

CHS Field Hockey: CONDITIONING

On Monday, August 5th the **Varsity** fitness test will be one of the following:

10 X 100 yards. You will sprint 100 yards in 18 seconds or less, job back for the remainder of the minute and repeat 10 times. Goal is to make each sprint under 18 seconds or less, for 10 minutes.

300 yard shuttle run X 4. Place two cones 50 yards apart. Sprint from one cone to the other and back three full times without stopping to equal 300 yards. Goal time is 1:20. Rest :45 seconds between each shuttle. Repeat 4 times.

Remember to stretch well before and after each workout. Stay hydrated! You should be running three to five days each week depending upon the runs listed. Do NOT try to rush your training, as that is how injuries occur. Stick to the schedule below, find a running partner, and get excited for a great Fall Season!

Week 1:

3 days: Ease into conditioning...20-minute solid paced run

Week 2:

2 days: 20 minute solid paced run

1 day: 10 minute warm-up jog. 25-50-25 X 6. Sprint to 25 and back, sprint to 50 and back, sprint 25 and back. Rest 1:30 minutes and repeat 6 times.

1 day: 25 minute run

Week 3:

2 days: 25 minute run.

1 day - Sideline Run X 2. Jog 4 lengths (1 track lap); Jog 3 lengths, sprint 1 length; Jog 2 lengths, sprint 2 lengths; Jog 1 length, sprint 3 lengths; Sprint 4 lengths (1 lap); Jog 1 length, sprint 3 lengths; Jog 2 lengths, sprint 2 lengths; Jog 3, sprint 1; Jog 4 (1 lap). Rest 3:00 minutes and repeat.

1 day – warm up jog for 10 minutes. 25-50-75-100 X 3. Sprint to the 25 and back, sprint to the 50 and back, sprint 75 and back, sprint 100 and back. Rest 3:00 minutes and repeat 3 times.

Week 4:

2 days - Sideline Run X 2

2 days – 10 minute warm-up jog. 25-50-25 X 8. Sprint to 25 and back, sprint to 50 and back, sprint 25 and back. Rest 2 minutes and repeat 8 times.

1 day – warm-up jog. 10 X 100 Fitness Test.....try to complete it in 12:00 minutes or less.

Week 5:

1 day - 25 minute run.

2 days – 300 Yard Shuttle. Place 2 cones 50 yards apart. Sprint from one cone to the other and back three full times without stopping to equal 300 yards. Goal time is 1:20. Rest 1:25 second between each shuttle. Repeat 3 times.

1 day – 25-50-75-100 X 4. Sprint to the 25 and back, sprint to the 50 and back, sprint 75 and back, sprint 100 and back. Rest 2:50 minutes and repeat 4 times.

Week 6:

1 day – warm-up jog. 10 X 100 Fitness Test.....try to complete it in 10:00 minutes or less.

1 day – warm-up jog. 300-yard shuttle run X 4. Place two cones 50 yards apart. Sprint from one cone to the other and back three full times without stopping to equal 300 yards. Goal time is 1:20. Rest :45 seconds between each shuttle. Repeat 4 times.