![C:\Users\Ashley\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\HT1H5Y81\MC900057362[2].wmf]()![C:\Users\Ashley\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\D80UEFWO\MC900089134[1].wmf]()Lincoln High School Field Hockey

**2015 Summer Conditioning Program**

**Purpose**: To get you ready for preseason and prepare you for competition in the Fall

**Duration**: 8 weeks- **start date: Monday, June 22**. End date- Preseason Aug 17

These workouts are optional, but strongly recommended, since you will be expected to be in shape at the start of preseason and fitness levels will be tested. *You will run a timed mile on the first day of tryouts!* **Please keep a log or journal of your workouts to track your progress. You will turn in this log on the first day of preseason.**

We need to take the time during preseason to concentrate on *increasing* fitness, teaching individual skills and team strategy. Being fit prior to August 17th will prepare your body for successful season. Read through this guide and e-mail coach Ellie with questions: Ellswortha@lincolnps.org.

**Reminders:**

1) Keep a **LOG** of your fitness activities.

2) Schedule workout during the cooler parts of the day.

3) DRINK LOTS OF WATER and eat protein within a half hour of working out to help your muscles rejuvenate faster.
4) Work out with a buddy or under parental supervision for safety and motivation 

***Every workout should include*:**
1) A light warm up: 5 minutes of jogging/walking & Stretching
2) Cool Down: light jog or walk followed by stretching

**CARDIO WORKOUTS- DAYS 1, 3, and 5**

***FIRST****, pick your two REST days.* ***They SHOULD NOT be back to back****. For example, you might choose Wednesdays and Saturdays as your REST days. Then, number the other days in the week, starting with MONDAY since the workout schedule begins Monday, 6/22. For example, if you choose Wednesdays and Saturdays as your rest days then Day 1=Monday, Day 2=Tuesday, Day 3=THURSDAY, Day 4=Friday, Day 5= SUNDAY.*

**Day 1 of Each Week**: **RUN** for 10 minutes THEN add 5 minutes each week (so Week 2 on Day 1, you will run for 15 minutes). You should be able to run for 50 continuous minutes (about the length of a game) by the start of preseason. *You are seeking to improve your stamina with this exercise; improving slowly each week.*

**Day 3 of Each Week**:         **SPRINTS** -     AT FULL SPEED with a REST Period of **20-30** seconds in between each -   CHOOSE 1 from each column for a total of 3 sets on Week 1, then increase the number of sets by 1 every three weeks. *By August 17, you should be able to complete a sprint workout made up of 5 sets. This helps improve your speed!*
                            4 X 50 yards              5 X 25 yards               5 X 20 yards
                                    4 X 100 yards            5 X 30 yards              15 X 5 yards
                                    5 X 75 yards              8 X 16 yards              10 X 10 yards

***After each SPRINT workout, you must do AGILITIES*** (a selection of your choice from list on the next page) starting with 15 minutes (week 1), and increasing the amount of time to 20 minutes by week 3 and 25 minutes by week 8.

**Day 5 of Each Week**:       **DISTANCE RUN** AND **CORE WORK**

WEEKS 1, 3, and 5- **Timed Mile** Log Your Time WEEKS 6, 7 **3 Mile Run** Log Your Time

WEEKS 2, 4 **2 Mile Run** Log Your Time WEEK 8 **4 Mile Run** Log Your Time

**CORE, STRENGTH \*AND\* AGILITY WORKOUTS- DAYS 2 and 4**

**DAYS 2, 4 AND 5 CORE:**

CORE:                                      3 SETS OF 25 CRUNCHES, 2 SETS OF 10 PUSHUPS and 2, 20 SECOND PLANKS
                                                 *ADD 5 CRUNCHES, 5 PUSHUPS AND 5 SECONDS TO PLANK EACH WEEK*
 *Core Work helps to make your body stronger! Push yourself!*

**DAYS 2 & 4 AGILITIES**:    Choose any of the agilities below with cones in 10x10 or 10x15 yard area. If you don’t have cones, use anything to mark the space, or do it on dirt. As a rule of thumb, one stick length is about one yard. The amount of time of your workout should NOT include set up of cones/drill. *This will help to develop your speed!*

Important-  **Add a Stick and A Ball** to develop stick skills. **GOALIES-** Practice footwork and BODY BALANCE

**WEEK 1, Days 2 &4:**                   Do different agility drills for 15 MINUTES TOTAL
**WEEK 2, Days 2 &4:**                  Do different agility drills for 20 MINUTES TOTAL
**WEEK 3, Days 2 &4:**                 Do different agility drills for 25 MINUTES TOTAL

