

# TRAINING PROGRAMS

## WARM UP ON THE WATER

### THE AIM

To ease muscle and joint tissues and ligaments into the paddling action slowly at first. This then makes the muscle tissues and ligaments very flexible with out tearing them. The phrase warm up literally means what it says a temperature increase in the muscle tissue and ligaments.

### START

With forward paddling around the pool slowly 3-4 times.

Next paddle backwards around the pool 2 times.

NB. Note no turning strokes should be used just forward and backward strokes with lots of leaning the boat on its side to steer it around the pool.

This has now warmed up the top half of your body in general now *you* can be more specific starting with turning.

Forward sweep strokes left/right, reverse sweep strokes and bow rudders right/left, draw strokes dipping the front of the boat and the back in various ways.

### "Now pick the ball up"

Start by just dribbling the ball up and down the pool under arm.

(This is just to stretch the- throwing-arm or arms). Now start throwing over arm but NO further than 3 metres up and down the pool.

When your shoulder and arm feels warm and free of pain you can start throwing the ball to your partner at least 10 times each then start shooting at the goal.

NB. It is just as well to start throwing hard at short distances 6- 8 metres and at the goal, then increase the distance up to 20- 25 metres and so on.

## WARM DOWN OR COOL DOWN

### THE AIM

The warm down is basically a form of stopping slowly after a match or training session. This help's to speed up the recovery of the body, by removing lactic acid from the body i.e. waste products.

### START BY

Paddling slowly forwards with slow turns right/left you must try to repeat every movement that you have made on the water in the match or training session but very slowly also throwing the ball very softly. This should last at least for 10- 15 mins. on the water. If you cannot have this time on the water you should try stretching off the water this will help you to a faster recovery.

# TRAINING PROGRAMS

## SPEED TRAINING

Up to 3 times rest

## ENDURANCE TRAINING

1/3 rest

## POWER/STRENGTH TRAINING

1-2 times rest

### 1. SPEED TRAINING

Speed Training should be short periods of work at max effort with lots of rest. This is a quality session that must be repeated with up to 3 times recovery of the max workload.

#### a. WARM UP

6 Sec Work	18 sec active rest x 6 times	2 min rest.
12 Sec Work	36 sec active rest x 6 times	2 min rest.
18 Sec Work	54 sec active rest x 6 times	

#### b.

10 Strokes sprint	30 active rest	x 6
20 Strokes sprint	60 active rest	x 4
40 Strokes sprint	120 active rest	x 2
20 Strokes sprint	60 active rest	x 4
10 Strokes sprint	30 active rest	x 6

Count strokes on left/right of the boat.

#### c. This same session should be built up to the following: -

10 Strokes sprint	30 active rest	x 6
20 Strokes sprint	60 active rest	x 4
40 Strokes sprint	120 active rest	x 2
60 Strokes sprint	180 active rest	x 1
40 Strokes sprint	120 active rest	x 2
20 Strokes sprint	60 active rest	x 4
10 Strokes sprint	30 active rest	x 6

### 2. ENDURANCE TRAINING

Polo players usually leave this out, but you must remember that at one competition you could be on the water for 1 1/2 hours in one evening.

Endurance sessions in one week could include up to 4 times in the winter months and come down to one per week in the competition season.

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## ENDURANCE

75% Work Load

### a. Warm up 15 mins.

30 Strokes on      10 active rest      x 10 times

30 Strokes on      10 active rest      x 10 times

30 Strokes on      10 active rest      x 10 times

Between each set have  $\frac{1}{3}$  active rest

### Warm Down 15 Mins.

### b. This can be paddled in a w/w boat.

Warm up 15 Mins.

4 mins on - 1 Min 15 sec active rest      x 3 times

6 mins on - 2 min active rest      x 2 times

8 mins on - 2 min 30 sec active rest      x 1 times

6 mins on - 2 min active rest      x 2 times

4 mins on - 1 min 15 sec active rest      x 3 times

### Warm Down 15 Mins.

### c. This next session could be described as playing trains.

Team Training

Max 6 people make the session into speed rather than endurance. 3-4 is about right for this session.

This session is best paddled on open water and not in a pool.

Line up in a straight line one in front of each other, no gaps between boats. Start off paddling 30% pace for 1 min, now the back man sprints to the front at 100% pace and paddles back in line with encouragement from the rest of the train then the next back man repeats this and so on. The recovery is the 30% pace; the workload is sprinting from back to front. You should start building this up to 50% pace and be looking at 6 times from back to front.

30% pace x 3-4 boats x 6 times      2 mins. active rest

Repeat 3-4 times for one endurance session

### 15 min Warm Down

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## 3. POWER AND STRENGTH TRAINING

This is achieved by weight training or can be achieved by Iso-kinetic training in the winter to substitute water sessions.

You could use a multi-gym or free weights for weight training or an iso-kinetic machine or a restricted water session.

Tie a rope Ø12mm around the front of the cockpit to create drag and resistance to the boat making it harder to paddle.

### POWER AND STRENGTH

15 sec on -                    30 sec active rest                    x 10 times

10 sec on -                    20 sec active rest                    x 5 times

15 sec on -                    30 sec active rest                    x 10 times

Please note this power session can be added to make it harder, but you must start with an easy work out and take it into consideration the resistance of the rope restrictors.

**NB To do these sessions some people have to strap up their wrists.**

**Before each power session you should do 10 mins of mobility and stretching on the bank and 10 -15 mins on the water warm up and complete the session with 10-15 mins warm down.**