Fish out of Water

Evanston Girls’ Water Polo Training Manual
Some Things to Keep in Mind....

- Find a workout Buddy
- Make a music playlist
- Hydrate before, during and after
- Rest 30-60 seconds between sets
- Rest 1-2 minutes between exercises
- Log your progress
- Stop doing an exercise if in pain
- Workouts are personal, if you are unable to do an exercise right then replace it with one you can!
- If you need to miss a day it’s ok, keep going as soon as possible
- Max arm weight: 10 lbs per arm
Stretches

Arm Stretches

Leg Stretches
Before Every Workout

Start every workout with 10-15 minutes of cardio

Mix it Up!

- Running
- Stairs
- Biking
- Elliptical
- Jump Rope
- Zumba
- Skips
- Burpees
DIY Weights

1 Gallon of Water = 8 lbs

1 Bag of All Purpose Flour = 5 lbs

1 Large Bottle of Laundry Detergent = 10 lbs
# Month 1: Week 1

<table>
<thead>
<tr>
<th>Day 1: Arms</th>
<th>Day 2: Legs</th>
<th>Day 3: Abs</th>
<th>Day 4: Cardio</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Squat to Press</strong>&lt;br&gt;2 sets&lt;br&gt;20 reps</td>
<td><strong>Rocket Jumps</strong>&lt;br&gt;3 sets&lt;br&gt;10 reps</td>
<td><strong>Spiderman Front Bridge</strong>&lt;br&gt;2 sets&lt;br&gt;20 reps</td>
<td><strong>Burpees</strong>&lt;br&gt;2 sets&lt;br&gt;30 sec. on 30 sec. off</td>
</tr>
<tr>
<td><strong>Kneeling Clap Pushup</strong>&lt;br&gt;2 sets&lt;br&gt;8 reps</td>
<td><strong>Weighted Lunges</strong>&lt;br&gt;3 sets&lt;br&gt;20 reps</td>
<td><strong>Twist Crunch Lower Leg</strong>&lt;br&gt;2 sets&lt;br&gt;20 reps</td>
<td><strong>Stationary Skips</strong>&lt;br&gt;3 sets&lt;br&gt;1 min. on 30 sec. off</td>
</tr>
<tr>
<td><strong>Cuban Press</strong>&lt;br&gt;2 sets&lt;br&gt;20 reps</td>
<td><strong>Wall Sit</strong>&lt;br&gt;3 sets of 1 minute</td>
<td><strong>Plank</strong>&lt;br&gt;3 sets of 1 minute</td>
<td><strong>Jumping Jacks</strong>&lt;br&gt;50</td>
</tr>
<tr>
<td><strong>Russian Twist</strong>&lt;br&gt;40 reps</td>
<td><strong>Weighted Toe ups</strong>&lt;br&gt;2 sets&lt;br&gt;40 reps</td>
<td></td>
<td><strong>Jump Squats</strong>&lt;br&gt;3 sets&lt;br&gt;20 reps</td>
</tr>
</tbody>
</table>
# Month 1: Week 2

## Day 1: Arms
- **Burpees**
  - 3 sets
  - 15 reps

- **Squat to Press**
  - 3 sets
  - 20 reps

- **Kneeling Clap Pushup**
  - 2 sets
  - 10 reps

## Day 2: Legs
- **Side Lunges**
  - 3 sets
  - 20 reps per leg

- **Side Leg Lifts**
  - 3 sets
  - 15 reps per leg

- **Wall Sit/Quarter Squat Combo**
  - 30 sec. Wall sit
  - 20 quarter squats (fast)

## Day 3: Abs
- **Plank to Pushup**
  - 2 sets
  - 20 reps

- **Crossbody Climber**
  - 2 sets
  - 40 reps

- **Flutter Kick**
  - 2 sets
  - 1 min. (Fast and Slow)

