

The following is a 4-week training program intended for a **high school field hockey pre-season**. The athletes would be classified as “**beginner/intermediate**” as far as training experience. Due to the physiological and mechanical nature of the sport, the goals of the program are **cardiovascular endurance** (aerobic with anaerobic bursts), **muscular strength**, and **muscular endurance**. Weeks 1-2 would be before team practices begin, and Weeks 3-4 would be concurrent with field hockey team pre-season practices (one 2-hour practice a day).

Dynamic Warm-Up (to be completed before all RUN, AGILITY and Practice days)

JOG – 3 minutes

Front Leg Swings x10/leg

Side Leg Swings x10/leg

For 10 yds each:

High knee hug to forward lunge

Back lunge with twist

Frankensteins to Supermans

A-Skips with 10 yd. stride

For 30 yds each:

Bounding to 10 yd stride

Power Skips to 10 yd stride

High Knee/Drop Step Skip

Karaoke x1/side

Side shuffle for 10 yds with turn and sprint x1/side

Build Up Run (get to full speed) x2

Full Speed Run

Lifting Warm-Up (to be completed before STRENGTH days)

20 yd Forward/Backward Jog

Ankle Mobility against Wall x3/leg/direction

Hip Mobility: High back lunge and Reach x2/leg/direction

Cat-Camel x5 cycles

Spidermans x3/leg

Inchworms x3

Overhead Squat (bodyweight) x6

Arm Circles x3/forward & backward (small to big)

Big Hugs x3/arm on top

Week 1

Sun.	OFF – Rest Day	
Mon.	RUN	20 min Fartlek Run – alternate 1 min jog/20 sec hard run
Tue.	SKILLS/AGILITY	<p>1. Stick Skill Drills (ex. stationary yard stick pulls, air dribble, tracking/dribbling, box drills, cone drills with stick and ball)</p> <p>2. Speed/Agility Drills 10yd linear acceleration x 2 Full Speed 10yd lateral acceleration x 2/direction Full Speed Slalom Drill (Power Cuts) x 2 Slalom Drill (Speed Cuts) x 2 Box Drill x 4 5-10-5 Back Pedal/Sprint x 2 - Full Recovery between reps 3:00 rest/set (Walts, 2015)</p>
Wed.	STRENGTH/ X-TRAIN	<p>1. Strength Training <u>Rest ~1:00/set</u> Bodyweight Squat (focus on form) – 2 x 12 Push-Ups – 2 x 8 Glute Bridge with Hip Extension – 2 x 12 Bench Press – Warm Up – 60% 3 x 8 Dumbbell RDL to Shrug – 2 x 12</p> <p>Front Plank 2 x :20sec Side Plank 2 x :20sec /side Bird Dog 2 x :20sec /side</p> <p>2. Cross-Training – Bike/Swim/Elliptical 20 min</p>
Thurs.	RUN	200yd shuttle x 6 – (50yd intervals) Goal Time/rep ≈ :40-:45. Rest 1:30 between Reps
Fri.	RUN	1-mile run x2 – TIMED (as fast as possible), Rest 5:00 between reps
Sat.	STRENGTH	<p>Strength/Endurance Training <u>Tabata Workout</u> – Three Tabatas. Each tabata is 8 rounds of 20 sec work/10 sec rest. Alternate between the 2 exercises for 4 min. Rest 1:00 between sets.</p> <p>Tabata 1 – Squats and Lunges Tabata 2 – Push-ups and Planks Tabata 3 – High Knees and Burpees (Pumps & Iron, 2017)</p>

Week 2

Sun.	OFF – Rest Day	
Mon.	RUN	20 min Fartlek Run – alternate 1 min jog/30 sec hard run
Tue.	SKILLS/AGILITY	1. Stick Skill Drills (ex. stationary yard stick pulls, air

