Field Hockey
2011 OFF-SEASON TRAINING PROGRAM
WEEKS 1-4 & 10-14

DAY 1  20 - 45 min. run
       6 - 12 x 75 meter sprints with 75 meter recovery walk.

DAY 2  20 - 30 min. Fartleg run. Start with a 5 - 10 min jog and then vary the pace by picking it up for 200 - 300 meter sprints. In between each interval, jog an equal distance before starting the next one. Finish the run with a 5 - 10 min jog.

1. Hang Cleans: 2x50% of max, 2x60%, 2x70%, 1x80%, 1x85%, 1x90%, 1x95%
2. Press and Pull Superset
   Standing Press 2x50%/Pull-Ups x 2
   Standing Press 2x60%/Pull-Ups x 2
   Standing Press 2x70%/Pull-Ups x 2
   Standing Press 1x80%/Pull-Ups x 2
   Standing Press 1x85%/Pull-Ups x 2
   Standing Press 1x90%/Pull-Ups x 2
3. Push-Ups x 10
4. Glute-Hamstring Raises x 15

DAY 3  4 - 10 x 100 meter sprints, 10 min break, then repeat. Be sure you have done a good warm-up before starting these. Finish with a 20 - 30 min. run.

DAY 4  Run a 100, 200, 300, 300, 200, 100 in this order. Take a recover walk/jog after each run equal to the length of the run. As you progress you can add a 400 in the middle and back down from there. Finish with a 10 - 20 min. jog.

1. Power Clean/Front Squat/Jerk Complex: 2x50%, 2x60%, 1x70%, 1x70%, 1x70%
2. Romanian Dead Lift and Abdominals Superset
   RDL 5x50%/Sit-Ups x 30
   RDL 5x60%/Sit-Ups x 30
   RDL 5x70%/Sit-Ups x 30
3. Bench and Row Superset
   Bench Press 2x50%/Bent Row x 2
   Bench Press 2x60%/Bent Row x 2
   Bench Press 2x70%/Bent Row x 2
   Bench Press 2x80%/Bent Row x 2
DAY 5  20 - 50 min run.

DAY 6  6 - 12 x 150 meter progressive sprints. This means each 2 get faster than the last 2. For example, the first 2 are run at 60% of your maximum, next 2 at 80% and last 2 at 100%. With increased numbers, go 50%, 60%, 70% etc. Finish with a 10 - 20 min. jog.

DAY 7  REST!

In addition to the running include 20 - 30 mins of stick work either with yourself or other players. Include dribbling, drives, flicks, ball control and general stick control. Do this at game speed. This short amount of time will most definitely pay off for you.

All lifting workouts should not last more than 20 minutes. The low repetitions and work load are meant to make it so you can go through these exercises quickly. Supersets are when you progress from exercise to exercise with little-to-no rest at all, so those exercises are meant to be done with speed in the transition.

WEEKS 5-9

DAY 1  20 - 45 min. run
6 - 12 x 75 meter sprints with 75 meter recovery walk.

DAY 2  20 - 30 min. Fartleg run. Start with a 5 - 10 min jog and then vary the pace by picking it up for 200 - 300 meter sprints. In between each interval, jog an equal distance before starting the next one. Finish the run with a 5 - 10 min jog.

1. Power Cleans: 2x50%, 2x60%, 2x70%, 1x80%, 1x85%, 1x85%
2. Press and Pull Superset
   Push Press 2x50%/Pull-ups x 2
   Push Press 2x60%/Pull-ups x 2
   Push Press 2x70%/Pull-ups x 2
   Push Press 2x75%/Pull-ups x 2
   Push Press 2x80%/Pull-ups x 2
3. Push-ups x 10
4. Glute-hamstring Raises 2x10

DAY 3  4 - 10 x 100 meter sprints, 10 min break, then repeat. Be sure you have done a good warm-up before starting these. Finish with a 20 - 30 min. run.
DAY 4
Run a 100, 200, 300, 300, 200, 100 in this order. Take a recover walk/jog after each run equal to the length of the run. As you progress you can add a 400 in the middle and back down from there. Finish with a 10 - 20 min. jog.

1. Hang Clean/Front Squat/Jerk Complex: 2x50%, 2x60%, 1x70%, 1x70%, 1x70%
2. Romanian Dead Lift and Abdominals Superset
   RDL 6x50%/Crunches (with 3 second hold at apex) x 25
   RDL 6x60%/Crunches (with 3 second hold at apex) x 25
   RDL 6x70%/Crunches (with 3 second hold at apex) x 25
3. Bench And Row Superset
   Bench Press 2x50%/Bent Row x 2
   Bench Press 2x60%/Bent Row x 2
   Bench Press 2x70%/Bent Row x 2
   Bench Press 2x75%/Bent Row x 2
   Bench Press 2x80%/Bent Row x 2

DAY 5
20 - 50 min run.

DAY 6
6 - 12 x 150 meter progressive sprints. This means each 2 get faster than the last 2. For example, the first 2 are run at 60% of your maximum, next 2 at 80% and last 2 at 100%. With increased numbers, go 50%, 60%, 70% etc. Finish with a 10 - 20 min. jog.

DAY 7
REST!

In addition to the running include 20 - 30 mins of stick work either with yourself or other players. Include dribbling, drives, flicks, ball control and general stick control. Do this at game speed. This short amount of time will most definitely pay off for you.

All lifting workouts should not last more than 20 minutes. The low repetitions and work load are meant to make it so you can go though these exercises quickly. Supersets are when you progress from exercise to exercise with little-to-no rest at all, so those exercises are meant to be done with speed in the transition.