- **Superman Hold**
  - 2 sets
  - 1 min

## Day 4: Plyometric
- **Jumping Jacks**
  - 30 seconds

- **High Knees**
  - 30 seconds

- **Jump Squats**
  - 30 reps

- **Ball Slam**
  - 3 sets
  - 15 reps

- **Box Jumps**
  - 40 reps
## Month 1: Week 3

<table>
<thead>
<tr>
<th>Day 1: Arms</th>
<th>Day 2: Mix</th>
<th>Day 3: Abs</th>
<th>Day 4: Legs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pushup</td>
<td>Jump Lunge</td>
<td>Plank with Chest Touch</td>
<td>Bulgarian Squats</td>
</tr>
<tr>
<td>4 sets</td>
<td>3 sets</td>
<td>3 sets</td>
<td>3 sets</td>
</tr>
<tr>
<td>10 reps</td>
<td>20 reps</td>
<td>1 min</td>
<td>10 reps per leg</td>
</tr>
<tr>
<td>Lateral Raise</td>
<td>Burpees</td>
<td>Mountain Climbers</td>
<td>Jump Lunge</td>
</tr>
<tr>
<td>2 sets</td>
<td>3 sets</td>
<td>3 sets</td>
<td>3 sets</td>
</tr>
<tr>
<td>30 reps</td>
<td>15 reps</td>
<td>40 reps</td>
<td>20 reps</td>
</tr>
<tr>
<td>Tricep Extension</td>
<td>Weighted Squats</td>
<td>Russian Twist</td>
<td>Box Jumps</td>
</tr>
<tr>
<td>3 sets</td>
<td>3 sets</td>
<td>3 sets</td>
<td>3 sets</td>
</tr>
<tr>
<td>20 reps</td>
<td>20 reps</td>
<td>30 reps</td>
<td>15 reps</td>
</tr>
<tr>
<td></td>
<td>Pushup</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>3 sets</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>10 reps</td>
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<td></td>
</tr>
</tbody>
</table>
## Month 1: Week 4

### Day 1: Arms
- **Dips**
  - 3 sets
  - 20 reps
- **Pushup**
  - 3 sets
  - 12 reps
- **Shoulder Press**
  - 3 sets
  - 10 reps

### Day 2: Body Weight
- **Squat w/ side Leg Lift**
  - 3 sets
  - 20 reps
- **Downward Dog Abs**
  - 3 sets
  - 10 reps per leg
- **Superwoman Pushup**
  - 3 sets
  - 12 reps

### Day 3: Cardio
- **Burpees**
  - 3 sets
  - 15 reps
- **High Knees**
  - 3 sets
  - 1 min on
- **Side Plank**
  - 3 sets
  - 30 sec. (alternating)

### Day 4: Abs
- **Mountain Climbers**
  - 2 sets
  - 40 reps
- **V Crunch**
  - 3 sets
  - 20 reps
- **Windshield Wipers**
  - 2 sets
  - 20 reps
Month 2: Week 1

Day 1: Full Body
- Dips
  3 sets
  15 reps
- Back Lunges
  3 sets
  20 reps
- Wall Touch Jump Squats
  3 sets
  20 reps
- Plank with Chest Touch
  40 reps

Day 2: Arms/Core
- Russian Twist
  3 sets
  20 reps
- Superwoman Pushup
  3 sets
  12 reps
- Jump Lunge
  3 sets
  1 minute
- 50 Burpees

Day 3: Legs
- Toe Touches
  3 sets
  1 minute
- Wall Sit
  3 sets
- Step-ups
  3 sets
  20 reps
- Weighted Back Lunges
  3 sets
  20 reps per leg

Day 4: Arms
- Front Raise/ Standing Tricep Extension/Push Press
  3 sets
  10 reps per exercise
- Lateral Raise
  4 sets
  15 reps
- Shoulder Press and Pulses
  4 sets
  30 reps
- Plank with Chest Touch
  3 sets
  10 reps per arm
## Month 2: Week 2

