

TEAM CANADA



**POLAR BEARS RINGETTE
2005**

**STRENGTH & CONDITIONING
PROGRAM**

May 30 - July 31

The following package contains the 2005 Phase I, II and III Dryland Strength & Conditioning Program. The program will take you from May 30th to July 31st. Each page contains a phase of the **Dryland Speed & Conditioning Program**.

The **Dryland Speed & Conditioning Program** involves a **warm-up; Speed, Agility, Plyometrics; Anaerobic Conditioning; Aerobic** and **General Conditioning;** and **Functional Strength and Flexibility** workouts. In each of these sections it has been laid out how many times a week to do each component; what exercises or how many choices of the listed exercises to do; sets, reps and rest...etc. Daily Workouts should be broken down as follows:

Days 1, 3 and 5 (Aerobic Conditioning/Functional Strength/Flexibility)

Perform your workouts with these components in this order: warm-up, aerobic workout (if necessary, depending upon how many aerobic workouts a week you may have), a functional strength workout and a flexibility workout. You have three workouts a week utilizing these components. However, with some of these workouts you may not have to complete any aerobic workouts as your program may have you doing less than 3 Aerobic workouts per week. As a result these workouts should take 25 – 50 minutes to complete>

Days 2,4 and 6 (Speed-Technical/Agility/Plyometrics/Anaerobic Conditioning)

Perform your workouts with these components in this order: warm-up, speed/technical, agility and plyometric drills, and an anaerobic workout (if necessary). Depending on phase of program you may have some workouts where you do not have to complete all the components. These workouts should also take 25-50 minutes to complete as well.

A **Training Manual** outlining and describing all the exercises in your program has been provided and can also be found on the website www.ringettecalgary.ca in the training section of the Polar Bear Ringite site. In the training manual, there are drawings and explanations of all the exercises you have been asked to perform. In some cases you will have to use the manual to choose which exercises you will be doing for your work-out. If you need further assistance please contact Jodi Hicks (hicksjodi@shaw.ca or jhicks@ucalgary.ca). Have a great Summer!!!!

**2005 Polar Bears Ringette
May - August Dryland Training**

Phase: II

June 20 - July 10

Warm-up (Exercise Description and explanation Pg 4-6 of Training Manual)

Complete with every Dryland Session
5 min skipping, 3 min Static Stretch Routine, 7 min Dynamic stretch routine

Speed, Agility and Plyometrics

Speed/Technical (Pg 14 & 25-27 in Training Manual) 3 x's/Week	Agility (Pg 22-24 in Training Manual) 3 x's/Week	Plyometrics (Pg 28-32 in Training Manual) 1 x's/Week
Accelerations 40m x 50%, 60%, 70%, 80%		Ankle Hops 5 x 10
V-Starts 5m x 10	Ladder Drills 2 from manual x 3 (Pg)	Ankle Hops Sgl Leg 5 x 10 ea leg
Cross Over Starts 5m x 10	Skating Cross-over shuffle with change of direction	Double Leg Jumps - Soft Landing 5 x 5
Ins and Outs 10 x 6		Double Leg Bench Jump-Over/Hold Soft Landing - Soft Landing 5 x 10
Ins and Outs (on a bench) 10 x 6	Skating Stops and Starts 4 x 6m cross-over start-sprint-stop-x-over start opposite direction (repeat 4 for 4 changes - stop/starts) rest 30 seconds x 5 reps x 2 sets (2 min rest between sets)	Clap or Power Push ups 3 x 10

