

6 Week Training Program

*** 2 Weeks - leading up to the start of the 6 week training program * Monday to Friday (Rest on Saturday & Sunday)**

Jogging for 20 minutes up and down the Hockey Field without rest in between, try to do as many as possible - try to keep jogging at 60% of maximum speed.

Goal Line<----->Goal Line

**Do a basic stretch down, keep each stretch for 20 seconds - repeat 3 times:
- Muscle Groups - Quadriceps, Calf, Hamstrings, ITB, Gluteus Muscles, Abductors, or 2 x 1000 meters @ 5 minutes per kilometers**

This enables you to get a base fitness level before the serious pre-season starts - do it, it helps tremendously for the season!!!!

A good rule of thumb for base fitness is: 4000 meters in 15 minutes (3 minutes 45 seconds per kilometer), followed after a 5 minute break by 1500 meters in 5 minutes (3 minutes 20 seconds per kilometer) - if you can do that, then you are fit - if you cannot do it, then you need to work an extra week or two on your base fitness!!!!

Week 1

Monday

Morning

1. Jogging for 20 minutes up and down the Hockey Field without rest in between, try to do as many as possible - try to keep jogging at 60% of maximum speed.

a. Goal Line<----->Goal Line

2. Do a basic stretch down, keep each stretch for 20 seconds - repeat 3 times: - Muscle Groups - Quadriceps, Calf, Hamstrings, ITB, Gluteus Muscles, Abductors, or 2 x 1000 meters @ 5 minutes per kilometers

Afternoon

1. Do two warm-up laps around the Hockey field, followed by a warm-up stretch - start with 20 Lady Push Up's & 20 Normal Crunches.
2. On the Hockey Field with your stick and ball:
3. 4 x 25 meter sprints, walk back to the start, turn & sprint again, rest for 2 minutes.
4. 2 x 50 meter sprints, walk back to the start, turn & sprint again, rest for 2 minutes.
5. 2 x 100 meter sprints, walk back to the start, turn & sprint again.
6. Do a cool-down lap and stretch down.

Tuesday

1. 20 minutes slow jog, or 3 kilometers slow jog.

Wednesday

1. Do 2 warm-up laps around the Hockey Field, followed by a warm-up stretch - start with 20 Lady Push Up's & 20 Normal Crunches.
2. On the Hockey Field with your stick and ball: **(Use 5 beacons 25 meters from each other)**
3. Start at beacon 1, sprint to beacon 2 **(25 meters)**,
4. Jog back to beacon 1, without stopping, turn around beacon 1 and sprint to beacon 3 **(50 meters)**,
5. Jog back to beacon 1, without stopping, turn around beacon 1 and sprint to beacon 4 **(75 meters)**,
6. Jog back to beacon 1, without stopping, turn around beacon 1 and sprint to beacon 5 **(100 meters)**,
7. Walk back to beacon 1

1<----->2



Repeat twice.

8. 6 x 25 meter sprints with a 30 second rest between sprints

Thursday

1. Rest

Friday

1. Jogging for 20 minutes up & down the Hockey Field without rest in between, try and do as many as possible, try to keep jogging at 60% of maximum running speed

Goal Line<----->Goal Line

2. Do a basic stretch down, keep each stretch for 20 seconds - repeat 3 times: - Muscle Groups - Quadriceps, Calf, Hamstrings, ITB, Gluteus Muscles, and Abductors.
3. 2 x 20 Lady Push-up's
4. 2 x 20 Normal Crunches.

Saturday

1. Rest

Sunday

2. Rest

Week 2

Monday

Morning

1. Jogging for 20 minutes up and down the Hockey Field without rest in between, try to do as many as possible - try to keep jogging at 65% of maximum speed.

a. Goal Line<----->Goal Line

2. Do a basic stretch down, keep each stretch for 20 seconds - repeat 3 times:- Muscle Groups - Quadriceps, Calf, Hamstrings, ITB, Gluteus Muscles, Abductors, or 2 x 1000 meters @ 5 minutes per kilometers

Afternoon

1. Do two warm-up laps around the Hockey field, followed by a warm-up stretch - start with 20 Lady Push Up's & 20 Normal Crunches.
2. On the Hockey Field with your stick and ball:
3. 4 x 25 meter sprints, walk back to the start, turn & sprint again, rest for 2 minutes.
4. 2 x 50 meter sprints, walk back to the start, turn & sprint again, rest for 2 minutes.
5. 3 x 100 meter sprints, walk back to the start, turn & sprint again.
6. Repeat the program twice
7. Do a cool-down lap and stretch down.