### Day 1: Chest
- Superwoman Pushup
  - 3 sets
  - 15 reps
- Dumbbell Flat Bench Press
  - 3 sets
  - 15 reps
- Shoulder Press and Pulses
  - 3 sets
  - 15 reps

### Day 2: Legs
- Lunge w/ Front Kicks
  - 3 sets
  - 20 reps
- Weighted Glute Bridge
  - 4 sets
  - 1 minute
- Wall Sit
  - 4 sets
  - 45 seconds

### Day 3: Core
- Flutter Kick
  - 3 sets
  - 30 seconds
- Russian Twist
  - 3 sets
  - 30 reps
- Bicycle Crunch
  - 2 sets
  - 40 reps
- Side Plank
  - 2 sets
  - 30 seconds per side

### Day 4: Cardio/Core
- Squat w/ side Leg Lift
  - 4 sets
  - 20 reps
- Inchworm
  - 4 sets
  - 8 reps
- Plank Jacks
  - 3 sets
  - 1 min
## Month 2: Week 3

### Day 1: Arms
- **Wide Row with Dumbbells**
  - 4 sets
  - 15 reps
- **Squat w/ Overhead Press**
  - 3 sets
  - 15 reps
- **Lateral Raise**
  - 3 sets
  - 15 reps
- **20 Burpees**

### Day 2: Legs
- **Weighted Squats**
  - 4 sets
  - 20 reps
- **Plank Jacks**
  - 3 sets
  - 45 seconds
- **Fast Frog Jumps**
  - 3 sets
  - 15 reps
- **20 Burpees**

### Day 3: Core
- **Plank w/ Foot Raise**
  - 3 sets
  - 20 reps
- **Flutter Kick**
  - 3 sets
  - 1 minute (Alt. Fast/Slow)
- **Pushup**
  - 4 sets
  - 10 reps
- **50 Jump Squats**

### Day 4: Cardio
- **Mountain Climbers**
  - 3 sets
  - 30 reps
- **Jump Squats**
  - 4 sets
  - 20 reps
- **Jump Lunge**
  - 3 sets
  - 10 reps per leg
- **20 Burpees**
### Month 2: Week 4

#### Day 1: Plyometric
- **Squat w/ side Leg Lift**
  - 3 sets
  - 20 reps
- **Inchworm**
  - 3 sets
  - 1 minute
- **Tuck Jumps**
  - 4 sets
  - 10 reps
  - 50 Jump Squats

#### Day 2: Glutes
- **Bulgarian Squats**
  - 4 sets
  - 10 reps per leg
- **1 Leg Glute Bridge**
  - 4 sets
  - 30 seconds
- **Donkey Kicks**
  - 4 sets
  - 20 reps per leg
  - 20 Burpees

#### Day 3: Arms
- **Bent Over Row**
  - 4 sets
  - 15 reps
- **Squat w/ Overhead Press**
  - 4 sets
  - 15 reps
- **Front Raise/ Standing Tricep Extension/Push Press**
  - 3 sets
  - 10 reps per exercise
  - 50 Jump Squats

#### Day 4: Full Body
- **Side Leg Lifts**
  - 3 sets
  - 10 reps per leg
- **Tuck Jump**
  - 3 sets
  - 10 reps
- **Walking Lunges**
  - 50 reps per leg
  - 25 Burpees
# Month 3: Week 1

