

ENGLAND LADIES – 2011 - TRAINING PROGRAMME

EUROPEAN LADIES U18'S CHAMPIONSHIPS and EUROPEAN LADIES SENIORS CHAMPIONSHIPS IN OCTOBER

The term fitness means different things to different people – for us it means the ability to compete in a game of roller hockey for its entire duration with a minimal depreciation in skill level due to fatigue – (both on the muscle and mental side)

We are concentrating on 4 components of fitness.

1. Stamina – Cardiovascular endurance
2. Strength – Muscular endurance
3. Suppleness - Flexibility (stretching)
4. Speed – of Muscle Contraction

There is in excess of 36 weeks left before the championship, which should be enough time to greatly improve your fitness if you work hard.

The attached fitness programme is a combination of programmes which were set for the England team when we were assessed and trained at Lilleshall and the programme George Johnson set us for the Worlds in USA, all in the distant past but I believe is still relevant today; please give it a real try and let me know any advantages/disadvantages.

Best of luck - if you have any queries then give me a ring on 07966999524

This training programme takes into account the fact that some of the exercises are new to you so they are planned to ease you into the programme! It is aimed however, at peaking you for the European Championships at the end of August later this year and consequently is quite demanding. The first six weeks are devoted to improving your general aerobic fitness, while speed and power are concentrated on later in the programme. The sessions should be spaced out so that adequate rest is allowed between high intensity training sessions. Some of the sessions vary for goalkeepers and alternatives are given where appropriate – more concentration on speed work and flexibility.

The closer you can adhere to the training programme the better; it is important to get at least an aerobic run (about 30 mins), interval run (ie 100m jog – 50m run – 50m jog – 50 sprint – back to 100m jog and so on repeated for about 20-30 mins) and a circuit training session each week as a minimum. I understand there will be weeks where there are more hockey sessions – training camps etc and you will have to make a judgement which training session you should do, in the time you have available. Also listen to your body if you have done a weights session/interval session the day before and ache its best to do an aerobic session next day with a good flexibility session to get rid of the waste products that have built up in your muscles.

Please remember to treat these exercises with respect, eat lots of carbohydrates and drink plenty of fluid before and after each training session; and ensure you are getting enough sleep at night, as this is when your body recovers. A 5 min jog warm up and 10 mins stretching should be completed hopefully everyday, but definitely before each training session with a subsequent jog warm down and 10 mins stretching.

If you have any questions/problems on this training programme please call me on 07966999524 or email me :- joe@britishscuba.com

Guidelines for the use of the training programme:

Warm Up/Down

A general warm up and warm down should always be incorporated into each training session. During long, steady running and varied paced runs the warm up can involve steady running for the first few minutes of the session and the warm down, easy running at the end of the session. Prior to and following interval sessions however, 5-10 minutes of steady running should always be completed. The warm up is important as it prepares the muscles and the cardiovascular system for exercise, while the warm down helps to clear some of the 'waste products' produced during exercise from the muscles and helps to reduce stiffness.

Flexibility work

This should be an integral part of each training session and should be completed following a general warm up. Ten to 15 minutes should be given to flexibility work and all muscle groups should be stretched. Start from the neck and work down. Each stretch should be held (for a count of 10-15sec on the warm up and around 30sec on the warm down) at a point at which it can be felt but is not painful. The muscle group should then be relaxed and the stretch repeated. 'Bouncing' should be avoided as this is counterproductive and may cause an injury itself. Concentrate on the 5 main muscle groups Quads, Calves, Hamstrings, Abductors and Back.

Long, Steady Runs

Aerobic training sessions i.e. the long, steady runs should be performed at a steady pace (it is a run though - faster than a jog! Over the weeks, as your fitness improves you should be aiming for 7 minute mile pace or below, at the start 8 -7.5min/mile shouldn't be a problem). These runs are aimed at improving your aerobic endurance and consequently pace is not important. It is the length of time involved which is the key. You should be capable of holding a conversation with someone during these runs. If you can't you are running too fast and need to slow down, otherwise you will struggle to produce quality efforts during interval training.

