

# Bangor Field Hockey Conditioning Plan

**Before any workout, be sure you hydrate and stretch! After every workout, be sure to hydrate and stretch more. TAKE CARE OF YOUR BODY!!!**

In this packet, you will find a variety of workouts that relate to the weekly conditioning schedule. Each week during the summer, you will complete conditioning sessions on your own. If you have not been running, begin slowly and build up to the running schedule. To do this, you may begin with 3 days of conditioning and then add a day of conditioning each week. Some of the workouts require a stopwatch, so be sure you have one! Each day of the week you will perform one of the running activities that are under the category specified in the Weekly Conditioning Schedule. You may choose any of the workouts in the category, however, be sure you do not do the same one every time.

Remember what you put in it what you get out!



## Weekly Conditioning Schedule:

**Monday: Sprinting**

**Tuesday: Agilities**

**Wednesday: Distance**

**Thursday: Agilities or Sprinting**

**Friday: Sprinting**

**Saturday: Distance**

**Sunday: Rest**

**There is NO traffic in the EXTRA mile...**

- Zig Ziglar

# Sprinting

**Choose one bullet point to complete. Be sure to do the correct number of sets.**

- 1 set = 45 seconds sprint at 85 percent of your maximum effort. Walk 30 seconds. Complete 10 sets.
- 1 set = Ladders 1: (This workout will be easiest to measure at a track)
  - Sprint – 4 x 100, 4 x 200, 2 x 400 (15-30 second break in between each), Jog 1 lap ( $\frac{1}{4}$  mile), Walk 1 lap ( $\frac{1}{4}$  mile), Jog 1 lap ( $\frac{1}{4}$  mile), Walk 1 lap ( $\frac{1}{4}$  mile) ... Challenge: complete 2 sets
- 1 set = Build Ups
  - Fastest speed for 35 seconds – walk 1 minute, Fastest speed for 55 seconds – walk for one minute, Fastest speed for 1 minute & 15 seconds – walk for two minutes – that is one set. Start at 1 and build up to three sets – this will improve your pace.
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- 1 set = Jog/Sprint:
  - Jog 1 minute, sprint 30 seconds. Begin with 7- 8 sets (10  $\frac{1}{2}$  minutes) and build up. Challenge... Can you get to 10 by the end of July?
- 1 set = Ladders 2
  - Sprint 25 yards, walk 25 yards, Sprint 25 yards, walk 25 yards, Sprint 25 yards, walk 25 yards, Sprint 25 yards, walk 25 yards
  - Sprint 50 yards, walk 50 yards, Sprint 50 yards, walk 50 yards
  - Sprint 100 yards, walk 50 yards, Sprint 100 yards, walk 50 yards,
  - Sprint 200 yards, walk 100 yards
  - Spring 300 yards, walk 100 yds
  - Spring 200 yards, walk 100 yards
  - Sprint 100 yards, walk 50 yds, Sprint 100 yards, walk 50 yards,
  - Sprint 50 yards, walk 50 yards, Sprint 50 yards, walk 50 yards
  - Sprint 25 yards, walk 25 yards, Sprint 25 yards, walk 25 yards, Sprint 25 yards, walk 25 yards, Sprint 25 yards, walk 25 yards
  - Challenge... Can you do 2 sets by August?

# Distance

**Choose one bullet point to complete. Be sure to do the correct number of sets and push yourself!**

- Run 2 miles in under 20 minutes... Challenge: can you run two miles in under 16 minutes by August?
- 1 set = Intervals
  - Run 3:00 min, pick it up for 40 seconds, sprint 20 seconds (that's 1 set of 4 minutes!) Begin at 3 sets and work your way up, ... Challenge: Can you get 6 sets (24 minutes) by the end of summer?
- Run 1 mile, Walk ½ mile, Run 1 mile
- 15-minute Run:
  - Jog at 50% for 9 minutes
  - Pick Up pace (75% Jog) for 4 minutes
  - Sprint/All Out (100%) for 2 minutes
- Run 1 mile at 50% pace, Run 1 mile 75% Pace, Run ½ mile as fast as you can. (Take 5 minutes break between each mile)
- Run as far as you can (should be at least 2 miles)
- 1 set: XRun
  - Start at the corner of the field. Run 2 laps.
  - When you get to the corner after your two laps, sprint across the field to the opposite corner.
  - Jog 2 laps and 50 yards to you end in a different corner. Sprint across the field to opposite corner.
  - This is 1 set, start by completing 2 and work up to 3. Challenge... can you get to 4 sets?

## Agilities

**Choose one bullet point to complete. Be sure to do the correct number of sets.**

- 1 set = Count to 100s
  - x 20 squats
  - x 20 lunges (10 each leg)
  - x 20 burpees (push-up, jump up, squat jump, restart)
  - x 20 jumping jacks
  - x 20 high knees
  - Complete 4 sets... Challenge: work up to 6 sets
  
- 1 set: Hills
  - Sprint 10 times up the hill as fast as you can... walk down
  - Jog 5 times up the hill... walk down
  - Walk 5 times up the hill... walk down
  - Walk 2 times backwards up the hill... walk down
  
- 1 set: Circuit
  - x 15 push ups
  - x 50 small arm circles clockwise
  - x 50 small arm circles counterclockwise
  - Plank 1 minute
  - X 20 Russian Twist (20 on each side)
  - Complete 3 sets... Challenge: work up to 5 sets
  
- 1 set: Movements
  - Shuffles 50 yards
  - Grape vine 50 yards
  - High Knees 50 yards
  - Butt Kicks 50 yards
  - Sprint 50 yards
  - Complete 3 sets... Challenge: work up to 5 sets