Tuesday

Jog 13 minutes out to a specific point; try to come back in 12 minutes, or 3000 meters @ 6 minutes per kilometer.

Wednesday

1. Do 2 warm-up laps around the Hockey Field, followed by a warm-up stretch - start with 30 Lady Push Up's & 30 Normal Crunches.
2. On the Hockey Field with your stick and ball: **(Use 5 beacons 25 meters from each other)**
3. Start at beacon 1, sprint to beacon 2 **(25 meters),**
4. Jog back to beacon 1, without stopping, turn around beacon 1 and sprint to beacon 3 **(50 meters),**
5. Jog back to beacon 1, without stopping, turn around beacon 1 and sprint to beacon 4 **(75 meters),**
6. Jog back to beacon 1, without stopping, turn around beacon 1 and sprint to beacon 5 **(100 meters),**
7. Walk back to beacon 1

8. Repeat three times.

1<----->2

1<----->3

1<----->4

1<----->5

9. 6 x 25 meter sprints with a 30 second rest between sprints
Repeat twice

Thursday

1. Rest

Friday

1. Jogging for 25 minutes up & down the Hockey Field without rest in between, try and do as many as possible, try to keep jogging at 65% of maximum running speed

a. Goal Line<----->Goal
Line

2. Do a basic stretch down, keep each stretch for 20 seconds - repeat 3 times: - Muscle Groups - Quadriceps, Calf, Hamstrings, ITB, Gluteus Muscles, and Abductors.

3. 2 x 20 Lady Push-up's & 15 Men Push-up's

4. 3 x 30 Normal Crunches.

Saturday

1. Rest

Sunday

1. Rest

Week 3

Monday

Morning

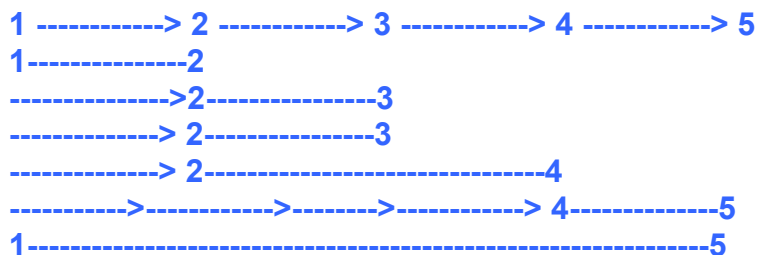
1. Jogging for 30 minutes up and down the Hockey Field without rest in between, try to do as many as possible - try to keep jogging at 65% of maximum speed or 2000 meters @ 4 minutes 30 seconds per kilometer.

a. Goal Line<----->Goal Line

2. Do a basic stretch down, keep each stretch for 20 seconds - repeat 3 times:- Muscle Groups - Quadriceps, Calf, Hamstrings, ITB, Gluteus Muscles, Abductors, or 2 x 1000 meters @ 5 minutes per kilometers

Afternoon

1. Do two warm-up laps around the Hockey field, followed by a warm-up stretch - start with 30 Lady Push Up's & 30 Normal Crunches.
2. On the Hockey Field with your stick and ball: **(Use 5 beacons)**
3. Jog from beacon 1 to beacon 2
4. Sprint from beacon 2 to beacon 3
5. Turn around and sprint back to beacon 2
6. Jog from beacon 2 to beacon 4
7. Sprint from beacon 4 to beacon 5
8. Jog back to beacon 1



a set consists of doing the course twice - rest 2 minutes between sets - do 4 sets

9. Do 4 x 100 meter sprints, walk back after each 100 meter sprint, turn and go when back at the start.

Tuesday

1. Jog 17 minutes out to a specific point; try to come back in 15 minutes.
2. 3 x 30 Lady Push-up's
3. 3 x 30 Crunches.

Wednesday

- 1. Rest**

Thursday

- 1. Do a warm-up and stretch**
- 2. On the Hockey field with your stick and ball:**
- 3. 1 x 400 meter Target Time = 80 Seconds - Rest 3 minutes before the next run,**
- 4. 1 x 300 meter Target Time = 55 Seconds - Rest 3 minutes before the next run,**
- 5. 1 x 200 meter Target Time = 40 Seconds - Rest 3 minutes before the next run,**
- 6. 1 x 300 meter Target Time = 60 Seconds - Rest 3 minutes before the next run,**
- 7. 1 x 400 meter Target Time = 90 Seconds - Rest 3 minutes before the next run,**
- 8. Do the running on the hockey field, from goal line to goal line.**

