



# WEEK 5 ACTION STEP TASK SHEET

## MODULE 5 - PHASE 1 FITNESS (ENDURANCE) WORKSHEET

This week I have learnt:

### ACTION POINTS

|  |  |
|--|--|
| 1. Complete the PAR-Q Questionnaire below  |  |
| 2. Complete all the fitness assessments and write down all of your results in the sheet below.<br><br>Set yourself improvement goals for the week 6 re-test (use 4 pillars action sheet to document)<br><br><i>Optional: You can video record for feedback</i> | Goals to aim for in re-test:<br><br>1)<br><br>2)<br><br>3) |
| 3. Go through and try all the mobility and activation exercises and start to use them before any exercise<br><br>How does your body feel afterwards?   |  |
| 4. Review the cardio sample plan and make a note of any questions  |  |
| 5. Review the 12 Month Season Plan (with each of the phases) and tweak to fit in with your season<br><br>Aim to fit in 4 phases prior to the start of your season (each phase lasting 4 weeks)   |  |
| 6. Try to complete at least one phase 1 strength endurance circuit (depending on your schedule).<br><br>How did you find it? Do you have any questions?  |  |
| 7. If you have time, try one of the high intensity bodyweight circuits and make a note of your time  |  |



## Physical Activity Readiness Questionnaire:

**Disclaimer:** Please check with your physician before conducting any physical activity.

|                |  |                |  |
|----------------|--|----------------|--|
| <b>Name:</b>   |  | <b>DOB:</b>    |  |
| <b>Height:</b> |  | <b>Weight:</b> |  |

| 1. Please enter Y (yes) or N (no) for the following questions  | Y or N |
|--|--------|
| 1. Has your doctor ever said that you have a heart condition and that you should only perform physical activity recommend by a doctor? |        |
| 2. Do you feel pain in your chest when you perform physical activity?  |        |
| 3. In the past month, have you had chest pain when you were not performing any physical activity?                                      |        |
| 4. Do you ever lose your balance because of dizziness or do you ever lose consciousness?   |        |
| 5. Do you have any bone or joint problems that could be made worse by a change in your physical activity?                              |        |
| 6. Is your doctor currently prescribing any medication for your blood pressure or for a heart condition?                               |        |
| 7. Do you know of any other reason you should not engage in physical activity?   |        |

| 2. Do you suffer from any of the following? Indicate Y for any that apply to you: |                     |  |                     |  |                  |
|---|---------------------|--|---------------------|--|------------------|
|   | Asthma              |  | Constipation        |  | Rheumatic fever  |
|   | Angina              |  | Diabetes            |  | High cholesterol |
|   | High blood pressure |  | Frequent colds      |  | Palpitations     |
|   | Low blood pressure  |  | Dizziness/fainting  |  | Headaches        |
|   | Epilepsy            |  | Heart disease       |  | Migraines        |
|   | Arthritis           |  | Shortness of breath |  | Joint pain       |
| If you indicated yes to any of the above please give details:                     |                     |  |                     |  |                  |



### 3. Past injuries

1. Have you ever had surgery?

If so what did you have done and when?

2. Do you take any prescribed medication? Please list.

3. List any injuries you have had in the past below

When did it happen?

a.

b.

c.

d.

e.

f.



#### 4. Exercise History

|   |  |
|---|--|
| 1. How long have you been playing hockey?   |  |
| 2. Do you play any other sport? If so what?   |  |
| 3a. How would you rate your current level of fitness (out of 10)?   |  |
| 3b. Do you do any extra fitness? If so, what would you do and how often?  |  |
| 4a. Have you done any strength training before? If yes how long have you been doing it for (i.e. when did you start)?                                   |  |
| 4b. If yes to the above, how often do you strength train per week?  |  |
| 4c. If yes, what is a typical example of a training session you have done in the past? Include exercises, reps, sets, rest, tempo, time of season, etc. |  |
| 4d. If yes, what would your weekly and yearly plan typically look like?   |  |

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_



## FITNESS ASSESSMENT LOG

Complete each of the following assessments making a note of the date. It is best to complete the assessments in the order listed.

