

Preseason Home Practice Plan

Warm-up

- A,B,C skips - see video here: <https://www.youtube.com/watch?v=zEHuJTjPNTA>

In addition to Tuesday practice, try and do ONE run of each type:

“Building Your Cardio Base”

- One longer run per week at an “easy” pace
 - For most JD athletes this is going to start at around 3km (longer for those in better shape)
 - Gradually increase distance by no more than 20% per week
 - Alternative way to track this is to use time instead of distance (start at 20 min in this case)

“Hill Training”

- Find a road, trail, etc in your neighborhood with a hill that has a significant incline
- Hill should ideally be at least 100m in length
- Do 3-4 repeats at a “hard” pace (80% intensity)
- Take a 1-2 minute break in between hill repeats
- Can add 1 extra hill repeat every second week

Aim to do 1-2 strength training sessions per week as follows:

Strength

- Single Leg Bridge - **2 sets/10 reps**
- Single Leg Squat - **2 sets/10 reps**
- “Dead Bug” - **2 sets/10 reps per side**
- Lunge, Jumping 180 degrees, Switching Legs - **2 sets/5 reps per side**
- Push-up (hands on bench) - **2 sets/10 reps**
- Balance, Single Leg, Reaching Towards Floor - **2 sets/10 reps per side**
- Hopping Around 4 Square Grid - **2 sets/5 reps per grid**

***SEE SEPARATE HANDOUT FOR SPECIFIC INSTRUCTIONS ON ALL EXERCISES & A TRACKING SHEET/LOG

***PARENTAL SUPERVISION FOR YOUNGER ATHLETES IS ADVISED TO ENSURE CORRECT TECHNIQUE