

# PROPOSED TRAINING PROGRAM

## Magura Water Polo Summer 2024-25 Program

Boys born 2008-09



### 1. PROGRAM OVERVIEW

DATES	WEEK	VENUE	ACTIVITY	COMMENTS
7 – 13 Oct	1	Beatty Park UWA pool	Skills, fitness and Game specifics	2 Club training sessions, 3 Magura Water Polo pool training sessions, 3 Gym session (Magura to provide GYM program), 1 Training Game
14 – 20 Oct	2	Beatty Park UWA pool	Skills, fitness and Game specifics	2 Club training sessions, 3 Magura Water Polo pool training sessions, 3 Gym session (Magura to provide GYM program), 1 Training Game
21 – 27 Oct	3	Beatty Park UWA pool	Skills, fitness and Game specifics	2 Club training sessions, 3 Magura Water Polo pool training sessions, 3 Gym session (Magura to provide GYM program), 1 Training Game
28 Oct – 3 Nov	4	Beatty Park UWA pool	Skills, fitness and Game specifics	2 Club training sessions, 3 Magura Water Polo pool training sessions, 3 Gym session (Magura to provide GYM program), 1 Training Game
4 – 10 Nov	5	Beatty Park UWA pool	Skills, fitness and Game specifics	2 Club training sessions, 3 Magura Water Polo pool training sessions, 3 Gym session (Magura to provide GYM program), 1 Training Game
11 – 17 Nov	6	Beatty Park UWA pool	Skills, fitness and Game specifics	2 Club training sessions, 3 Magura Water Polo pool training sessions, 3 Gym session (Magura to provide GYM program), 1 Training Game
18 – 24 Nov	7	Singapore	Tournament	International 18&Under Tournament in Singapore
25 Nov – 1 Dec	8	Singapore	Tournament	International 18&Under Tournament in Singapore
2 – 8 Dec	9	UWA pool	Skills, fitness and Game specifics	2 Club training sessions, 3 Magura Water Polo pool training sessions, 3 Gym session (Magura to provide GYM program), 1 Training Game
9 – 15 Dec	10	UWA pool	Skills, fitness and Game specifics	2 Club training sessions, 3 Magura Water Polo pool training sessions, 3 Gym session (Magura to provide GYM program), 1 Training Game
16 – 22 Dec	11	UWA pool	Training Camp	Training camp with 2 training sessions per day including land-based strength sessions with Saturday Game Day (running by Magura)
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 specifics	2 Club training sessions, 3 Magura Water Polo pool training sessions, 3 Gym session (Magura to provide GYM program), 1 Training Game
3 – 9 Feb	18	Beatty Park UWA pool	Skills, fitness and Game specifics	2 Club training sessions, 3 Magura Water Polo pool training sessions, 3 Gym session (Magura to provide GYM program), 1 Training Game
10 – 16 Feb	19	Beatty Park UWA pool	Skills, fitness and Game specifics	2 Club training sessions, 3 Magura Water Polo pool training sessions, 3 Gym session (Magura to provide GYM program), 1 Training Game
17 – 23 Feb	20	Beatty Park UWA pool	Skills, fitness and Game specifics	2 Club training sessions, 3 Magura Water Polo pool training sessions, 3 Gym session (Magura to provide GYM program), 1 Training Game
24 Feb – 2 Mar	21	Beatty Park UWA pool	Skills, fitness and Game specifics	2 Club training sessions, 3 Magura Water Polo pool training sessions, 3 Gym session (Magura to provide GYM program), 1 Training Game
3 – 9 Mar	22	Beatty Park UWA pool	Skills, fitness and Game specifics	2 Club training sessions, 3 Magura Water Polo pool training sessions, 3 Gym session (Magura to provide GYM program), 1 Training Game

10 – 16 Mar	23	Beatty Park UWA pool	Skills, fitness and Game specifics	2 Club training sessions, 3 Magura Water Polo pool training sessions, 3 Gym session (Magura to provide GYM program), 1 Training Game
17 – 23 Mar	24	Beatty Park UWA pool	Skills, fitness and Game specifics	2 Club training sessions, 3 Magura Water Polo pool training sessions, 3 Gym session (Magura to provide GYM program), 1 Training Game
24 – 30 Mar	25	Beatty Park UWA pool	Skills, fitness and Game specifics	2 Club training sessions, 3 Magura Water Polo pool training sessions, 3 Gym session (Magura to provide GYM program), 1 Training Game
31 Mar – 6 Apr	26	Beatty Park UWA pool	Skills, fitness and Game specifics	2 Club training sessions, 3 Magura Water Polo pool training sessions, 3 Gym session (Magura to provide GYM program), 1 Training 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](mailto: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: 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>Magura: water polo skills and shooting session</i>
<i>Saturday</i>		<i>Magura: water polo skills and shooting session</i>
<i>Sunday</i>	<i>Off</i>	<i>Off</i>