Make sure the variables are the same each time you re-test (i.e. same surface, etc)

| Assessment                                      | Week 1 | Week 6 | Week 12 |
|---|--------|--------|---------|
| <b>Date:</b>                                    |        |        |         |
| 1. Overhead squat<br>(movement score out of 10) |        |        |         |
| 2. Broad jump (for distance)                    |        |        |         |
| 3. Pushups (maximum number)                     |        |        |         |
| 4. Wallsit (maximum time)                       |        |        |         |
| 5. Plank (for time)                             |        |        |         |
| 6. Side plank (for time)                        | Left:  |        |         |
|   | Right: |        |         |
| 7. 30m sprint (for time)                        |        |        |         |
| 8. T run (for time)                             |        |        |         |
| 9. 5-10-15m shuttle (for time) x 3              | 1      |        |         |
|   | 2      |        |         |
|   | 3      |        |         |
| 10. Suicide or 1km run (for time)               |        |        |         |



## CARDIO SAMPLE PLANS

*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

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

### 1. AEROBIC TRAINING EXAMPLES:

You will use these 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 use the Phase 1 Strength Endurance Circuit to improve aerobic fitness

| AEROBIC<br>(work:rest ratio)    | Work intensity<br>(Hard effort)                 | Rest period<br>(Easy effort)                | Repeat<br>(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<br><br>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. This training will follow **after 1-4 weeks of aerobic training** (general preparation) and will continue leading up to the start of the season. Please progress gradually at your own pace.

### **NOTE: USE WORK TO REST RATIO'S TO TRACK YOUR 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).

*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.**

| <b>ANAEROBIC<br/>(work:rest ratio)</b> | <b>Work intensity<br/>(Hard effort)</b> | <b>Rest period<br/>(Easy effort)</b>       | <b>Repeat<br/>(Total sets)</b>  |
|--|---|--|---------------------------------|
| 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<br>3-5x as long          | x 4-6 sets                      |
| 6. 50m sprint                          | 6-10 secs @ 95-100%                     | walk back or rest<br>3-5x as long          | x 6-8 sets                      |
| 7. 25m sprint (speed)                  | ~ 5 secs @ 100%                         | walk back or rest<br>5-10x as long         | x 8-10 sets                     |
| 8. 10m sprint (speed)                  | FAST!! @ 100%                           | walk back or rest<br>5-10x as long         | x 10-12 sets                    |
| 9. Tabata (0.5 :1)<br>(advanced)       | 20 secs                                 | 10 secs (rest half as<br>long as it takes) | x 8-12 sets<br>(4-6 mins total) |
| 10. Extended tabata<br>(0.5 : 1)       | 40 seconds                              | 20 seconds                                 | x 4-6 sets<br>(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.

| <b>SESSION</b>   | <b>Work intensity<br/>(Hard effort)</b>   | <b>Rest period<br/>(Easy effort)</b> | <b>Repeat<br/>(Total sets)</b>   |
|--|---|--------------------------------------|----------------------------------|
| 1. 5,10m,15m,20m shuttle (about 1: 2)                          | approx 30 secs @ 90%  | rest 30-60 secs                      | x 6 sets                         |
| 2. Pyramids<br>(place cones 10m apart for 50m)                 | 1. sprint for 10m, walk 40m<br>2. turn & sprint 20m, walk for 30m<br>3. turn & sprint 30m, walk for 20m<br>4. turn & sprint 40m, walk 10m<br>5. turn and sprint 50m, turn and sprint 50m back to the start<br>(this is one set) | 90 secs                              | x 4-5 sets<br>(and repeat again) |
| 3. Cruise & Sprint<br>(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.<br><br>(1 set = 2 mins work, 2 mins rest)                   | 1-2 mins                             | x 6-8 sets                       |
| 4. 30m sprint intervals<br>(place 5 cones 30m apart over 150m) | 2 mins work alternating 30m sprints with 30m jogs.<br>(i.e. sprint 30m, jog 30m, sprint 30m, jog 30m, sprint 30m), turn around and repeat for 2 mins.<br><br>(1 set = 2 mins work, 2 mins rest)                                 | 2 mins                               | x 6 sets                         |



## 12 MONTH SEASON PLAN (WITH PHASES)

Below are examples of how to plan and periodize your fitness training over 12 months, if your months of your season varies slightly than you can just adjust accordingly.

