

## **Basics of Hockey Fitness**

by Angel

### **Components of physical fitness and a few suggested training methods.**

#### **Aerobic power**

- 1. Interval running**
- 2. Fartlek training**

#### **Strength**

- 1. Weight training**
- 2. Circuit training**

#### **Muscle endurance**

- 1. Interval running**
- 2. Wind Sprints**
- 3. Endurance weight training**

#### **Flexibility**

- 1. Static stretching**

#### **Speed**

- 1. Tempo/ repetition sprints**
- 2. stop starts**
- 3. wind sprints**
- 4. Plyometrics Assisted running**

#### **Power Hill running**

- 1. Weight training**
- 2. Plyometrics Resistance Running**