



CARDIO SAMPLE PLAN:

You must begin with a 10 minute before any of these and finish with 5-10 minutes of cooling down (i.e. light activity) and stretching. Make sure to record your time every single session!

You can progress exercises by:

- Decreasing rest periods
- Increasing sets
- Increasing intensity

NOTES: Pick 1-3 exercises to work on per week (depending on your schedule)

1. AEROBIC TRAINING EXAMPLES:

You will use this either in the off-season or in the very early stages of your pre-season as general preparation. This normally lasts 1-4 weeks and is only necessary for those who are not fit and haven't done any form of fitness recently.

* You can also follow the Phase 1 Strength Endurance Circuit to improve aerobic fitness

AEROBIC (work:rest ratio)	Work intensity (Hard effort)	Rest period (Easy effort)	Repeat (Total sets)
1. 12 mins (1: 0.3)	12 mins @ 55%	3-4 mins @ 40%	x 2 sets
2. 6 mins (1: 0.5)	6 mins @ 60-65%	2-3 mins @ 40%	x 3 sets
3. 1km (1: 0.5)	for time @ 65-70%	90-120 secs (rest half as long as it takes)	x 2-3 sets
4. Suicide (1: 0:5)	for time @ 70%	1-2 mins (rest half as long as it takes)	x 2-3 sets
5. 1000m build up runs (1: 0.5)	Start at 50% effort and increase 10% every 200m	2-3 mins (rest half as long as it takes)	x 2-3 sets
6. Pyramids	Minute 1 - 50%	Rest half as long as (i.e. 2-3 mins)	x 3 sets You can also keep going and reverse it back down to 50% so there is a total of 9 mins
	Minute 2- 60%		
	Minute 3- 70%		
	Minute 4 - 80%		
	Minute 5 - 90%		



2. ANAEROBIC TRAINING EXAMPLES:

Anaerobic training is higher intensity training which is used mostly in hockey.

Anaerobic training will follow after 1-4 weeks of aerobic training (general preparation) and will continue leading up to the start of the season.

KEY NOTES: USE WORK TO REST RATIO'S TO TRACK IMPROVEMENT

Start with 3:1 (resting 3 x as long as an exercise takes), then progress to 2:1 (resting twice as long as it takes), then 1:1 before continuing into deficit such as 1: 0.5 where you only rest half as long as it takes (20 secs work, 10 secs rest).

Note: Progress gradually at your own pace

For example: week 1 (30s on / 90s rest), week 2 (45s work / 90s rest), week 3 (1min on / 1 min rest), week 4 (20s on / 40 rest), etc etc...

Below is a guideline of a progressive plan to follow in order of ease to difficulty.

ANAEROBIC (work:rest ratio)	Work intensity (Hard effort)	Rest period (Easy effort)	Repeat (Total sets)
1. 30 secs (1:3)	30 secs @ 85%	90 secs	x 6-10 sets
2. 45 secs (1:2)	45 secs @ 80-85%	90 secs	x 6-8 sets
3. 1 minute (1:1)	60 secs @ 80%	60 secs	x 4-8 sets
4. 20 secs hard (1:2)	20 secs @ 90-95%	40 secs	x 8-10 sets
5. 30 secs (1:1)	30 secs @ 90-95%	30 secs	x 8-10 sets
6. 100m sprint	10-15 secs @ 95-100%	walk back or rest 3-5x as long	x 4-6 sets
6. 50m sprint	6-10 secs @ 95-100%	walk back or rest 3-5x as long	x 6-8 sets
7. 25m sprint (speed)	~ 5 secs @ 100%	walk back or rest 5-10x as long	x 8-10 sets
8. 10m sprint (speed)	FAST!! @ 100%	walk back or rest 5-10x as long	x 10-12 sets
9. Tabata (0.5 :1) (advanced)	20 secs	10 secs (rest half as long as it takes)	x 8-12 sets (4-6 mins total)
10. Extended tabata (0.5 : 1)	40 seconds	20 seconds	x 4-6 sets (4-6 mins total)



3. SPEED ENDURANCE EXAMPLES:

Progressing to speed endurance will be done closer to the start of the season and during the in-season. You still work as hard (intensity) as the anaerobic sessions but the biggest difference is that you don't fully recover between sets.

This means a decrease in the work to rest ratio.

For example: *Instead of a ratio of 1: 5-10 (i.e. resting 5-10x as long it takes), you may reduce the ratio down to 1:3 or 1:2 to allow for less recovery between sets.*

Reps normally **last between 30 secs and up to 2-3 mins**. You may also integrate other lower intensity movements in between rest periods like jogging or walking.

* Fartlek methods which is more random and intermittent movements would also be useful in this phase to simulate the movements in hockey so you can be creative here.

SPEED ENDURANCE	Work intensity (Hard effort)	Rest period (Easy effort)	Repeat (Total sets)
1. 5,10m,15m,20m shuttle (about 1: 2)	approx 30 secs @ 90%	rest 30-60 secs	x 6 sets
2. Pyramids (place cones 10m apart for 50m)	1. sprint for 10m, walk 40m 2. turn & sprint 20m, walk for 30m 3. turn & sprint 30m, walk for 20m 4. turn & sprint 40m, walk 10m 5. turn and sprint 50m, turn and sprint 50m back to the start (this is one set)	90 secs	x 4-5 sets (and repeat again)
3. Cruise & Sprint (mark out 100m); 1:1	Work for 1-2 minutes (over 100m). Start gradually, reaching full speed at 60m, then sprint all out for the remaining 40m. Gradually slow down then turn and repeat. (1 set = 2 mins work, 2 mins rest)	1-2 mins	x 6-8 sets
4. 30m sprint intervals (place 5 cones 30m apart over 150m)	2 mins work alternating 30m sprints with 30m jogs. (i.e. sprint 30m, jog 30m, sprint 30m, jog 30m, sprint 30m), turn around and repeat for 2 mins. (1 set = 2 mins work, 2 mins rest)	2 mins	x 6 sets