Friday

- 1. Do a basic stretch down, keep each stretch for 20 seconds - repeat 3 times: - Muscle Groups - Quadriceps, Calf, Hamstrings, ITB, Gluteus Muscles, and Abductors.**
- 2. 2 x 30 Lady Push-up's & 20 Men Push-up's**
- 3. 3 x 30 Normal Crunches.**

Saturday

- 1. Rest**

Sunday

- 1. Rest**

Week 4

Monday

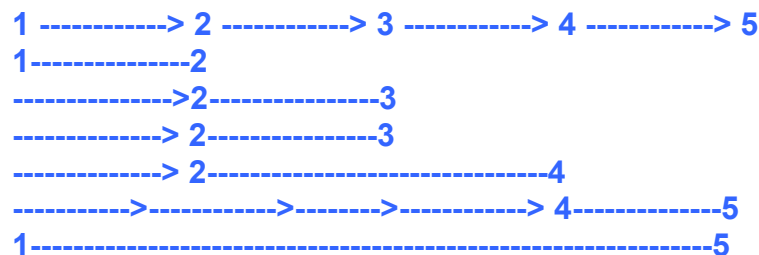
1. Do a warm-up stretch on the Hockey Field with your stick and ball:
2. 1 x 400 meters - target time = 80 seconds - Rest 3 minutes before the next run
3. 1 x 300 meters - target time = 55 seconds - Rest 3 minutes before the next run
4. 1 x 200 meters - target time = 40 seconds - Rest 3 minutes before the next run
5. 1 x 100 meters - target time = 20 seconds - Rest 3 minutes before the next run
6. 1 x 70 meters - target time = 15 seconds - Rest 60 seconds before the next run
7. 3 x 50 meters - target time = 12 seconds - Rest 30 seconds before the next run
8. 3 x 30 Lady Push-up's
9. 3 x 30 normal Crunches

Tuesday

1. Jog 17 minutes out to a specific point; try to come back in 15 minutes or 3000 meters slow jog
2. 3 x 30 Lady Push-up's
3. 3 x 30 Crunches.

Wednesday

1. Do two warm-up laps around the Hockey field, followed by a warm-up stretch - start with 30 Lady Push Up's & 30 Normal Crunches.
2. On the Hockey Field with your stick and ball: **(Use 5 beacons)**
3. Jog from beacon 1 to beacon 2
4. Sprint from beacon 2 to beacon 3
5. Turn around and sprint back to beacon 2
6. Jog from beacon 2 to beacon 4
7. Sprint from beacon 4 to beacon 5
8. Jog back to beacon 1



a set consists of doing the course twice - rest 2 minutes between sets - do 4 sets

9. Do 4 x 100 meter sprints, walk back after each 100 meter sprint, turn and go when back at the start.

Thursday

1. Rest

Friday

1. Do a basic stretch down, keep each stretch for 20 seconds - repeat 3 times: - Muscle Groups - Quadriceps, Calf, Hamstrings, ITB, Gluteus Muscles, and Abductors.
2. 2 x 30 Lady Push-up's & 20 Men Push-up's
3. 3 x 30 Normal Crunches.

Saturday

1. Jogging for 30 minutes up & down the hockey field, without rest in between, try and do as many as possible, try to keep jogging at 65% of maximum running speed, or 3 x 1000 meters @ 4 minutes 30 seconds per kilometer, rest 4 minutes after each 1000 meter.