Interval Sessions

Interval sessions over 100m in length should be performed at about 90-95% of maximum. You should aim to complete each effort in the same time or within 1-2 seconds of each other. There is nothing to be gained from running too fast on the first one or two efforts as the quality of all the others will be lost. The aim of these sessions is to improve speed endurance i.e. the ability to sustain and reproduce high intensity exercise.

Speed and Acceleration Sessions

The purpose of these sessions is to increase your leg speed. Consequently rests between efforts are quite long (usually 4 times the length of the exercise time). Except during accelerations sprints in which there is a gradual build up of speed, these efforts should be performed at maximum pace. The efforts are between 10 and 100m in length.

Speed training should take place without the muscles being fatigued so complete when you feel fresh eg more than 24 hours after an intense training session.

Also think about your local environment. If you have hills near where you live you can get benefit from using these in your training. Running up hill increases the resistance against your legs and develops quad strength. Whilst running downhill lengthens your stride length which can increase your running speed, can be replicated on a treadmill.) (Good running shops will offer you a gait analysis, not only will this analyse your running style, but can help them select correctly supporting trainers which are important to develop a good muscle balance during training and minimise the risk of injury.)

Mon 3 January – Sun 16 January 2011 (Weeks 1, 2)

1. Long steady run - 20 mins run (pace target 7.5 minute miles), 10 mins stretching
2. Interval - 5 mins jog, 3 x (2 mins run then back to 2 mins jog), 5 mins jog warm down, 10 mins stretching
(Goalkeepers warm up 5 mins jog 8 x (200m – 40 sec fast strides, 40 sec walk/jog to recover then go again))
3. Long steady run - 3 miles run (pace target 7.5 minute miles), 10 mins stretching
(Goalkeepers 15 min run, 20 mins stretching)
4. Circuit training – 2 repetitions of circuit

Mon 17 January – Sun 30 January 2011 (Weeks 3, 4)

1. 25 mins run (pace target 7.5 minute miles), 10 mins stretching
(Goalkeepers 20 min run, 20 mins stretching)
2. 5 mins jog, 4 x (2 mins run then back to 2 mins jog), 5 mins jog warm down, 10 mins stretching
(Goalkeepers warm up 5 mins jog 8 x (200m – 40 sec fast strides, 40 sec walk/jog to recover then go again))
3. 3 miles run (pace target 7.5 minute miles), 10 mins stretching
(Goalkeepers 20 min run, 20 mins stretching)
4. Circuit training - 2 repetitions of circuit

Mon 31 January – Sun 13 February 2011 (Weeks 5, 6)

1. 30 mins run (pace target 7.5 minute miles), 10 mins stretching
(Goalkeepers 20 min run, 20 mins stretching)
2. 5 mins jog, 4 x (2 mins run then back to 2 mins jog), 5 mins jog warm down, 10 mins stretching
(Goalkeepers warm up 5 mins jog 8 x (200m – 40 sec fast strides, 40 sec walk/jog to recover then go again))
3. 3 miles run (pace target 7.5 minute miles), 10 mins stretching
(Goalkeepers 20 min run, 20 mins stretching)
4. Circuit training - 3 repetitions of circuit

Mon 14 February – Sun 27 February 2011 (Weeks 7, 8)

1. 30 mins run (pace target 7.5 minute miles), 10 mins stretching
(Goalkeepers 20 min run, 20 mins stretching)
2. 10 mins jog, 5 x (fast strides 400m or 75 secs, 2 mins slow jog to recover), 10 mins jog warm down, 15 mins stretching
(Goalkeepers warm up 5 mins jog 8 x (150m – 40 sec fast strides, 40 sec walk/jog to recover then go again))
3. Varied pace run – 3 mins jog, 3 mins run, 2 mins jog, 6 x (10 second sprint, 20 seconds jog recovery then go again!), 2 mins jog, 6 x (20m max sprint, 30 seconds jog recovery), 2 mins jog, 2 mins run fast, 5 mins warm down, 10 mins stretching
4. Circuit training - 3 repetitions of circuit
5. 20 mins run (pace target 7.5 minute miles), 10 mins stretching

Mon 28 February – Sun 27 March 2011 (Weeks 9, 10, 11, 12)

