

PROPOSED TRAINING PROGRAM

Magura Water Polo Summer 2024-25 Program

Boys born 2012



1. PROGRAM OVERVIEW

DATES	WEEK	VENUE	ACTIVITY	COMMENTS
7 – 13 Oct	1	Beatty Park UWA pool	Skills, fitness and Game knowledge	2 Club training sessions, 2 Magura Water Polo pool training sessions, 1 Magura Water Polo Land based strength session, 1 Game
14 – 20 Oct	2	Beatty Park UWA pool	Skills, fitness and Game knowledge	2 Club training sessions, 2 Magura Water Polo pool training sessions, 1 Magura Water Polo Land based strength session, 1 Game
21 – 27 Oct	3	Beatty Park UWA pool	Skills, fitness and Game knowledge	2 Club training sessions, 2 Magura Water Polo pool training sessions, 1 Magura Water Polo Land based strength session, 1 Game
28 Oct – 3 Nov	4	Beatty Park UWA pool	Skills, fitness and Game knowledge	2 Club training sessions, 2 Magura Water Polo pool training sessions, 1 Magura Water Polo Land based strength session, 1 Game
4 – 10 Nov	5	Beatty Park UWA pool	Skills, fitness and Game knowledge	2 Club training sessions, 2 Magura Water Polo pool training sessions, 1 Magura Water Polo Land based strength session, 1 Game
11 – 17 Nov	6	Beatty Park UWA pool	Skills, fitness and Game knowledge	2 Club training sessions, 2 Magura Water Polo pool training sessions, 1 Magura Water Polo Land based strength session, 1 Game
18 – 24 Nov	7	Beatty Park UWA pool	Skills, fitness and Game knowledge	2 Club training sessions, 2 Magura Water Polo pool training sessions, 1 Magura Water Polo Land based strength session, 1 Game
25 Nov – 1 Dec	8	Beatty Park UWA pool	Skills, fitness and Game knowledge	2 Club training sessions, 2 Magura Water Polo pool training sessions, 1 Magura Water Polo Land based strength session, 1 Game
2 – 8 Dec	9	UWA pool	Training Camp Expo games	Training camp environment with 2 training sessions per day including land-based strength sessions following by exhibition games at Rottneest Island (running by Magura)
9 – 15 Dec	10	UWA pool	International Tournament	International Tournament "Magura Cup" AUS; SPA; SIN; MAL; UKR. (running by Magura)
16 – 22 Dec	11	Own Choice	Active rest	
23 – 29 Dec	12	Own Choice	Active rest	
30 Dec – 5 Jan	13	Own Choice	Active rest	
6 – 12 Jan	14	Own Choice	Active rest	
13 – 19 Jan	15	UWA pool	Training Camp	Pre-season training camp with 2 training sessions per day including land-based strength sessions with Saturday Game Day (running by Magura)
20 – 26 Jan	16	UWA pool	Training Camp	Pre-season training camp with 2 training sessions per day including land-based strength sessions with Saturday Game Day (running by Magura)
27 Jan – 2 Feb	17	Beatty Park UWA pool	Skills, fitness and Game knowledge	2 Club training sessions, 2 Magura Water Polo pool training sessions, 1 Magura Water Polo Land based strength session, 1 Game
3 – 9 Feb	18	Beatty Park UWA pool	Skills, fitness and Game knowledge	2 Club training sessions, 2 Magura Water Polo pool training sessions, 1 Magura Water Polo Land based strength session, 1 Game
10 – 16 Feb	19	Beatty Park UWA pool	Skills, fitness and Game knowledge	2 Club training sessions, 2 Magura Water Polo pool training sessions, 1 Magura Water Polo Land based strength session, 1 Game
17 – 23 Feb	20	Beatty Park UWA pool	Skills, fitness and Game knowledge	2 Club training sessions, 2 Magura Water Polo pool training sessions, 1 Magura Water Polo Land based strength session, 1 Game
24 Feb – 2 Mar	21	Beatty Park UWA pool	Skills, fitness and Game knowledge	2 Club training sessions, 2 Magura Water Polo pool training sessions, 1 Magura Water Polo Land based strength session, 1 Game
3 – 9 Mar	22	Beatty Park UWA pool	Skills, fitness and Game knowledge	2 Club training sessions, 2 Magura Water Polo pool training sessions, 1 Magura Water Polo Land based strength session, 1 Game

10 – 16 Mar	23	Beatty Park UWA pool	Skills, fitness and Game knowledge	2 Club training sessions, 2 Magura Water Polo pool training sessions, 1 Magura Water Polo Land based strength session, 1 Game
17 – 23 Mar	24	Beatty Park UWA pool	Skills, fitness and Game knowledge	2 Club training sessions, 2 Magura Water Polo pool training sessions, 1 Magura Water Polo Land based strength session, 1 Game
24 – 30 Mar	25	Beatty Park UWA pool	Skills, fitness and Game knowledge	2 Club training sessions, 2 Magura Water Polo pool training sessions, 1 Magura Water Polo Land based strength session, 1 Game
31 Mar – 6 Apr	26	Beatty Park UWA pool	Skills, fitness and Game knowledge	2 Club training sessions, 2 Magura Water Polo pool training sessions, 1 Magura Water Polo Land based strength session, 1 Game
7 – 13 Apr	27	UWA pool	Training Camp	Pre AYC training camp with 2 training sessions per day including land-based strength sessions with Saturday Game Day (running by Magura)
14 – 20 Apr	28	Perth, WA	AYC	

NOTES:

- The timeframe and activities in this plan are indicative only and the final plan will be confirmed after engagement and may be varied from time to time to address changes in player numbers, pool availabilities, unforeseen circumstances and aspects of player skills and fitness.
- Please contact Kova via e-mail on andrei.kovalenko@olympian.org or mobile on 0434 180 482 if there are questions about the proposed training program.

2. EXAMPLE OF A WEEK TRAINING PLAN DURING THE PROGRAM:

	<i>Morning</i>	<i>Evening</i>
<i>Monday</i>		<i>JSL competition</i>
<i>Tuesday</i>		<i>Club training: tactics and game plays</i>
<i>Wednesday</i>	<i>Magura: general strength and shooting related land-based training</i>	<i>Magura: water polo skills and shooting session</i>
<i>Thursday</i>		<i>Club training: tactics and game plays</i>
<i>Friday</i>		<i>Magura: water polo skills and shooting session</i>
<i>Saturday</i>		<i>Magura: possible games when needed</i>
<i>Sunday</i>	<i>Off</i>	<i>Off</i>