**WEEK 4, Days 2 &4:**                   Do different agility drills for 25 MINUTES TOTAL
**WEEK 5, Days 2 &4:**                  Do different agility drills for 30 MINUTES TOTAL
**WEEK 6, Days 2 &4:**                 Do different agility drills for 35 MINUTES TOTAL

**WEEK 7, Days 2 &4:**                   Do different agility drills for 35 MINUTES TOTAL
**WEEK 8, Days 2 &4:**                  Do different agility drills for 40 MINUTES TOTAL

**AGILITIES:**

**Line Drills -** *10 Yards Apart*(one stick length= one yard)

1. Start by sprinting from line A to line B at full speed.

2. Touch line B with foot and sprint back to line A, then immediately back to line B (finish line).

3. Variations of this drill can be done by incorporating back pedals, side shuffles, etc.

**Off Set Weave**- *Zig Zag Pattern with cone every 5 yards for a total of 15 yards* (one stick length= one yard)

1. Start by sprinting to the first cone.

2. With a quick change of direction, begin back pedaling to the next cone (and repeat).

3. Concentrate on accelerating out of the corners.

**Z-Drill -** *Make the letter Z in a 5 yard by 5 yard pattern* (one stick length= one yard)

1. Start by sprinting to the first cone at full speed.

2. Then make a hard, sharp cut and sprint to the next cone, and then again to the last cone.

3. Make sure to stay low and get your body "square" to the direction that you are running as quick as possible.

4. Variations of this drill can be done by incorporating back pedals, side shuffles, etc.

**M-Drill**- *Make the letter M in an 8 by 8 yard pattern* (one stick length= one yard)

1. Start by sprinting to the first cone and then follow an "M" pattern to the finish line.

2. Variations of this drill can be done by incorporating back pedals, side shuffles, etc.

**Figure 8 Drill**- *Make a Figure 8 in a 5 yard pattern* (one stick length= one yard)

1. Face one direction at all times (keep the shoulders "square" to this point) and shuffle a through a figure 8 pattern.

**Pro-Agility Drill** - *Total is 10 yards, with the mid line in the middle at the 5 yard mark.* (one stick length= one yard)

1. Start by straddling the mid line.

2. Sprint hard to one side then all the way back to the far side and then finish by sprinting back to the middle. Touch each line as you cross

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**Sample Workout LOG ENTRIES Week 1:**

*Day 1: Monday, 6/22:* Today, I ran for 10 minutes, then I did Line Drills, M Drills and Figure 8s for 15 minutes.

*Day 2: Tuesday, 6/23:* Today, I did core and strength work: 3 SETS OF 25 SITUPS, 2 SETS OF 10 PUSHUPS and 2, 20 SECOND PLANKS. Then, I did 15 minutes of agility work. I chose the Pro-Agility Drill, the Z-Drill and the M-Drill.

WEDNESDAY- REST

*Day 3: Thursday, 6/24:* Today, I did sprints and agilities. I did 4 X 100 yards, 5 X 30 yards, and 15 X 5 yard sprints. For agilities, I chose the Off-Set Weave, the Figure 8 Drill and the Line Drills to do for 15 minutes.

 *Day 4: Friday, 8/1:* Today, I did core and strength work: 3 SETS OF 25 SITUPS, 2 SETS OF 10 PUSHUPS and 2, 20 SECOND PLANKS. Then, I did 15 minutes of agility work. I chose the Figure 8 Drill, the Z-Drill and the Pro-Agility Drill.

SATURDAY- REST

*Day 5: Sunday, 8/3:* Today, I did my first distance run- the Timed Mile. My time was \_\_\_\_\_\_. Then, I did 3 SETS OF 25 SITUPS, 2 SETS OF 10 PUSHUPS and 2, 20 SECOND PLANKS.

***Remember: Each week, you must increase the intensity of your workouts (ex/ Agilities need to be done for 25 minutes Week 3, as opposed to 10 minutes during Week 1) so please make sure you read these directions carefully each day.***

***SUB DAYS:***

If you are playing in leagues for any sport, are on other sports teams or have a personal trainer, etc., you may substitute that for your workout for the day. *BUT, you will still need to do STICK AND BALL agilities unless the sport you are playing is field hockey.*

**\*In your log, write “SUB DAY” and explain what activity or sport you were participating in.**

***If you aren’t breaking a sweat from effort, it should not count!***