<table>
<thead>
<tr>
<th>Day 1: Abs</th>
<th>Day 2: Upper Body</th>
<th>Day 3: Legs</th>
<th>Day 4: Combo</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plank to Pushup</td>
<td>Dips</td>
<td>Weighted Squats</td>
<td>Inchworm</td>
</tr>
<tr>
<td>3 sets</td>
<td>3 sets</td>
<td>4 sets</td>
<td>4 sets</td>
</tr>
<tr>
<td>10 reps per arm</td>
<td>15 reps</td>
<td>20 reps</td>
<td>10 reps</td>
</tr>
<tr>
<td>Russian Twist</td>
<td>Superwoman Pushup</td>
<td>Wall Sit</td>
<td>Bent Over Row</td>
</tr>
<tr>
<td>4 sets</td>
<td>4 sets</td>
<td>45 sets</td>
<td>4 sets</td>
</tr>
<tr>
<td>30 reps</td>
<td>15 reps</td>
<td>45 seconds</td>
<td>20 reps</td>
</tr>
<tr>
<td>Leg Lift with 180, 45 degree holds</td>
<td>Tricep Curls</td>
<td>Jump Lunge</td>
<td>30 Burpees</td>
</tr>
<tr>
<td>4 sets</td>
<td>4 sets</td>
<td>3 sets</td>
<td></td>
</tr>
<tr>
<td>30 seconds per angle</td>
<td>20 reps</td>
<td>30 seconds</td>
<td></td>
</tr>
<tr>
<td>30 burpees</td>
<td>20 burpees</td>
<td>20 burpees</td>
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<tr>
<td></td>
<td>50 Jump Squats</td>
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</tbody>
</table>
# Month 3: Week 2

<table>
<thead>
<tr>
<th>Day 1: Arms</th>
<th>Day 2: Legs</th>
<th>Day 3: Core</th>
<th>Day 4: Cardio/Legs</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Dips</strong></td>
<td><strong>Weighted Squats</strong></td>
<td><strong>Star Roll Up</strong></td>
<td><strong>Mountain Climbers</strong></td>
</tr>
<tr>
<td>4 sets</td>
<td>4 sets</td>
<td>4 sets</td>
<td>3 sets</td>
</tr>
<tr>
<td>15 reps</td>
<td>25 reps</td>
<td>20 reps</td>
<td>30 reps per leg</td>
</tr>
<tr>
<td><strong>Spider Pushup</strong></td>
<td><strong>Plank Jacks</strong></td>
<td><strong>Plank</strong></td>
<td><strong>Burpees</strong></td>
</tr>
<tr>
<td>4 sets</td>
<td>4 sets</td>
<td>4 sets</td>
<td>3 sets</td>
</tr>
<tr>
<td>5 reps per leg</td>
<td>45 seconds</td>
<td>45 seconds</td>
<td>20 reps</td>
</tr>
<tr>
<td><strong>Cuban Press</strong></td>
<td><strong>Jump Lunge</strong></td>
<td><strong>V Crunch</strong></td>
<td><strong>Wall Sit</strong></td>
</tr>
<tr>
<td>3 sets</td>
<td>4 sets</td>
<td>4 sets</td>
<td>4 sets</td>
</tr>
<tr>
<td>15 reps</td>
<td>10 reps per leg</td>
<td>60 reps</td>
<td>45 seconds</td>
</tr>
<tr>
<td></td>
<td></td>
<td>20 <strong>Burpees</strong></td>
<td>50 <strong>Jump Squats</strong></td>
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<tr>
<td></td>
<td>50 <strong>Jump Squats</strong></td>
<td></td>
<td>50 <strong>Jump Squats</strong></td>
</tr>
</tbody>
</table>
# Month 3: Week 3

## Day 1: Arms
- **Incline Dumbbell Press**
  - 3 sets
  - 20 reps

- **Incline Dumbbell Flies**
  - 4 sets
  - 8 reps

- **Cuban Press**
  - 3 sets
  - 15 reps

## Day 2: Body Weight
- **Squat w/ side Leg Lift**
  - 3 sets
  - 15 reps per leg

- **Downward Dog Abs**
  - 3 sets
  - 10 reps per leg

- **Superwoman Pushup**
  - 3 sets
  - 12 reps

## Day 3: Legs
- **Toe Touches**
  - 3 sets
  - 1 minute on

- **Wall Sit**
  - 3 sets
  - 45 seconds

- **Step-ups**
  - 3 sets
  - 20 reps

- **Weighted Back Lunges**
  - 3 sets
  - 20 reps per leg

## Day 4: Arms/Core
- **50 Burpees**

- **Russian Twist**
  - 3 sets
  - 20 reps

- **Superwoman Pushup**
  - 3 sets
  - 12 reps

- **Jump Lunge**
  - 3 sets
  - 1 minute
## Month 3: Week 4

### Day 1: Arms
- **Bent Over Row**
  - 4 sets
  - 15 reps
- **Squat w/ Overhead Press**
  - 3 sets
  - 15 reps
- **Bent over Lateral Raise**
  - 3 sets
  - 15 reps
- **20 Burpees**

