

Fitness Training

by the Damager

Cardio Vascular Endurance

1. **Interval Running(slow)**- Involves running over a measured distances with a rest in between- 3-7km, work at 60-80%
2. **Fartlek**- Involves running fast and then slowing down then fast etc.

Muscle Endurance

1. **Wind Sprints**- Players sprint & rest by command, usually with use of a whistle. Rest phase can consist of a gentle jog, walk or by standing still

Developing Strength

1. **Circuit Training**- Consists of simple exercises which can be performed on the hockey field

Developing Speed

1. **Stop-Starts**- This is down by the blow of the whistle, first blow players sprint, next blow they stop, etc.
2. **Shuttles**- Beacons are set up every 5 meters up to 30 meters, run as far as you can in 30 seconds, Rest for 1min 30sec & repeat

Developing Power

1. **Hill Running**- Start with running fast up the hill then run down slowly as your recovery.

Developing Flexibility

1. **Stretching**- This requires basic stretches etc.