

WATER POLO THROWING PROGRESSION PARTIAL UCL SPRAIN

Day	Intensity	Distance	Repetitions	Catch Right Hand
1	50-75%	3-5 m	20	
2			30	10 reps @ 3 m
3			40	
4			50	10 reps @ 3 m
5		7-10 m	20	
6			30	20 reps @ 3 m
7			40	
8		12-15 m	20	10 reps @ 7 m
9			30	
10		17-20 m	20	10 reps @ 7m & 10 reps at 15m
11	75%	5 m 10-12 m	50 20	
12	85-90%	4 m	20	20 reps @ 7m & 20 reps at 15m
13	75% 100%	6 m 4 m	15 10	30 reps @ 7m & 20 reps at 15m