Conditioning

Aerobic vs. Anaerobic

Means of conditioning that system should be as specific as possible. While a hockey player should be concerned with both of the energy systems it should be known that the bulk of conditioning should be Anaerobic.

A good Aerobic (w/ oxygen) base should be developed in order to aid in the recovery of the damage done by the anaerobic systems. However, this base can be built up through a high volume of anaerobic training with the occasional aerobic bout. Interval training is an excellent way of targeting both of the systems. Monitoring the work to rest intervals will determine what system will be working the most. A highly developed Anaerobic System (w/out oxygen) will assist the hockey player in their shifts using the off time as a rest interval.

Means of improving the Anaerobic system include:

- Wind sprints
- Slide board sprints (aerobic as well as anaerobic)
- Inline skating sprints
- Intervals (can be both aerobic and anaerobic depending on work to rest ratios)
- Tempo runs
- Bike/ Treadmills

Tips

- Concentrate on interval work (800's, 400's, 200's), slide boards, and different forms of tempos on football/soccer fields.
- Vary the modes to avoid boredom but allow enough time for enhancement
- Alter work: rest ratios through out off, pre, and in-season. The work to rest ratios will be the determining factor in the systems worked. The shorter the rest period, the more aerobic the exercise becomes.

Mode	time on/off	Work to Rest	Season
Ex. Slideboards	:30 on 1:30 off	1:3	early off-season
	:30 on 1:00 off	1:2	late off-season
	:30 on :30 off	1:1	preseason

- The intensities along with the volume should also vary when conditioning for the different systems.

Example of Interval Runs

400m Runs

Week	Run	Rest Interval
1	1 mile jog	
2	1.5 mile jog	
3	2 mile jog	
4	2 mile jog	
5	2 x 400m	2:00 min
6	3 x 400	2:00
7	4 x 400	2:00
8	4 x 400	1:30
9	5 x 400	1:30
10	6 x 400	1:30
11	6 x 400	1:30
12	4 x 400	2:00

Once per week

Goal: 1:15 max time on 1st 400m

Less than or equal to :03 decline
On each consecutive 400m run

MSU 2004

Conditioning Runs

Turn Sprinting into more of an Aerobic activity as the season gets closer.

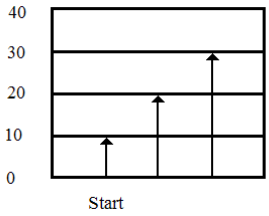
Cycle Sprints

Sprint 100% to 10 yard line

Jog back to start

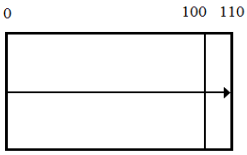
Repeat to 20 and 30 yards before resting

Rest Interval: 1:00



110's

Sprint from start line to 110 yard line

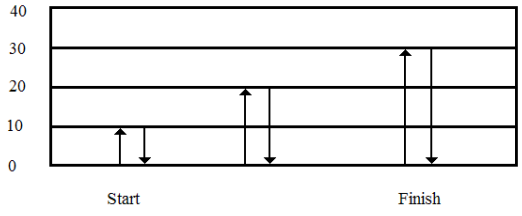


120 yard Shuttle

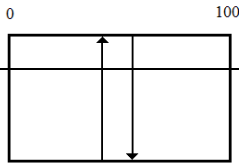
Sprint 10 yards and return to start

Repeat to 20 and 30 yards

Rest Interval: 1:00



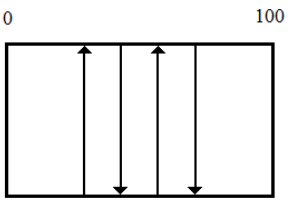
Half Gassers



Sprint the width of a football field 2X

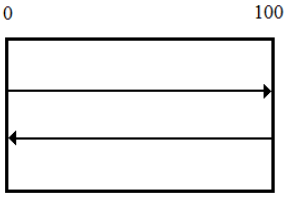
Gassers

Sprint the width of a football field 4X



200 yard Shuttle (100's)

Sprint from start line to 100 yard line and back to start

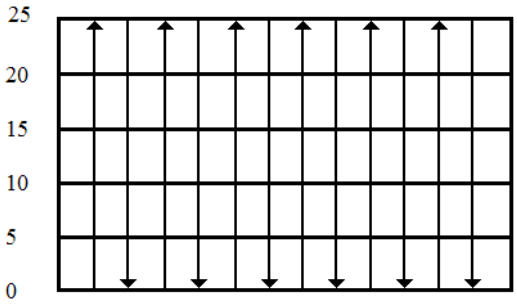


300 yard Shuttle (25's)

Sprint 6x from start line to 25 yard line and back to start

Run all 12 sprints before resting

Wk	Goal Run Times	RI
1	1:10, 1:12, 1:15	3:00
3	1:07, 1:10, 1:13	2:00
4	1:05, 1:08, 1:11	1:00
5	1:02, 1:05, 1:08, 1:11	1:00
7	1:00, 1:03, 1:05, 1:08, 1:11	1:00

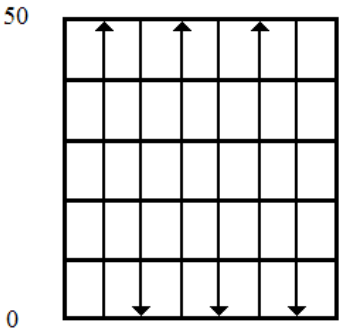


300 yard Shuttle (50's)

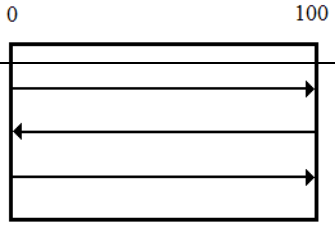
Sprint 6x from start line to 25 yard line and back to start

Run all 6 sprints before resting

Wk	Goal Run Times	RI
1	1:10, 1:12, 1:15	3:00
3	1:07, 1:10, 1:13	2:00
4	1:05, 1:08, 1:11	1:00
5	1:02, 1:05, 1:08, 1:11	1:00
7	1:00, 1:03, 1:05, 1:08, 1:11	1:00



300 yard Shuttle (100's)



Conditioning

Sprint from start line to 100 yard line, Sprint back to start Sprint final 100 yards	