i>paired with:</i>		x8e	x9e	x10e
<i>Towel Grip</i>	x7	x8	x9	x10
<i>Chin-ups</i>	x7	x8	x9	x10
		x8	x9	x10
DB Incline	x8	x7	x6	x5
	x8	x7	x6	x5
	x8	x7	x6	x5
<i>tripled with:</i>			x6	x5
<i>DB Lunges</i>	x5e	x6e	x7e	x8e
<i>Back ft on box</i>	x5e	x6e	x7e	x8e
<i>tripled with:</i>		x6e	x7e	x8e
<i>Back Extensions</i>	x10	x10	x8	x8
<i>(add weight)</i>	x10	x10	x8	x8
		x10	x8	x8
Cable Circuit:				
<i>Seated Rows</i>	3x8	3x8	3x8	3x8
<i>Lat Pull Downs</i>	3x8	3x8	3x8	3x8
<i>Cable Curls</i>	3x8	3x8	3x8	3x8
Roll / Stretch	20 sec e	20 sec e	20 sec e	20 sec e

Women's Water Polo

Summer 2009 - Phase 3

Day 1	Week 9	Week 10	Week 11	Week 12	Day 2	Week 9	Week 10	
	week of 7/27	week of 8/3	week of 8/10	week of 8/17		week of 7/27	week of 8/3	
Warm Up:	See Choices				Warm Up:	See Choices		
Core:	See Choices				Core:	See Choices		
Power Clean	x3 a55	x2 a62.5	x2 a65	x2 a67.5	Hang Clean	x3 a55	x2 a62.5	x
	x3 a67.5	x2 a75	x2 a77.5	x2 a80		x3 a67.5	x2 a75	x
	x3 a77.5	x2 a80	x2 a85	x2 a87.5		x3 a77.5	x2 a80	x
<i>paired with:</i>		x2 a85	x2 a90	x2 a95	<i>paired with:</i>		x2 a85	x
<i>Y-T-W w/ 2.5lb</i>	3x10	3x10	3x10	3x10	<i>Scarecrows</i>	3x10	3x10	3
Back Squat	x6 a50	x6 a60	x5 a62.5	x5 a65	Bench Press	x6 a50	x6 a60	x
	x6 a55	x6 a72.5	x5 a75	x5 a80		x6 a55	x6 a72.5	x
	x6 a60	x4 a80	x3 a85	x3 a87.5		x6 a60	x4 a80	x
<i>paired with:</i>		x4 a85	x3 a90	x2 a95	<i>paired with:</i>		x4 a85	x
<i>Upper Back Row</i>	x5e	x5e	x5e	x5e	<i>SL Squats</i>	x4e	x5e	x
	x5e	x5e	x5e	x5e	<i>(no heal touch)</i>	x4e	x5e	x
		x5e	x5e	x5e			x5e	x
PB Leg Curl	x5e	x6e	x7e	x8e	Barbell 1 Leg RDL	x5e	x5e	x
<i>(1 in - 1 out)</i>	x5e	x6e	x7e	x8e	<i>all 1 leg; then switch</i>	x5e	x5e	x
<i>tripled with:</i>		x6e	x7e	x8e	<i>tripled with:</i>		x5e	x
<i>Inverted Row</i>	x7	x8	x9	x10	<i>Seated Cable Row</i>	x10	x9	x
	x7	x8	x9	x10		x10	x9	x
<i>tripled with:</i>		x8	x9	x10	<i>tripled with:</i>		x9	x
<i>Alt Shoulder Press</i>	x5e	x5e	x5e	x5e	<i>Wrist Roller</i>	x2	x2	x
<i>(meet at top)</i>	x5e	x5e	x5e	x5e	<i>(up and down)</i>	x2	x2	x
		x5e	x5e	x5e			x2	x
Shoulder Complex:					Arm Farm:			
<i>Lateral Raises</i>	3x10e	3x10e	3x10e	3x10e	<i>Towel Grip Chin Up</i>	3x10	3x10	3
<i>Front Raises</i>	3x10e	3x10e	3x10e	3x10e	<i>Bicep Curls</i>	3x10	3x10	3
<i>Reverse Flys</i>	3x10e	3x10e	3x10e	3x10e	<i>DB Shoulder Press</i>	3x10	3x10	3
Roll / Stretch	20 sec e	20 sec e	20 sec e	20 sec e	Roll / Stretch	20 sec e	20 sec e	2

Women's Water Polo

Summer 2009 - Phase 3

Day 3	Week 9	Week 10	Week 11	Week 12
	week of 7/27	week of 8/3	week of 8/10	week of 8/17
Warm Up:	See Choices			
Core:	See Choices			
Box Jumps	x5	x5	x5	x5
land soft!	x5	x5	x5	x5
<i>paired with:</i>		x5	x5	x5
<i>OH Granny Toss</i>	x5	x5	x5	x5
BB Lateral Squat	x7	x8	x9	x10
	x7	x8	x9	x10
	x7	x8	x9	x10
<i>paired with:</i>		x8	x9	x10
<i>Towel Grip</i>	x9	x10	x11	x12
<i>Chin-ups</i>	x9	x10	x11	x12
		x10	x11	x12
BB Incline	x6	x6	x5	x5
	x6	x6	x5	x5
<i>tripled with:</i>		x6	x5	x5
<i>BB Lunges</i>	x7	x8	x9	x10
	x7	x8	x9	x10
<i>tripled with:</i>		x8	x9	x10
<i>Back Extensions</i>	x6	x6	x5	x5
	x6	x6	x5	x5
		x6	x5	x5
MB Complex:				
<i>1 Hand on</i>	3x8	3x8	3x8	3x8
<i>Alt Hands on</i>	3x4e	3x4e	3x4e	3x4e
<i>Diamonds on</i>	3x8	3x8	3x8	3x8
Roll / Stretch	20 sec e	20 sec e	20 sec e	20 sec e

