

Pine-Richland Field Hockey

2010 Summer Conditioning Program

June 15, 2010 – August 12, 2010

Proper conditioning will allow you to maximize your athletic skills. Workouts should be performed each week for the duration of summer.

You have the option of participating in the fee-based program for \$132 for 18 sessions of organized conditioning or train on your own or with a partner.

Conditioning Goals:

1. Progressive training - establish a routine of training to improve your physical conditioning; a well-conditioned athlete can respond to the demands of field hockey competition and recover more quickly during games.
2. Prevent injury – a well-conditioned, flexible athlete is less likely to be injured and will recuperate more quickly if injured.
3. Improve stick skills – the ability to handle the ball confidently and skillfully differentiates hockey players on the field.

Sample Weekly Training Plan

2x/Week	Stick Skills / Goalie Skills and/or Summer League	20-30 minutes
3x/Week	Conditioning (Coach Jakub or Self-Paced)	1 - 1 ½ hours

Timed Run Progression

Week 1	1 mile under 9 min.
Week 2	1 mile under 8 min.
Week 3	1.5 miles under 14 min.
Week 4	1.5 miles under 13 min.
Week 5	2 miles under 18 min.
Week 6	2 miles under 17 min.
Week 7	1.5 miles under 12 min.
Week 8	1.5 miles under 11 min. 30 sec.
Week 9	1 mile under 7 min. 30 sec.