

Waverley Hockey Club Conditioning Document

- **TIMEFRAME**
 - December 08 – Jan 09

- **PROGRAM**
 - 2-3x sessions per week
 - Choose one session and complete it as prescribed. Don't mix & match sessions

 - 1-2x Running
 - 1x **Supramaximal** or **Continuous Aerobic** Session
 - 1x **Steady State** run

 - 1x Reduced Joint Loading
 - Bike or Swimming

- **INTENSITY**
 - Your MAS determined by the YOYO IR1 Test is listed in the table below

Group 1	Group 2	Group 3	Group 4
Ant Green Tim Wishusen Matt Freeman	Danny Brennan Jarrod Glasscock Mark Hocking Aaron Swindells Dave Shelton	Drew Ashton Wes Moore Shannon Davey Ben Hocking Tim Thompson	Andrew Shelton

- The speed at which you are supposed to complete the prescribed treadmill sessions (eg: **Supramaximal & Continuous Aerobic**) is provided in the tables below the session description

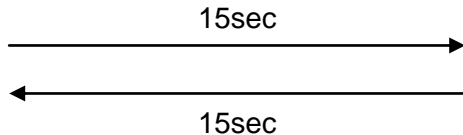
Group	Maximal Aerobic Speed (m.s)	Maximal Aerobic Speed (km h)	Maximal Aerobic Speed (m.min)
1	4.58	16.5	275
2	4.44	16	266
3	4.35	15.7	261
4	4.24	15.3	254

OPTION #1 – Supramaximal

FIELD OPTION

Work : Rest Ratio = 15 sec on / 15 sec off – 2min recovery between sets

Intensity = Run hard for 15 sec; rest for 15 sec, ran back for 15 sec and try and get back to where you start from each rep



Initial Volume: Start at sets of 10 reps (10 min)

Example Progression: 3 x 12 reps (3 x 6 min sets)

Progression: Increase by 2 reps each week until increase in intensity

TREADMILL OPTION

Work : Rest Ratio = 30 sec on / 30 sec off* - 2 min recovery between sets

Intensity = 110% MAS utilising Level 15 & 16 on the YO YO IR1

Initial Volume: 1 x 15 reps (15 min) @ 110%

Example Progression: 1 x 17 reps (17 min) @ 110%

Progression: Increase by 2 reps each week

Group	110% MAS (km h)	DETAILED PROGRAM INFORMATION
1	18.2	1 sets x 15 reps @ 110% MAS (eg: Group 1 = 30 sec @ 18.2kmh > 30 sec passive rest [*dismount treadmill])
2	17.6	
3	17.3	
4	16.8	

OPTION #2 – Continuous Aerobic

FIELD OPTION

Work : Rest Ratio = 2 min on / 1min off [walk] – Utilise an oval or a running path for this session

Intensity = This session is based upon *feel* and *rate of perceived exertion*.

- ON periods you must be challenging yourself with a speed that feels uncomfortable / painful
- OFF periods are to be completed with recovery walk

Volume = Start at 21 min (7 reps)

Initial Volume: Start at 7 reps (21 reps)

Example Progression: 1 x 8 reps (24 min)

Progression: Increase by 1 rep each week

TREADMILL OPTION

Work : Rest Ratio = 2 min on / 1 min passive recovery

Intensity = 100% MAS

Volume = Start at sets of 5 reps (20 min)

Initial Volume: Start at 21 min (7 reps)

Example Progression: 1 x 24 min (8 reps)

Progression: Increase by 1 rep each week until increase in intensity

Group	100% MAS (km h)	DETAILED PROGRAM INFORMATION
1	16.5	1 sets x 7 reps @ 100% MAS (eg: Group 1 = 2 min @ 16.5kmh > 1 min passive rest [*dismount treadmill])
2	16.0	
3	15.7	
4	15.3	

OPTION #3 – Steady State

FIELD OPTION

Work : Rest Ratio = 25+ min - Utilise an oval or a running path for this session

Intensity = This session is based upon *feel* and *rate of perceived exertion*.

- During this steady state period you should be maintaining a speed that is uncomfortable, yet can be maintained for the specified duration

Initial Volume: Start at 25 min

Example Progression: 1 x 27 min

Progression: Increase by 2 min each week

REDUCED JOINT LOADING OPTIONS

BIKE / ELLIPTICAL SESSIONS

Session #1

- DURATION = 22min
- 20 sec on / 40 sec off [x 6]
- 30 sec on / 60 sec off [x 4]
- 40 sec on / 20 sec off [x 3]
- 60 sec on / 30 sec off [x 4]
- 1 min cool down

[6:00]
[12:00]
[15:00]
[21:00]
[22:00] } On = 100-120 RPM

Session #2

- DURATION = 24min
- 2 min on / 1 min off [x 8]
- 1 min cool down

[24:00]
[25:00] } On = 100-120 RPM

Session #3

- DURATION = 30min
- 4 min on / 1 min off [x 6]
- 1 min cool down

[30:00]
[31:00] } On = 100-120 RPM

SWIMMING SESSIONS

- Utilise flippers if possible during first 4-6 sessions

Session #1

TOTAL DISTANCE = 625m – 925m

WARM-UP

4 X 50m (Alternating strokes)

MAIN

- Vary strokes utilised throughout session

25m (30 sec rest)	> Progress to	25m (30 sec rest)
50m (30 sec rest)		50m (30 sec rest)
75m (30 sec rest)		75m (30 sec rest)
100m (30 sec rest)		100m (30 sec rest)
125m (30 sec rest)		150m (30 sec rest)
100m (30 sec rest)		200m (30 sec rest)
75m (30 sec rest)		150m (30 sec rest)
50m (30 sec rest)		100m (30 sec rest)
25m (30 sec rest)		75m (30 sec rest)
		50m (30 sec rest)
		25m (30 sec rest)

COOL DOWN

50m easy (Alternating strokes)

Session #2

TOTAL DISTANCE = 1000m

WARM-UP

2 – 4 X 50m (Alternating strokes)

MAIN

- 5 x 100m (30 sec rest)
- Freestyle 25m, Backstroke 25, Breaststroke 25m & Legs only 25m
- 4 x 25m Sprint (30 sec rest)
- Freestyle
- 2 x 50m (30 sec rest)
- Legs only; utilise kickboard
- 2 x 50m (30 sec rest)
- Upper body only
- 2 x 100m (30 sec rest)
- Freestyle 25m, Backstroke 25, Breaststroke 25m & Legs only 25m

COOL DOWN

50m easy (Alternating strokes)