Conditioning

Aerobic Conditioning Complete 2 x's / week Must do this workout at least once/week	Anaerobic Conditioning Complete 2 x's / week Must do this workout at least once/week
Aerobic Intervals (2 Sets x 5 Reps 60:60) 120 Second Work Duration 60 second rest Duration x 5 reps x 2 sets (2 minute rest between sets)	Run/Bike 15 sec, rest for 30 sec x 6 reps x 4 sets (2.5 min rest per set)
Choose any one of these activities for 1 of your other weekly workouts	Choose any one of these activities for 1 of your other weekly workouts
35 + Minutes Continuous Exercise (75-80%% Max HR)	Anaerobic Intervals (3 Sets x 5 reps x 15:30) 20 seconds Work Duration 40 seconds Rest Duration x 4 reps x 3 sets (2.5 minute rest between sets)
60 + Minutes Continuous Exercise (<70% Max HR)	
25+ Minutes Continuous Exercise (85-85% Max HR)	Wind Sprints 2 x 5 x 40 yds (sprint 40 - walk back-sprint 40-walk back-sprint 40-walk back sprint 40-walk back-sprint 40 rest 2 minutes) x 2 sets
45+ Minute Game Activities (BB, Indoor FB, Squash...etc)	60 m x 5 x 2

Functional Strength/Core & Flexibility

Complete 3 x's / Week

Functional Strength	Flexibility
Choose 3 Lower Body Functional Exercises from Manual (Pg 12-14)	Choose 2 Active Flexibility Exercises from Manual (pg 35) 2 Sets x 8 ea limb ea exercise
Choose 2 Upper Body Functional Exercises from Manual (Pg 15-16) 2 Sets x 30 seconds or 6 reps	Dynamic Cool-down Routine in Manual (pg 34)
Choose 2 Lower Abdominal Functional Exercises from Manual (Pg 17-18) 2 Sets x 30 seconds or 6 reps	Choose 2 PNF & Partner Flexibility Exercises from Manual (pg 36) 2 Sets x 3 ea limb ea exercise
	Static Stretch Routine in Manual (pg 36)

**2005 Polar Bears Ringette
May - August Dryland Training**

Phase: III

July 11 - July 31

Warm-up (Exercise Description and explanation Pg 4-6 of Training Manual)

Complete with every Dryland Session
5 min skipping, 3 min Static Stretch Routine, 7 min Dynamic stretch routine

Speed, Agility and Plyometrics

Speed/Technical (Pg 14 & 25-27 in Training Manual) 3 x's/Week	Agility (Pg 22-24 in Training Manual) 3 x's/Week	Plyometrics (Pg 28-32 in Training Manual) 2 x's/Week
Sprint Uphill 6 x 30-40m (60 s rest/set)	Quadrant Drills Choose 5 quadrant drill routines then 2 sets x 5 reps x 4 rotations each direction (45 s Rest/set)	Ankle Hops Sgl Leg 5 x 10 ea leg
V-Starts 5m x 10		Alternating Side to Side Power Strides 5 x 10
Cross Over Starts 5m x 10		Stride Jump Cross-overs 5 x 10
Power Cross-over Pushes 20m x 10 ea way		Pre-fatigue Jumps - Box Jump Ups 5 x 10 sec hold, jump on box, 10 sec hold, jump on box, 10 sec hold
Sprint Downhill 6 x 20m (3° Decline) (45 s rest/hill)	Skating Cross-over shuffle with change of direction	Med Ball Chest Pass 5 x 10
	Dot Drills Choose any 5 drills then 2 Sets x 6 reps (45 sec rest/Set)	

Conditioning

Aerobic Conditioning Complete 1 x's / week Must do this workout at least once/week	Anaerobic Conditioning Complete 3 x's / week Must do this workout at least once/week
Aerobic Intervals (2 Sets x 5 Reps 60:60) 60 Second Work Duration 60 second rest Duration x 6 reps x 2 sets (2 minute rest between sets)	Combination Intervals (from Manual Pg. 10) 2 x per Week 1 set, 30 sec rest x 6 reps x 4 sets (3.5 min rest per set)
	Choose any one of these activities for 2 of your other weekly workouts
	Anaerobic Intervals (3 Sets x 5 reps x 15:30) 10 seconds Work Duration 50 seconds Rest Duration x 4 reps x 3 sets (2.5 minute rest between sets)
	Wind Sprints 2 x 5 x 40 yds (sprint 40 - walk back-sprint 40-walk back-sprint 40-walk back-sprint 40-walk back-sprint 40 rest 2 minutes) x 2 sets
	60 m x 5 x 2

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