

# Pine-Richland Field Hockey

## Summer Conditioning Program

<b>Legs: 2x/Week</b>
Lunges 3 sets 15-20 reps.
Squats w/ Front Kick 3 sets 15-20 reps
Squats - Wall Sits 5 sets 30-60 sec.
<b>Arms: 2x/Week</b>
Pushups 3 sets of 10
Dumbbell Rows 3 sets 15-20 reps.
Reverse Fly 3 sets 15-20 reps.
<b>Core: 3x/Week</b>
Reverse Crunch 3 sets 10-15 reps.
Bicycle Exercise 3 sets 15-20 reps.
Vertical Leg Crunch 3 sets 10-15 reps.
Plank 3 sets 10-15 reps.
Back Extension 3 sets 15-20 reps.
<b>Agility / Footwork: 2x/Week</b>
5 Yard Square 3 sets 8 reps.
W Run 3 sets 30-60 sec.
Z Run 3 sets 30-60 sec.
<b>Speed: 2x/Week</b>
Skip for Height 3 sets 15-20 reps.
Skip for Distance 3 sets 15-20 reps.
Falling Starts 3 sets 15-20 reps.
<b>Timed Run Progression: 2x/Week</b>
<b>Intervals or Fartleks: 1x/Week</b>

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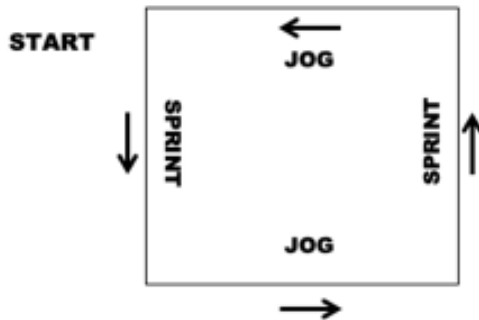
## Summer Conditioning Program

### Legs-Arms-Core Workouts

- Each workout should be about 15-20 minutes total.
- Do a variety of exercises.
- There are many apps (Peloton, Nike Training Club, Orange Theory etc.) and YouTube videos to reference.

### Agility / Footwork

#### 5 Yard Square



This reinforces the 'change of direction' footwork needed in games.

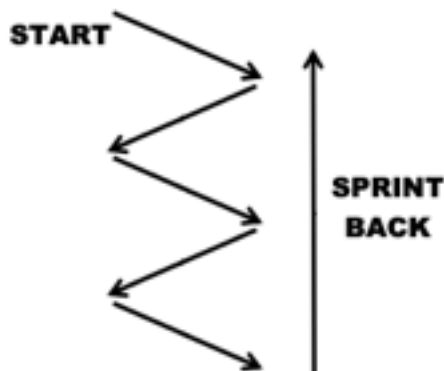
1. Create a 5-yard square.
2. Alternate SPRINT and JOG the sides of the square.
3. Do 3 sets of 8 repetitions.
4. After 1st rep., switch direction and go clockwise.

#### W Run



1. Cones are placed 7 yds. apart.
2. Run in a 'W' formation—sprint forward then back pedal through pattern.
3. Repeat when you return to the start.
4. Do 3 timed sets of 30 sec. or vary sets at 40-50-60 sec.

#### Z Run



1. Cones are 5-7 yds. apart from each other at various lengths and widths.
2. Zig zag around cones making quick turns and accelerating.
3. Sprint back to beginning.
4. Do 3 sets of 30 seconds or vary sets at 40-50-60 secs.

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### Speed

#### Skip for Height:

Purpose is to increase hip extension and flexion strength, improve ankle-muscle stiffness, enhance leg power and stride length.

1. Skip, driving the free knee upward as aggressively as possible.
2. Make the arm action very aggressive as well.
3. Try to skip as high as possible on each jump.

#### Skip for Distance:

Purpose is to increase hip power and stride length

1. Start in a lunge position.
2. Jump straight into the air and return to the original position.
3. Repeat without pausing.
4. Repeat for other leg.

Tips: The knee closest to the ground should never touch the ground. Your hands are either placed on either side of your head (near the ears) or may be used in unison to drive upward with each jump.

#### Falling Starts:

Purpose is to enhance quick leg turnover at start and teach the proper acceleration lean.

1. Stand with the feet together and lean forward until your balance is lost.
2. At this point, accelerate at full speed to catch yourself.
3. Run 20 to 30 yards.

#### Timed Run Progression

Week 1	1 mile under 9 min. ** record a baseline
Week 2	1 mile under 8 min.
Week 3	1.5 miles under 13 min.
Week 4	1.5 miles under 12 min.
Week 5	2 miles under 17 min.
Week 6	2 miles under 16 min.
Week 7	2.5 miles under 22 min.
Week 8	2.5 miles under 20 min.
Week 9	3 miles under 30 min.

Week 1 – record a baseline, your best this point.

Weeks 2-9 – improve time each week to achieve an 8-minute mile or better by tryouts.

Under times shown are targets for which to aim.

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### Intervals

Intervals are high intensity, short duration sprints. All intervals should be done on a track or a lined field. Adhere strictly to the rest times that are listed in each interval workout. Do not take additional rest in between. These workouts should be hard and you should be drained when you are finished. Your heart rate should be towards the upper end of your target heart range immediately after your intervals and should drop below your target heart rate range (but no lower than 120 beats per minute) before you begin your next set. A heart rate monitor would be an excellent tool to use while running intervals.

#### Sample Interval Workouts:

##### Interval I

- 2 x 800 meters; 4 minute rest
- 2 x 400 meters; 2:30 minute rest
- 2 x 200 meters; 1:30 minute rest
- 4 x 100 meters; 45 second rest
- 4 x 50 meters; 30 second rest

Total Miles: 2.15

##### Interval II

- 6 x 200 meters; 1 minute rest
- 6 x 400 meters; 2 minute rest

Total Miles: 2.25

### Fartleks

Fartlek workouts are a combination of intense runs alternated with modified rests performed at various speeds and distances. This kind of running simulates the running that you perform in a game much more closely than a steady distance run. When running your fartleks make sure that your shorter times are run at top speed and your longer times are run at a pace that is similar to the pace you would run an 800. There should be definite difference between your jog ("off") and your run ("on"). Fartlek workouts are more fun when you run them with a partner that you can race against. Push yourself!

#### Sample Fartlek Workouts:

KEY: On = sprint; Off = jog; Run = 800-meter pace (faster than jog); X = number of reps

##### Fartlek I

- 5 min. run
- 2 min. on / 2 min. off x 4
- 1:30 on / 1:30 off x 4
- 1 min. on / 45 sec. off x 4
- 5 min. run

Total: 39 minutes

##### Fartlek II

- 5 min. steady pace
- 1 min. on / 1 min. off x 2
- 1:30 min. on / 1:30 min. off x 2
- 2 min. on / 2 min. off x 2
- 1:30 min. on / 1:30 min. off x 2
- 1 min. on / 1 min. off x 2
- 5 min. steady pace

Total: 38 minutes