



# HOCKEY

**Summer Conditioning**

**Phase 1**

**Friday 1 May – Friday 22 May**

**Form 1 – Form 6**



Use these sessions to help guide your off-season training. The sessions in this booklet are designed with minimal equipment requirements (Cones or markers, measuring tape, Stopwatch).

The key to this period is to make sure you maintain your current fitness levels throughout the summer and turn-up to pre-season with some hard work under your belt. As little as 4 days without training will cause your aerobic fitness to drop, so try and do at least 2 sessions per week as a minimum but ideally aim for 3 - 4 per week!

Please ensure you warm-up appropriately prior to each session and that you have plenty of fluids.

Also attached is a brief outline of how to assess your hydration status.

If anyone has any questions or wants any advice over throughout this period, then please do not hesitate to get in touch. Please adhere to the government guidelines throughout this time.

Stay safe and enjoy

Miss Allan

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## Running Sessions

**(A number of these sessions can also be completed on a bike/x trainer /rower)**

Pick from the running sessions below. Try to complete a variety of the sessions over the next month.  
**Challenge yourself each time.**

### **Session one:**

#### PITCH RUNS

Complete each run in exactly 15s, then recover for 15s

2mins rest between sets

Pick a level you think you are best suited to, if unsure start easy! Complete x2 sessions per week and progress week-on-week



Week:	1	2	3	4
Sets & Reps	3x10	3x10	3x8	3x10
Easy	60m	66m	72m	72m
Medium	63m	69m	75m	75m
Hard	65m	71m	77m	78m
Very Hard	67m	73m	80m	81m



### **Session Two:**

FARTLEK

1min Jog > 1min Stride > 1min Fast

Repeat 5-10 times

Repeat as many sets that you find challenging yet achievable

### **Session Three:**

FARTLEK

20s Stride > 20s Jog > 20s Fast > 60s Jog

Repeat 3-4 times

Take 2mins rest & complete 3-4 sets



Repeat as many sets that you find challenging yet achievable

**Session Four:**

4 X 4 MINUTE RUNS, 2 MINS RECOVERY BETWEEN EACH REP FOLLOWED BY 3 X 1 MINUTE RUN WITH ONE MINUTE RECOVERY BETWEEN EACH REP.  
RUN AT A GOOD PACE, (NOT A JOG!!)

**Session Five:**

10 X 2 MINUTE RUNS WITH ONE MINUTE RECOVERY BETWEEN EACH

**Session Six:**

40 SECONDS RUN HARD, 20 SECONDS WALK FOR 30 MINUTES



**Session Seven:**

12 X 100M (JOG RECOVERY BACK TO START)

**Session Eight:**

40 MINUTE STEADY PACED RUN

**Session Nine:**

30 SECONDS RUN HARD, 30 SECONDS WALK FOR 30 MINUTES



**Session Ten:**

1 MINUTE RUN HARD, 30 SECONDS REST  
X 12





## Whole Body Conditioning

**No Gym No Problem!**

### **TIMED CIRCUIT CHALLENGE**

20 squats

10 press-ups

10 sit ups

10 burpees

30 second plank

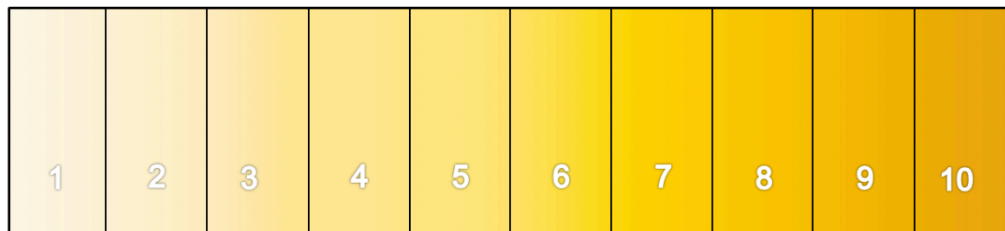
10 side lunges (each side)

How long does it take you to complete 4 sets? **As you improve your time, you can increase the repetitions of each exercise to make it more challenging.**

## ASSESSING HYDRATION STATUS

URINE COLOUR IS A GREAT INDICATOR OF HYDRATION STATUS

A LIGHT COLOUR (1-4) = A MID COLOUR (5-6) = A DARK COLOUR (7-10) = WELL HYDRATED MODERATELY HYDRATED DEHYDRATED



YOU SHOULD AIM FOR YOUR URINE TO BE A LIGHT COLOUR TO PREVENT DEHYDRATION FROM HAVING AN IMPACT ON YOUR EXERCISE PERFORMANCE