

## HOCKEY CONDITIONING – PRE-SEASON 2.0

Note: before every session have a comprehensive warm up

### **Week 1**

#### ***Session 1***

##### **Set 1**

Initial 1600m time trial (record times as these will be re-tested after the 6 week block)

**REST 3 MIN**

##### **Set 2**

200 yard efforts (2 lengths of the pitch) on 1:45min

Repeat 8 times

**REST 2 MIN**

##### **Set 3**

Repeat 200 yard efforts times on 1:45min

#### ***Session 2***

##### **Set 1**

Hockey bronco (to the 25 yard line & return, to the 50 yard line & return, to the 75 yard line & return)

Repeat 5 times on every 3 minutes

**REST 2 MIN**

##### **Set 2**

25 yard shuttles on 25s (so run out to the 25 yard line, and return... get ret ready to go again on 25s)

Repeat 10 reps on 25s

**REST 2 MIN**

##### **Set 3**

100 yard max efforts on 60s x 10

## **Week 2**

### ***Session 1***

#### **Set 1**

200 yard efforts on 1:45min

Repeat 8 times

**REST 2 MIN**

#### **Set 2**

150 yard efforts on 1:20 min (so 1.5 length as fast as possible then walk back to baseline for rest) x 8

**REST 2 MIN**

#### **Set 3**

20s on, 20s off straight line running x 10

- So just stop on 20s, then go again after 20s rest

### ***Session 2***

#### **Set 1**

Hockey bronco (to the 25 yard line & return, to the 50 yard line & return, to the 75 yard line & return)

Repeat 6 times on every 3 minutes

**REST 2 MIN**

#### **Set 2**

25 yard shuttles on 25s (so run out to the 25 yard line, and return... get ready to go again on 25s)

Repeat 10 reps on 25s

**REST 2 MIN**

#### **Set 3**

100 yard max efforts on 60s x 12

### **Week 3**

#### ***Session 1***

##### **Set 1**

200 yard efforts on 1:40min x 10 (less rest than last week)

**REST 2 MIN**

##### **Set 2**

30 on 30 off within the 25 yard zone x 10

Complete as many shuttles as you can within 30 seconds

**REST 2 MIN**

##### **Set 3**

Mini circuit

5 burpees, 10 press ups, 20 mountain climbers each side, 1 length of the field sprint

Repeat 6 times (time trial – do it as fast as you can)

#### ***Session 2***

##### **Set 1**

Run the length of the field, jog the width.... Continue to do this for 10 laps

**REST 2 MIN**

##### **Set 2**

100 yard efforts on 60s x 12

## **Week 4**

### ***Session 1***

#### **Set 1**

1 min on, 1 min off x 8 → cover as much distance as you can in 1 minute, then match it

**REST 2 MIN**

#### **Set 2**

30 on, 30 off x 8 → cover as much distance as you can in 30 seconds, then match it

**REST 2 MIN**

#### **Set 3**

15 on, 15 off x 8 → cover as much distance as you can in 15 seconds, then match it

### ***Session 2***

#### **Set 1**

1 burpee + 1 length running, 2 burpees + 2 lengths... up to 6 and then work your way back down

e.g following this system 1-2-3-4-5-6-5-4-3-2-1

**REST 3 MIN**

#### **Set 2**

20 on, 10 off x 8 max efforts within a 25 yard zone (as many shuttles as you can in 20s)

## **Week 5**

### ***Session 1***

#### **Set 1**

40 on, 20 off straight line running x 10

**REST 2 MIN**

#### **Set 2**

20 on, 40 off straight line running x 10

**REST 2 MIN**

#### **Set 3**

150 yard efforts on 2:00 → the 150 yard effort should be MAXIMAL

### ***Session 2***

#### **Set 1**

Mini circuit

2-4-6-8-12-14-16-18-20

- Hand release burpees
- Press ups
- Squat
- Split squat jumps
- 50 yard return... so run to half way and back

## **Week 6**

### ***Session 1***

#### **Set 1**

1600 yard time trial (compare this against you first time trial time)

**REST 4 MIN**

#### **Set 2**

400 yard efforts on 3:30 minutes x 9

### ***Session 2***

#### **Set 1**

50 yard SPRINT, 50 yard walk x 12

**REST 2 MIN**

#### **Set 2**

25 yard returns on 25seconds x 10 (run out 25 yards and return)

**REST 2 MIN**

#### **Set 3**

Hockey bronco (25yrd return, 50 yard return, 75 yard return)

1 effort on every 2 minutes x 5

**REST 2 MIN**

#### **Set 4**

Repeat set 1