(Page 1 is for northern hemisphere countries and Page 2 is the southern hemisphere)

| UK / EUROPE / USA SEASON (Northern Hemisphere) |                                    |                      |                                   |                        |          |          |                 |
|--|------------------------------------|----------------------|-----------------------------------|------------------------|----------|----------|-----------------|
| Month  | Part of Season                     | Phase of fitness     | Aerobic (continuous)              | Anaerobic (intervals)  | Strength | Power    | Speed & agility |
| January  | In-season (short break)            | Phase 5 (maintain)   | low                               | moderate               | moderate | maintain | maintain        |
| February                                       | In-season                          | Phase 5 (maintain)   | low                               | speed endurance        | low      | maintain | game play       |
| March  | In-season                          | Phase 5 (maintain)   | low                               | speed endurance        | low      | maintain | game play       |
| April  | In-season                          | Phase 5 (maintain)   | low                               | speed endurance        | low      | maintain | game play       |
| May  | Cross training (recovery)          | Anything fun         | Mod (light activities, i.e. swim) | low-mod (other sports) | low-mod  | low      | low             |
| June   | Cross training or early pre-season | Phase 1 (prep phase) | high                              | low                    | moderate | low      | low             |
| July   | Early pre-season                   | Phase 2              | moderate                          | moderate               | high     | mod      | low             |
| August   | Mid pre-season                     | Phase 3              | low-mod                           | mod-high               | mod-high | high     | mod             |
| September                                      | Late pre-season                    | Phase 4              | low                               | high                   | mod      | mod      | high            |
| October  | In-season                          | Phase 5 (maintain)   | low                               | speed endurance        | low      | maintain | game play       |
| November                                       | In-season                          | Phase 5 (maintain)   | low                               | speed endurance        | low      | maintain | game play       |
| December                                       | In-season (short break)            | Phase 5 (maintain)   | low - mod                         | moderate               | moderate | maintain | maintain        |



## 12 MONTH SEASON PLAN (WITH PHASES)

... continued for Southern hemisphere countries

| <b>AUS / NZ / RSA SEASON (Southern Hemisphere)</b> |                           |                         |                                   |                              |                 |              |                            |
|--|---------------------------|-------------------------|-----------------------------------|------------------------------|-----------------|--------------|----------------------------|
| <b>Month</b>                                       | <b>Part of Season</b>     | <b>Phase of fitness</b> | <b>Aerobic (continuous)</b>       | <b>Anaerobic (intervals)</b> | <b>Strength</b> | <b>Power</b> | <b>Speed &amp; agility</b> |
| <b>January</b>                                     | Early pre-season          | Phase 2                 | moderate                          | moderate                     | high            | mod          | low                        |
| <b>February</b>                                    | Mid pre-season            | Phase 3                 | low-mod                           | mod-high                     | mod-high        | high         | moderate                   |
| <b>March</b>                                       | Late pre-season           | Phase 4                 | low                               | high                         | mod             | mod          | high                       |
| <b>April</b>                                       | In-season                 | Phase 5 (maintain)      | low                               | speed endurance              | maintain        | maintain     | game play                  |
| <b>May</b>   | In-season                 | Phase 5 (maintain)      | low                               | speed endurance              | maintain        | maintain     | game play                  |
| <b>June</b>  | In-season                 | Phase 5 (maintain)      | low                               | speed endurance              | maintain        | maintain     | game play                  |
| <b>July</b>  | In-season                 | Phase 5 (maintain)      | low                               | speed endurance              | maintain        | maintain     | game play                  |
| <b>August</b>                                      | In-season                 | Phase 5 (maintain)      | low                               | speed endurance              | maintain        | maintain     | game play                  |
| <b>September</b>                                   | In-season                 | Phase 5 (maintain)      | low                               | speed endurance              | maintain        | maintain     | game play                  |
| <b>October</b>                                     | Cross-training (recovery) | Anything fun            | Mod (light activities, i.e. swim) | low-mod (other sports)       | low-mod         | low          | low                        |
| <b>November</b>                                    | Cross-training (recovery) | Anything fun            | Low (light activities, i.e. swim) | low-mod (other sports)       | low             | low          | low                        |
| <b>December</b>                                    | Early pre-season          | Phase 1                 | high                              | low                          | moderate        | low          | low                        |



## 15-20 MINUTE HIGH INTENSITY BODYWEIGHT CIRCUITS

Here are a few examples of sessions you can do when you're on holiday, have no access to any equipment or want to do some fitness with your team.

