

Did you feel slow, sluggish and unfit at the beginning of the last hockey season? It's time to think about some pre-season training if you really want to up your game come September. Here are some top tips from Ben at lifeFIT personal training to get your started. Ben is an ex-national league hockey player, has served with the Royal Marines, is an endurance sports fanatic and has over 20 years experience in the fitness industry.

www.lifefit.me

Hockey pre-season training

Hockey requires speed, strength and endurance. Here are 6 great sports conditioning work outs for you to integrate into your pre season training. . Choose from 3 intensity levels: each session can be as easy or as hard as you want make it. But remember, intensity is the defining factor on changing your muscles and fitness levels. Why not get together with some of your team mates over the summer so you can really smash the beginning of next season.

Guidelines

These sessions do not require any gym equipment and focus on leg and core development. You should also look to develop upper body strength and muscular endurance. If you'd like further advice on any form of fitness training, specific goals or rehabilitation drop me a line ben@lifefit.me or find more information at www.lifefit.me.

There are a few guidelines to follow:

1. Warm up
 - a. Spend 10 minutes warming up properly. The first 5/7 minutes getting warm, so jogging or mobility work and 3-5 minutes of stretching. Ideally this should be dynamic stretching, e.g. long slow lunges to stretch the quads or follow more traditional stretching holding each stretch for 8-10 seconds.
2. Time
 - a. Train really hard for 30/35 minutes. Scrap the steady state and focus on sprints and plyometrics (explosive jumping).
 - b. Use a reduced version of the Perceived Ratings of Exertion scale. This has direct correlation to your heart rate.
 - i. 0 = Sat at home on the sofa watching Netflix
 - ii. 10 = Death through exercise (or that's what it feels like)
 - iii. You are aiming for a 8/9 out of 10 feeling for the majority of the workout.
 - c. If you are not as fast as you used to be or have knee problems or other injuries contact me for a TUT (Time Under Tension) work out. The TUT workouts are low impact so are kinder on your joints. They will add strength and muscular endurance.
3. Warm down for 5 minutes. Walking/jogging and light stretching. Hold stretches for longer (15-20 secs) in this phase.
4. Drink water – 1 litre an hour before you are due to train and 1 litre after.
5. Try to train 3 times a week.
6. Try to do your fitness training on grass or the beach. Not on the astro - research shows this can increase compression of the spine.

7. Be technique driven, if you are unsure of any exercises please ask and if you can't do the number of repetitions set while keeping perfect posture you have done enough.

If you'd like a strength training programme you can follow in the gym drop me a line ben@lifefit.me

The workouts

Session 1

- Wall squat 30 seconds (this can be done against a tree) – explode into a sprint (10m, 15m or 20m) – repeat 5 times
- Plank for 0:30, 1:00, or 1:30 minutes
- Single leg lunge with your back leg raised onto bench—lower half movement only reps for each leg 10, 15, or 20 [add photos]
- 20m shuttle runs – jog backwards to start position. Number of shuttles - 5, 10, or 15
- Own body weight squats - 30seconds in each position (all levels the same). Run the exercise continuously, so be quick when changing feet positions.
 1. Feet & knees together
 2. Feet shoulder width apart
 3. Feet wide and toes pointing out
 4. Sit with heels as close to your bum as possibleRepeat 3 times
- 20m shuttle runs – jog backwards to start position. Number of shuttles - 5 , 10 , or 15
- Plank for 0:30, 1:00, or 1:30 minutes

Session 2

- Sumo squat walk for 10 metres (Deep squat, with a 180° turn so you move as you squat)
- Walking lunge - 10, 20 or 30m
- Reverse walking lunge - 10, 20 or 30m
- Single leg hop 10m (each leg) - 8, 10, or 12 reps
- Slalom ski jumps each leg - 8, 10, or 12 reps
- Plank – move each knee to your elbow on the same side of your body, repeat for - 0:30, 1:00, or 1:30 minutes
- Box jumps – can be done onto a bench. On landing on the bench do a full deep squat
 - 10, 12, or 15 jumps
- Plank - suicides for 0:30, 1:00, or 1:30 minutes [add photos]
- 20m shuttle runs – jog backwards to start position. Number of shuttles - 5, 10, or 15

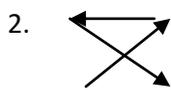
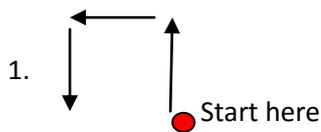
Session 3

- Find hill – the steeper the better - I'd recommend
 - The beach at low tide
 - King George VI Road, Hove
 - The steep path starting at the base of Woodland Drive in Hove

- Shuttle runs - 10 x 20m, 8 x 40m, 6 x 60m (If you want additional challenge add 4 x 80m and 2 x 100m)
- Walk back (but don't hang around and chat between sprints)
- The beach runs do not have to be as long as the pebbles will add another level of challenge. Run diagonally on the longer runs.

Session 4

- Set up a square with corners roughly 5, 7, or 9m apart. Start in the bottom right corner and follow this routine. Always face forwards, so left to right is a side step.

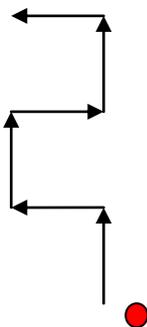


Complete 5 times and then start in the bottom left corner and repeat but in the other direction.

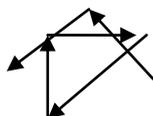
- Plank – move each knee to your elbow on the same side of your body, repeat for 0:30, 1:00, or 1:30 minutes
- ZigZag shuttle runs 5 x 20m or 5 x 40m
 - Change direction every 5 metres so you are roughly running at a 45 degree angle

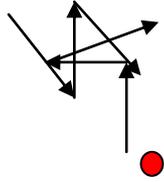
Session 5

- Follow the pattern below changing your pace at each turn :
 - walk, jog, sprint, jog, sprint, walk (each section 10m approx)
 - continue for 10 minutes



- The above is an example, but the direction does not need to be linear. The principle is that you are changing direction and pace. If space is limited, the path you take could look like this;





- Slow squats
 - 5 seconds down, 5 seconds (hold at bottom of squat), 5 seconds up (don't come all the way up, aim for about $\frac{3}{4}$) Repeat 10, 15, or 20 times
- Side plank – each side 30, 45, or 60 seconds
- Single leg lunge
 - 5 seconds down, 5 seconds (hold at bottom of movement), 5 seconds up (don't come all the way up, aim for about $\frac{3}{4}$) - 10, 15, or 20 reps each leg
- Double footed jump
 - jump for 10m (or do 10 jumps if you want an easier option) – aim for height rather than distance. On landing perform a deep squat (bum to your heels or as close as you can) and then in one smooth movement launch yourself as high as you can.
 - Walk back to the start
 - Repeat 4 times
- Single leg hop
 - Cover roughly 20m (or 20/30 jumps on one leg for an easier option)
 - Repeat 4 times, each leg

Session 6

- Start at the bottom of either
 - King George VI Road, Hove
 - Or another steep hill
- Start sprinting and go as far up as you can until your legs don't want to move anymore. Take note of where you stop on the first run and this is your marker for the rest of the session.
Try to get to the top!
- Walk or jog back down
- Repeat 5-10 times (this depends on how far you get up) To the top and back down should be about a 5 minute cycle.