		<p>dribble, tracking/dribbling, box drills, cone drills with stick and ball)</p> <p>2. Speed/Agility Drills Pro Agility x 3/side Z Drill x 2/side N Drill x 2/side M Drill x 2/side Work:Rest/rep = 1:5 2:00 rest/set (Walts, 2015)</p>
Wed.	STRENGTH/ X-TRAIN	<p>1. Strength Training <u>Rest ~1:00/set</u> Weighted Walking Lunges – 2 x 10/leg Dumbbell Incline Press – 3 x 10 Hamstring Curls (machine) – 3 x 8 Pull Ups (use bands/machine) – 3 x 5 Band Side-walks – 2 x 10/leg Barbell Wrist Flexion/Extension – 2 x 12</p> <p>Front Plank 2 x :25sec Side Plank 2 x :25sec /side Bird Dog 2 x :25sec /side</p> <p>2. Cross-Training – Bike/Swim/Elliptical 25 min</p>
Thurs.	RUN	250yd shuttle x 6 – (25yd intervals) Goal Time/rep ≈ 1:00-1:05. Rest 2 min between reps.
Fri.	RUN	2 mile Run TIMED – as fast as you can.
Sat.	STRENGTH	<p>Strength/Endurance Training <u>Tabata Workout</u> – Three Tabatas. Each tabata is 8 rounds of 20 sec work/10 sec rest. Alternate between the 2 exercises for 4 min. Rest 1:00 between sets.</p> <p>Tabata 1 – Jump Squat and Lunge Jumps Tabata 2 – Kettlebell Swing and Burpees Tabata 3 – Russian Twists and Plank</p>

Week 3

Sun.	OFF – Rest Day	
Mon.	RUN/Practice	15 min Fartlek Run – 2 min jog to start, build up 10,15,20,25sec hard run with recovery jog of 1 min then back down 25,20,15,10sec hard run with recovery jog of 1 min, jog until 15 minutes
Tue.	Practice	Practice would involve small-sided games/drills/skill work.
Wed.	STRENGTH/ Practice	Strength Training <u>Rest ~1:00/set</u>

		<p>Bodyweight Squat (focus on form) – 2 x 12 Push-Ups – 2 x 10 Glute Bridge with Hip Extension – 2 x 12 DB Bench Press – 3 x 8 Barbell RDL – 3 x 10</p> <p>Front Plank 2 x :25sec Side Plank 2 x :25sec /side Bird Dog 2 x :25sec /side</p>
Thurs.	Practice	Practice would involve small-sided games/drills/skill work.
Fri.	RUN/Practice	12 minute run – TIMED – as far as you can in 12 min.
Sat.	STRENGTH	Take a yoga class (~45min) . Either in person or online.

Week 4

Sun.	OFF – Rest Day	
Mon.	RUN/Practice	15 min Fartlek Run – 2 min jog to start, build up 10,15,20,25,30sec hard run with recovery jog of 1 min then back down 30,25,20,15,10sec hard run with recovery jog of 1 min, jog until 15 minutes
Tue.	Practice	Practice would involve small-sided games/drills/skill work.
Wed.	STRENGTH/Practice	<p>Strength Training <u>Rest ~1:00/set</u> Plyometrics – Box Jumps – 2 x 6 Barbell Incline Press – 3 x 8 @ 75% Stability Ball Hamstring Curls w/ Hip Extension – 3 x 8 Pull Ups (use bands/machine) – 3 x 6 Band Side-walks – 2 x 12/leg Rotational Plate Raise – 2 x 8/side</p> <p>Front Plank 2 x :30sec Side Plank 2 x :30sec /side Bird Dog 2 x :30sec /side</p>
Thurs.	Practice	Practice would involve small-sided games/drills/skill work.
Fri.	RUN/Practice	300yd shuttle x 6 – (50yd intervals) Goal Time/rep ≈ 1:05-1:10. 2:00 rest between reps.
Sat.	STRENGTH	Take a yoga class (~45min) . Either in person or online.

RESOURCES:

Beginner Tabata Workout - Full Body, No Equipment Needed | Pumps & Iron. (2017). *Pumps & Iron*. Retrieved 13 August 2017, from <http://pumpsandiron.com/2017/02/22/beginner-tabata-workout-full-body-no-equipment-needed/>

Lemmink, K., & Visscher, S. (2006). Role of Energy Systems in Two Intermittent Field Tests in Women Field Hockey Players. *The Journal Of Strength And Conditioning Research*, 20(3), 682. <http://dx.doi.org/10.1519/r-17124.1>

Moreno, T. (2017). *Sport Performance PowerPoint Lectures for KIN856*.

Walts, C. (2015). *Haverford College Summer Field Hockey Training Program*. Retrieved 13 August 2017, from http://www.haverfordathletics.com/Field_Hockey_Summer_Runs.pdf