Goal Line<----->Goal Line

Sunday

1. Rest

Week 5

Monday

1. Do two laps around the hockey field
2. do a warm-up stretch
3. Start with 20 Lady Push-up's & 20 normal Crunches
4. On the hockey field with your stick and ball:
5. 4 x 25 meter sprints, walk back to the start, turn & sprint again - Rest for 2 minutes
6. 3 x 40 meter sprints, walk back to the start, turn & sprint again - Rest for 2 minutes
7. 3 x 50 meter sprints, walk back to the start, turn & sprint again - Rest for 2 minutes
8. Repeat the whole program three times
9. Do a cool down lap and stretch down

Tuesday

1. Jog 16 minutes out to a specific point; try to come back in 15 minutes, or 3000 meters @ 4 minutes 30 seconds per kilometer

Wednesday

1. Do two warm-up laps around the Hockey field, followed by a warm-up stretch - start with 30 Lady Push Up's & 30 Normal Crunches.
2. On the Hockey Field with your stick and ball: **(Use 5 beacons)**
3. Jog from beacon 1 to beacon 2
4. Sprint from beacon 2 to beacon 3
5. Turn around and sprint back to beacon 2
6. Jog from beacon 2 to beacon 4
7. Sprint from beacon 4 to beacon 5
8. Jog back to beacon 1

1 2 3 4 5

1-----> 2

2-----> 3

2<-----> 3

2-----> 4

4-----> 5

1<-----> 5

A set consists of doing the course three times - rest 2 minutes between sets - do 4 sets

9. Do 4 x 100 meter sprints, walk back after each 100 meter sprint, turn and go when back at the start.

Thursday

1. Rest

Friday

1. Do 2 warm-up laps around the Hockey Field, followed by a warm-up stretch - start with 30 Lady Push Up's & 30 Normal Crunches.
2. On the Hockey Field with your stick and ball: **(Use 5 beacons 25 meters from each other)**
3. Jog from beacon 1 to beacon 2
4. Sprint from beacon 2 to beacon 3
5. Turn around and sprint back to beacon 2
6. Jog from beacon 2 to beacon 4
7. Sprint from beacon 4 to beacon 5
8. Jog back to beacon 1

1 2 3 4 5

1-----> 2

2-----> 3

2<-----> 3

2-----> 4

4-----> 5

1<-----> 5

Repeat three times - Total recovery after each set.

9. 6 x 25 meter sprints with a 30 second rest between sprints - repeat twice

Saturday

1. 5000 meters in your own time

Sunday

1. 5000 meters in your own time

Week 6

Monday

1. Do two laps around the hockey field
2. Do a warm-up stretch
3. Start with 20 Lady Push-up's & 20 normal Crunches
4. On the hockey field with your stick and ball:
5. 4 x 25 meter sprints, walk back to the start, turn & sprint again - Rest for 2 minutes
6. 3 x 40 meter sprints, walk back to the start, turn & sprint again - Rest for 2 minutes
7. 3 x 50 meter sprints, walk back to the start, turn & sprint again - Rest for 2 minutes
8. Repeat the whole program four times
9. Do a cool down lap and stretch down

Tuesday

1. Jog 16 minutes out to a specific point; try to come back in 15 minutes, or 3000 meters @ 4 minutes 30 seconds per kilometer

Wednesday

1. Do two warm-up laps around the Hockey field, followed by a warm-up stretch - start with 30 Lady Push Up's & 30 Normal Crunches.
2. On the Hockey Field with your stick and ball: **(Use 5 beacons)**
3. Jog from beacon 1 to beacon 2
4. Sprint from beacon 2 to beacon 3
5. Turn around and sprint back to beacon 2
6. Jog from beacon 2 to beacon 4
7. Sprint from beacon 4 to beacon 5
8. Jog back to beacon 1

1 2 3 4 5

1-----> 2

2-----> 3

2<-----> 3

2-----> 4

4-----> 5

1<-----> 5

A set consists of doing the course three times - rest 2 minutes between sets - do 5 sets

9. Do 5 x 100 meter sprints, walk back after each 100 meter sprint, turn and go when back at the start.

Thursday

1. Rest

Friday

1. Do 2 warm-up laps around the Hockey Field, followed by a warm-up stretch - start with 30 Lady Push Up's & 30 Normal Crunches.
2. On the Hockey Field with your stick and ball: **(Use 6 beacons 25 meters from each other)**
3. Start at beacon 1, sprint to beacon 2 **(25 meters)**,
4. Jog to beacon 3
5. From beacon 3, sprint to beacon 4
6. From beacon 4, jog to beacon 5
7. From beacon 5, sprint to beacon 6

1 2 3 4 5 6



Repeat three times - total recovery after each set.

8. 6 x 25 meter sprints with a 30 second rest between sprints - repeat twice

Saturday

1. 1000 meters @ 4 minutes 30 seconds per kilometer

Sunday

1. 1000 meters @ 4 minutes 30 seconds per kilometer