1. 30 mins run (pace target 7.5 minute miles), 10 mins stretching
(Goalkeepers 20 min run, 20 mins stretching)
2. 10 mins jog, 6 x (fast strides 400m or 75 secs, 2 mins slow jog to recover), 10 mins jog warm down, 15 mins stretching
(Goalkeepers warm up 5 mins jog 8 x (150m – 40 sec fast strides, 40 sec walk/jog to recover then go again))
3. Varied pace run – 3 mins jog, 3 mins run, 2 mins jog, 6 x (10 second sprint, 20 seconds jog recovery then go again!), 2 mins jog, 6 x (20m max sprint, 30 seconds jog recovery), 2 mins jog, 2 mins run fast, 5 mins warm down, 10 mins stretching
4. Circuit training - 3 repetitions of circuit plus polymetric exercises
5. 20 mins run (pace target 7.5 minute miles), 10 mins stretching

Mon 28 March – Sun 1 May 2011 (Weeks 13, 14, 15, 16, 17)

1. 30 mins run (pace target 7.5 minute miles), 10 mins stretching
(Goalkeepers 20 min run, 20 mins stretching)
2. 5 mins jog, 4 x (fast strides 300m or 60 secs, 3 mins jog, walk/rest 1.5 mins then repeat), 10 mins jog warm down, 15 mins stretching
(Goalkeepers warm up 5 mins jog 8 x (100m – 15 sec max pace, 2mins walk/rest to recover then go again), 5 mins jog warm down , 20 mins stretching)
3. 4 mile steady run (pace target 7.5 minute miles), 10 mins stretching
(Goalkeepers 20 min run, 20 mins stretching)
4. Circuit training - 3 repetitions of circuit plus polymetric exercises
5. 20 mins run (pace target 7.5 minute miles), 10 mins stretching

Mon 2 May – Sun 5 June 2011 (Weeks 18, 19, 20, 21, 22)

1. 30 mins run (pace target 7.5 minute miles), 10 mins stretching
(Goalkeepers 20 min run, 20 mins stretching)
2. 10 mins jog, 6 x (fast strides 200m or 35 secs, 1.5 mins walk/rest, then repeat), 5 mins jog warm down, 15 mins stretching
(Goalkeepers warm up 10 mins jog 10 x (60m – 10 sec max pace, 1 min walk/rest to recover then go again), 5 mins jog warm down , 20 mins stretching)
3. 20 mins run (pace target 7.5 minute miles), 10 mins stretching
4. 5 mins jog, 1 x 50m or 7 secs, 1 min walk/rest to recover; 1 x 100m or 15 secs, 1 min walk/rest to recover; 2 x (150m or 25 secs, 1 min walk/rest to recover; 1x 100m, 1 min walk/rest to recover; 1 x 50m, 1 min walk/rest to recover, 5 mins jog warm down, 15 mins stretching
(Goalkeepers warm up 10 mins jog 1 x 50m or 8 secs; 2 x 40m or 6 secs; 4 x 20m; 5 x 10m; with walk back recovery between efforts 5 mins jog warm down , 20 mins stretching)
5. Circuit training - 3 repetitions of circuit plus polymetric exercises

Mon 6 June – Sun 10 July 2011 (Weeks 23, 24, 25, 26, 27)

1. 30 mins run (pace target 7.5 minute miles), 10 mins stretching
(Goalkeepers 20 min run, 20 mins stretching)
2. 10 mins jog, 6 x (fast strides 200m or 35 secs, 1.5 mins walk/rest, then repeat), 5 mins jog warm down, 15 mins stretching
(Goalkeepers warm up 10 mins jog 10 x (60m – 10 sec max pace, 1 min walk/rest to recover then go again), 5 mins jog warm down , 20 mins stretching)
3. 20 mins run (pace target 7.5 minute miles), 10 mins stretching
4. 5 mins jog, 1 x 50m or 7 secs, 1 min walk/rest to recover; 1 x 100m or 15 secs, 1 min walk/rest to recover; 2 x (150m or 25 secs, 1 min walk/rest to recover; 1x 100m, 1 min walk/rest to recover; 1 x 50m, 1 min walk/rest to recover, 5 mins jog warm down, 15 mins stretching
(Goalkeepers warm up 10 mins jog 1 x 50m or 8 secs; 2 x 40m or 6 secs; 4 x 20m; 5 x 10m; with walk back recovery between efforts 5 mins jog warm down , 20 mins stretching)
5. Circuit training - 4 repetitions of circuit plus polymetric exercises

