

# PROPOSED TRAINING PROGRAM

## Magura Water Polo Summer 2024-25 Program

Boys born 2010-11



### 1. PROGRAM OVERVIEW

DATES	WEEK	VENUE	ACTIVITY	COMMENTS
7 – 13 Oct	1	Beatty Park UWA pool	Skills, fitness and Game knowledge	2/3 Club training sessions, 2 Magura Water Polo pool training sessions, 2 Magura Water Polo Land based strength session, 1 Training Game
14 – 20 Oct	2	Beatty Park UWA pool	Skills, fitness and Game knowledge	2/3 Club training sessions, 2 Magura Water Polo pool training sessions, 2 Magura Water Polo Land based strength session, 1 Training Game
21 – 27 Oct	3	Beatty Park UWA pool	Skills, fitness and Game knowledge	2/3 Club training sessions, 2 Magura Water Polo pool training sessions, 2 Magura Water Polo Land based strength session, 1 Training Game
28 Oct – 3 Nov	4	Beatty Park UWA pool	Skills, fitness and Game knowledge	2/3 Club training sessions, 2 Magura Water Polo pool training sessions, 2 Magura Water Polo Land based strength session, 1 Training Game
4 – 10 Nov	5	Beatty Park UWA pool	Skills, fitness and Game knowledge	2/3 Club training sessions, 2 Magura Water Polo pool training sessions, 2 Magura Water Polo Land based strength session, 1 Training Game
11 – 17 Nov	6	Beatty Park UWA pool	Skills, fitness and Game knowledge	2/3 Club training sessions, 2 Magura Water Polo pool training sessions, 2 Magura Water Polo Land based strength session, 1 Training Game
18 – 24 Nov	7	Beatty Park UWA pool	Skills, fitness and Game knowledge	2/3 Club training sessions, 2 Magura Water Polo pool training sessions, 2 Magura Water Polo Land based strength session, 1 Training Game
25 Nov – 1 Dec	8	Beatty Park UWA pool	Skills, fitness and Game knowledge	2/3 Club training sessions, 2 Magura Water Polo pool training sessions, 2 Magura Water Polo Land based strength session, 1 Training Game
2 – 8 Dec	9	Beatty Park UWA pool	Skills, fitness and Game knowledge	2/3 Club training sessions, 2 Magura Water Polo pool training sessions, 2 Magura Water Polo Land based strength session, 1 Training Game
9 – 15 Dec	10	Beatty Park UWA pool	Skills, fitness and Game knowledge	2/3 Club training sessions, 2 Magura Water Polo pool training sessions, 2 Magura Water Polo Land based strength session, 1 Training Game
16 – 22 Dec	11	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)
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	2/3 Club training sessions, 2 Magura Water Polo pool training sessions, 2 Magura Water Polo Land based strength session, 1 Training Game
3 – 9 Feb	18	Beatty Park UWA pool	Skills, fitness and Game knowledge	2/3 Club training sessions, 2 Magura Water Polo pool training sessions, 2 Magura Water Polo Land based strength session, 1 Training Game
10 – 16 Feb	19	Beatty Park UWA pool	Skills, fitness and Game knowledge	2/3 Club training sessions, 2 Magura Water Polo pool training sessions, 2 Magura Water Polo Land based strength session, 1 Training Game
17 – 23 Feb	20	Beatty Park UWA pool	Skills, fitness and Game knowledge	2/3 Club training sessions, 2 Magura Water Polo pool training sessions, 2 Magura Water Polo Land based strength session, 1 Training Game
24 Feb – 2 Mar	21	Beatty Park UWA pool	Skills, fitness and Game knowledge	2/3 Club training sessions, 2 Magura Water Polo pool training sessions, 2 Magura Water Polo Land based strength session, 1 Training Game

3 – 9 Mar	22	Beatty Park UWA pool	Skills, fitness and Game knowledge	2/3 Club training sessions, 2 Magura Water Polo pool training sessions, 2 Magura Water Polo Land based strength session, 1 Training Game
10 – 16 Mar	23	Beatty Park UWA pool	Skills, fitness and Game knowledge	2/3 Club training sessions, 2 Magura Water Polo pool training sessions, 2 Magura Water Polo Land based strength session, 1 Training Game
17 – 23 Mar	24	Beatty Park UWA pool	Skills, fitness and Game knowledge	2/3 Club training sessions, 2 Magura Water Polo pool training sessions, 2/3 Magura Water Polo Land based strength session, 1 Training Game
24 – 30 Mar	25	Beatty Park UWA pool	Skills, fitness and Game knowledge	2/3 Club training sessions, 2 Magura Water Polo pool training sessions, 2 Magura Water Polo Land based strength session, 1 Training Game
31 Mar – 6 Apr	26	Beatty Park UWA pool	Skills, fitness and Game knowledge	2/3 Club training sessions, 2 Magura Water Polo pool training sessions, 2 Magura Water Polo Land based strength session, 1 Training Game
7 – 13 Apr	27	Beatty Park UWA pool	Skills, fitness and Game knowledge	2/3 Club training sessions, 2 Magura Water Polo pool training sessions, 2 Magura Water Polo Land based strength session, 1 Training Game
14 - 20 Apr	28	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)
21 – 28 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>Magura: general strength and shooting related land-based training</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: general strength and shooting related land-based training</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>