### Day 2: Legs
- **Box Jumps**
  - 4 sets
  - 10 reps
- **Jump Lunge**
  - 3 sets
  - 20 reps
- **Wall Sit**
  - 3 sets of 1 minute
- **Plank Jacks**
  - 4 sets
  - 20 reps

### Day 3: Cardio/Core
- **Squat w/ side Leg Lift**
  - 4 sets
  - 20 reps
- **Inchworm**
  - 4 sets
  - 8 reps
- **Plank Jacks**
  - 3 sets
  - 1 min
- **40 Burpees**

### Day 4: Body Weight
- **Burpees**
  - 3 sets
  - 20 reps
- **Downward Dog Abs**
  - 3 sets
  - 10 reps per leg
- **Superwoman Pushup**
  - 3 sets
  - 12 reps
- **100 Jump Squats**
# Some Healthy Pre-Workout Recipes

**Tropical Smoothie**
- 5 Strawberries
- Handful of Raspberries
- 1 Frozen Banana
- 3-4 Slices Pineapple
- 4 oz Orange Juice

*(Drink 2+ hours before workout)*

**Banana Oatmeal**
- ½ Cup Cooked Oatmeal
- ½ Sliced Banana
- 2 Tbsp Almond Butter
- 1 Tbsp Sliced Almonds
- 1 Tsp Honey

*(Eat 2+ hours before workout)*

**Greek Yogurt w/ Fruit**
- 1 container Greek Yogurt *(Choice flavor)*
- ¾ Cup Blueberries
- 1 Tbsp Chia Seeds
- 3 Tbsp Sliced Almonds
- 3 Tbsp Pomegranate Seeds
- 1 tbsp Sliced Almonds

*(Eat 30+ minutes before)*
# Some Healthy Post-Workout Recipes

**Banana Oatmeal Smoothies**

<table>
<thead>
<tr>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ Cups rolled oats</td>
</tr>
<tr>
<td>1 frozen Banana</td>
</tr>
<tr>
<td>1 cup Almond Milk</td>
</tr>
<tr>
<td>1 tsp Cinnamon</td>
</tr>
</tbody>
</table>

**Instructions:**
Blend rolled oats until they are a fine powder. Add the banana, almond milk and cinnamon. Blend until smooth.

**Egg Salad Sandwich**

<table>
<thead>
<tr>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Slices Toast (Ezekial Bread)</td>
</tr>
<tr>
<td>2 Hardboiled Eggs</td>
</tr>
<tr>
<td>¼ of an Avocado</td>
</tr>
<tr>
<td>2 Tbsp Green Onion</td>
</tr>
<tr>
<td>¼ Tsp Yellow Mustard</td>
</tr>
<tr>
<td>1 Pinch of Paprika</td>
</tr>
</tbody>
</table>

**Instructions:**
Use a fork to mash avocado. Add the chopped eggs, chopped Green Onion, yellow mustard and Paprika. Mix well and season with salt and pepper to taste.

**Trail Mix**

<table>
<thead>
<tr>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>¼ Cup Cashews</td>
</tr>
<tr>
<td>¼ Cup Almonds</td>
</tr>
<tr>
<td>¼ Cup Banana Chips</td>
</tr>
<tr>
<td>3 Strips Dried Mango</td>
</tr>
<tr>
<td>2 Tbsp Unsweetened Coconut Flakes</td>
</tr>
</tbody>
</table>