Mon 11 July – Sun 14 August 2011 (Weeks 28, 29, 30, 31, 32)

1. Varied pace run – 3 mins jog; 3 mins run; 2 mins jog; 6 x (1 x 10m sprint then 30 secs jog recovery), 2 mins jog, ; 6 x (1 x 20m sprint then 30 secs jog recovery), 2 mins jog, 2 mins run, 5 mins jog, 10 mins stretching
2. 10 mins jog, 4 x (150m or 35 secs max pace, 1 min walk/rest, then repeat), 3 mins jog, 4 x (150m or 35 secs max pace, 1 min walk/rest, then repeat), 3mins jog warm down, 10 mins stretching
(Goalkeepers warm up 10 mins jog 1 x 50m or 8 secs; 2 x 40m or 6 secs; 4 x 20m; 5 x 10m; with walk back recovery between efforts 5 mins jog warm down , 20 mins stretching)
3. Circuit training - 4 repetitions of circuit plus polymetric exercises
4. 20 mins run (pace target 7.25 minute miles), 20 mins stretching

Mon 15 August – Sun 18 September 2011 (Weeks 33, 34, 35, 36, 37)

1. 25 mins run (pace target 7.25 minute miles), 20 mins stretching
(Goalkeepers 20 min run, 20 mins stretching)
2. 5 mins jog, 8 x (100m or 20ish secs fast efforts, 2 min walk/rest, then repeat), 5 mins jog, 10 mins stretching
(Goalkeepers warm up 5 mins jog 10 x 20m max pace, walk back recovery between efforts; 3 x mins jog; 10 x 10m, walk back recovery between efforts; 5 mins jog warm down , 20 mins stretching)
3. 10 mins jog, 10 x (50m flat out sprint!, 1 min walk/rest, then repeat), 5 mins jog warm down, 15 mins stretching
4. Circuit training - 4 repetitions of circuit plus polymetric exercises

Mon 19 September – Sun 25 September 2011 (Week 38)

1. 25 mins run (pace target 7 minute miles), 20 mins stretching
(Goalkeepers 20 min run, 20 mins stretching)
2. 5 mins jog, 8 x (100m or 20ish secs fast efforts, 2 min walk/rest, then repeat), 5 mins jog, 10 mins stretching
(Goalkeepers warm up 5 mins jog 10 x 20m max pace, walk back recovery between efforts; 3 x mins jog; 10 x 10m, walk back recovery between efforts; 5 mins jog warm down , 20 mins stretching)
3. 10 mins jog, 10 x (50m flat out sprint!, 1 min walk/rest, then repeat), 5 mins jog warm down, 15 mins stretching
4. 30 mins run (pace target 7 minute miles), 20 mins stretching
(Goalkeepers 20 min run, 20 mins stretching)

Mon 26 September – Sun 2 October 2011 (Week 39)

1. 3 mile run (pace target 7 minute miles), 20-30 mins stretching
2. 5 mins jog, 8 x (100m or 20ish secs fast efforts (75% of max), 2 min walk/rest, then repeat), 5 mins jog, 10 mins stretching
(Goalkeepers warm up 10 mins jog 8 x 40m shuttle run (over distance of 20m – start half way line ie 10m mark; sprint 10m, turn, 20m, turn, 10m jog; 2 mins recovery between efforts; 5 mins jog warm down , 20 mins stretching)
3. 20 mins run (pace target 7 minute miles), 20 mins stretching
(Goalkeepers 20 min run, 30 mins stretching)
4. 5 mins jog, Acceleration sprints 60m continuous – 10 x (10m easy; 10m faster, 20m max pace, 10m slower, 10m easy), 3 mins jog recovery then repeat 10 x (10m easy; 10m faster, 20m max pace, 10m slower, 10m easy), 5 mins jog warm down, 15 mins stretching
(Goalkeepers 5 mins jog, Acceleration sprints 30m continuous – 10 x (5m easy; 5m faster, 10m max pace, 5m slower, 5m easy), 3 mins jog recovery then repeat 10 x (10m easy; 5m faster, 10m max pace, 5m slower, 10m easy), 5 mins jog warm down, 30 mins stretching)
5. 20 mins run (pace target 7 minute miles), 20 mins stretching
(Goalkeepers 20 min run, 20 mins stretching)