These sessions can also be **used late pre-season or in-season to maintain or develop strength endurance** combined with sprinting.

**NOTE:** Always start with a dynamic warm-up that takes at least 5-10 mins.

### **SESSION 1:**

- 10 x Pushups, sprint to 25m line, recovery jog back
- 20 x lateral shuffle squats (2 x side step and squat), sprint forwards 25m, turn and come back, sprint 50m, recovery jog back
- High knees (30 secs), sprint forwards 25m, run backwards to base and sprint to 50m, recovery jog back
- Mountain climbers (30 secs or 50 total), run backwards to 25m, turn and sprint to 50m
- 5 x tuck jumps (touch floor and jump as high as you can raising your knees to your chest), 25m bear crawl on all fours, sprint to 50m, recovery jog back
- 10 x splits jumps (5 each side), sprint 50m, recovery jog back
- Alternate leg hopping/bounding in as few steps as possible to 25m line, sprint to 50m line
- Side plank hold (30 secs e/side; without dropping to floor), 5 x 25m shuttle sprint

|           | Track Your Total Time It Takes |
|-----------|--------------------------------|
| Attempt 1 |                                |
| Attempt 2 |                                |
| Attempt 3 |                                |
| Attempt 4 |                                |
| Attempt 5 |                                |



## 15-20 MINUTE HIGH INTENSITY BODYWEIGHT CIRCUITS

### **SESSION 2:**

- 20 x alternate lunges (10 each side), sprint to 50m
- 10 x T pushups (alternate rotating each arm), sprint to 25m, turn and run backwards to 50m, recovery jog back
- 10 x squat jumps, run backwards to 25m, sprint back to baseline, turn and sprint to 50m, recovery jog back
- 5 x 1 leg forward hops (same leg), sprint to 75m, recovery jog back
- 5 x 1 leg forward hops (change legs), sprint to 75m, recovery jog back
- 10 x Plank jacks, side shuffle to 25m, change sides to 50m, turn & sprint back to 25m, recovery jog (in a plank position, tap each leg or jump both legs to the side then back in)
- 20 x Burpees, sprint to 50m, run backwards to 25m, recovery jog back

|                  | Track Your Total Time It Takes |
|------------------|--------------------------------|
| <b>Attempt 1</b> |                                |
| <b>Attempt 2</b> |                                |
| <b>Attempt 3</b> |                                |
| <b>Attempt 4</b> |                                |
| <b>Attempt 5</b> |                                |



## 15-20 MINUTE HIGH INTENSITY BODYWEIGHT CIRCUITS

### **SESSION 3:**

- 10 x bodyweight squats (fast), sprint to 25m, turn and sprint back to base, sprint to 50m
- 20 x forward and back line hops (feet together), sprint to 25m, run backwards to base, sprint to 25m, recovery jog back
- 20 x side to side line hops (feet together), fast side shuffle to 25m, change sides to 50m, recovery jog back
- 10 x Broad jumps (both feet jumping forwards), sprint to 50m
- 10 x Plank position to pushup walk, 3 x 25m shuttle sprints, recovery jog back (start with both elbows on the floor and using one hand at a time, lift yourself into a pushup position, move 2 paces laterally/sideways and back down again, repeat changing sides)
- Burpee 4 min tabata: 8 x 20 secs of burpees, with 10 secs rest between each (all the way to the floor)

|           | Track Your Total Time It Takes |
|-----------|--------------------------------|
| Attempt 1 |                                |
| Attempt 2 |                                |
| Attempt 3 |                                |
| Attempt 4 |                                |
| Attempt 5 |                                |