Women's Water Polo

Summer 2009 - Phase 3

Day 1	Week 9	Week 10	Week 11	Week 12	Day 2	Week 9	Week 10	
	week of 8/24	week of 8/31	week of 9/7	week of 9/14		week of 7/24	week of 8/31	
Warm Up:	See Choices				Warm Up:	See Choices		
Core:	See Choices				Core:	See Choices		
Power Clean	x3 a60	x2 a65	x2 a67.5	x2 a70	Hang Clean	x3 a60	x2 a65	x2
	x3 a70	x2 a75	x2 a77.5	x2 a80		x3 a70	x2 a75	x2
	x3 a80	x2 a82.5	x2 a87.5	x2 a90		x3 a80	x2 a82.5	x2
<i>paired with:</i>		x2 a87.5	x2 a92.5	x1 a97.5		<i>paired with:</i>		x2 a87.5
<i>Y-T-W w/ 2.5lb</i>	3x10	3x10	3x10	3x10	<i>Scarecrows</i>	3x10	3x10	3x
Back Squat	x5 a60	x5 a62.5	x5 a65	x5 a67.5	Bench Press	x5 a60	x5 a62.5	x5
	x5 a70	x5 a75	x4 a80	x4 a82.5		x5 a70	x5 a75	x4
	x5 a75	x4 a82.5	x3 a87.5	x3 a90		x5 a75	x4 a82.5	x3
<i>paired with:</i>		x4 a87.5	x3 a92.5	x2 a97.5		<i>paired with:</i>		x4 a87.5
DB Rotational Row	x5e	x5e	x5e	x5e	SL Squats <i>(no heal touch)</i>	x5e	x6e	x7
	x5e	x5e	x5e	x5e		x5e	x6e	x7
		x5e	x5e	x5e			x6e	x7
PB Leg Curl <i>(1 in - 1 out)</i>	x5e	x6e	x7e	x8e	DB 1 Leg RDL <i>all 1 leg; then switch</i>	x5e	x5e	x5
	x5e	x6e	x7e	x8e		x5e	x5e	x5
<i>tripled with:</i>		x6e	x7e	x8e		<i>tripled with:</i>		x5e
Inverted Row	x5	x6	x7	x8	Lateral Pull-down	x8	x7	x6
	x5	x6	x7	x8		x8	x7	x6
<i>tripled with:</i>		x6	x7	x8		<i>tripled with:</i>		x7
DB Shoulder Press	x5	x5	x5	x5	Wrist Roller <i>(up and down)</i>	x2	x2	x2
	x5	x5	x5	x5		x2	x2	x2
		x5	x5	x5			x2	x2
Shoulder Complex:					Arm Farm:			
<i>Lateral Raises</i>	3x10e	3x10e	3x10e	3x10e	<i>Towel Grip Chin Up</i>	3x10	3x10	3x
<i>Front Raises</i>	3x10e	3x10e	3x10e	3x10e	<i>Bicep Curls</i>	3x10	3x10	3x
<i>Reverse Flys</i>	3x10e	3x10e	3x10e	3x10e	<i>DB Shoulder Press</i>	3x10	3x10	3x
Roll / Stretch	20 sec e	20 sec e	20 sec e	20 sec e	Roll / Stretch	20 sec e	20 sec e	20

Women's Water Polo

Summer 2009 - Phase 3

Day 3	Week 9	Week 10	Week 11	Week 12
	week of 8/24	week of 8/31	week of 9/7	week of 9/14
Warm Up:	See Choices			
Core:	See Choices			
Box Jumps	x5	x5	x5	x5
land soft!	x5	x5	x5	x5
<i>paired with:</i>		x5	x5	x5
<i>OH Granny Toss</i>	x5	x5	x5	x5
BB Lateral Squat	x7	x8	x9	x10
	x7	x8	x9	x10
	x7	x8	x9	x10
<i>paired with:</i>		x8	x9	x10
<i>Towel Grip Chin-ups</i>	x9	x10	x11	x12
	x9	x10	x11	x12
		x10	x11	x12
BB Incline	x5	x5	x4	x4
	x5	x5	x4	x4
<i>tripled with:</i>		x5	x4	x4
<i>BB Lunges</i>	x5	x6	x7	x8
	x5	x6	x7	x8
<i>tripled with:</i>		x6	x7	x8
<i>Back Extensions</i>	x5	x5	x4	x4
	x5	x5	x4	x4
		x5	x4	x4
MB Complex:				
<i>1 Hand on</i>	3x8	3x8	3x8	3x8
<i>Alt Hands on</i>	3x4e	3x4e	3x4e	3x4e
<i>Diamonds on</i>	3x8	3x8	3x8	3x8
Roll / Stretch	20 sec e	20 sec e	20 sec e	20 sec e