Mon 3 October – Sun 9 October 2011 (Week 40)

1. 20 mins run (pace target 7 minute miles), 20 mins stretching
(Goalkeepers 20 min run, 30 mins stretching)
2. 10 mins jog 1 x 20m; 1 x 30m; 1 x 40m; 2 x 50m; 1 x 40m; 1 x 30; 1 x 20m; with walk back to start line for recovery between efforts; 3 mins jog then repeat 1 x 20m; 1 x 30m; 1 x 40m; 2 x 50m; 1 x 40m; 1 x 30; 1 x 20m; with walk back to start line for recovery between efforts; 5 mins jog warm down , 20 mins stretching
3. 15 mins run (pace target 7 minute miles), 15 mins stretching

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GOOD LUCK!!!

CIRCUIT TRAINING PROGRAMME

1. **Step Ups** (on to bench or chair)
2. **Sit Ups** (lay flat on the floor, on your back, put your hands behind your head, bring your left knee to your right elbow, then your right knee to your left elbow, raising your head up and down)
3. **Press Ups** (place your hands outside your shoulders, straight back, chest to floor – hold on the bend for a split second)
4. **Hamstring raises** (lie on your back with your feet, hips apart, elevated on a chair, hands behind your head, raise your hips off the ground and lower them down again)
5. **Back extensions** (lie on the floor face down, hands behind your ears, raise trunk off the ground under control and lower again)
6. **Squat thrusts** (take up press up position, draw feet up to chest and out again)
7. **Tennis ball squeeze** (grip a tennis ball in both hands, squeeze and release it)
8. **Calf raises** (stand on a raised platform eg stair, with your heels extended beyond the step, raise up on to your toes and lower)
9. **Dips** (place your hands on the edge of a chair or bench – legs extended out in front of you away from the chair, bend your arms and push back to the extended position)
10. **Skipping** (outfield players – ps do not have to do this with a rope if you have not got one! – the action is all that is necessary). **Wall sits** (goalkeepers – sit against the wall with knees at 90 degrees to the ground with your back straight)

Try to complete each exercise correctly, while also completing as many as possible in the 30 secs, it maybe an idea to note down the number you completed so that you can gauge your own improvement. If it is possible to train in pairs then one can count/time and rest while the other does the exercise.

Weeks 1 to 4

2 complete circuits, 30 seconds per exercise, 30 seconds rest between exercises; 3 mins stretching between circuits

Weeks 5 to 8

3 complete circuits, 30 seconds per exercise, 30 seconds rest between exercises; 3 mins stretching between circuits

Weeks 9 to 22

3 complete circuits but replace stations 1,6 and 10 with **Plyometrics** see below, 30 seconds per exercise, 30 seconds rest between exercises; 3 mins stretching between circuits

Weeks 23 to 37

4 complete circuits but replace stations 1,6 and 10 with **Plyometrics** see below, 30 seconds per exercise, 30 seconds rest between exercises; 3 mins stretching between circuits

PLYOMETRICS

These exercises are designed to improve your explosive power, but should only be undertaken when your general strength has improved. Plyometric exercises can only be used effectively if they are performed quickly and with maximum effort. The rebound is most important and you should only make instantaneous contact with the ground between efforts.

- A) Replace Station 1 with – **Two footed rebound jumps** over a series of 6 low obstacles, about one foot high to begin with. Place the obstacles close enough together (about 2 feet apart) so that you can land between two of them and take off immediately to land between the next two.
- B) Replace Station 6 with – **Burpees** (as for squat thrusts, but as feet are drawn back towards the body, drive upwards and off the ground to perform a vertical jump, return to the ground and drive legs back out again)
- C) Replace Station 10 with – **Salmon Snaps** (start with one foot in front of the other; feet astride; touch the ground with both hands either side of the body; drive upwards and off the ground, reversing foot position while in the air; land and touch the ground with both hands before driving upwards again)