

## SUMMER TRAINING 2009

It's that time again ladies! Attached you will find your summer workout. I cannot stress enough how important it will be for you to be in shape for tryouts!!!

These workouts are extremely do-able. Every single one of these workouts is game-like and most likely you can bet on seeing these same workouts during the season. Please email me if you have any questions! (KMGarvey@fcps.edu)

**Workout #1: 20 minute fartlek.** A fartlek is a run comprised of sprints and jogs and are much better than just running at one speed for 45 minutes. It's quality not quantity. If you are on the track sprint the straights and jog the curves or if you are out in your neighborhood sprint 30 seconds then jog 30 seconds. You continue the jog/sprint for a full 20 minutes.

**Workout #2: 5 x 400's.** A 400 is one lap around the track. Shoot for 1:30 (or less) each time. If you do not have access to a track get outside on a sidewalk and run at 80% for one minute and 30 seconds five times.

**Workout #3: Circuit Workout.** A circuit workout only works if you discipline yourself not to take a break between sets. This one will be best if you use a track. Bring your stick and ball with you. Leave your stick and ball at the starting point and run one lap. After completion, pick up stick immediately; give yourself one minute, and do a yardstick test. Do this 8 times, or 2 miles.

**Workout #4: Timed Mile.** 4 laps around the track, need I say more?

**Stickwork #1: Dribbling exercises.** Use this time to do longer distance with ball. Practice moving with the ball at top speed and with the ball right on your stick. Change things up by doing pulls to the right, to the left, pulling back, and turning right and left as well.

**Stickwork #2: Juggling.** Try picking up the ball from the ground, with your stick. Do basic juggling with the flat side of your stick...keeping the "taps" quick and the ball as close to the stick as possible. This will give you the best control. Try to "catch" the ball by giving with your stick and letting the ball land and remain stationary on the flat side. Practice juggling on all four sides of your stick. You will be amazed what juggling can do for the ball handler.

**Stickwork #3: Blind Control.** Here you want to do some of the dribbling exercises and yardstick test without looking at the ball. We are not asking you to be perfect but please try. You will be a much better teammate if you can easily look up for passes during the game and not always worry what the ball is doing.

# ROBINSON FIELD HOCKEY SUMMER WORKOUT JUNE 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	22 12 minute run	23 4 minute warm up 6 sec sprint X 8 15 sec sprint X 5	24 12 minute run	25 OFF	26 4 minute warm up 6 sec sprint X 8 15 sec sprint X 5	27 12 minute run
28 4 minute warm up 6 sec sprint X 8 15 sec sprint X 5	29 OFF	30 Workout #4				

## JULY 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Workout #2 Stickwork #2	2 16 minute run	3 OFF	4 Workout #3
5 Workout #4 Stickwork #1	6 16 minute run	7 OFF	8 Workout #2	9 Workout #1 Stickwork #3	10 Workout #4	11 OFF
12 Workout #3 Stickwork #2	13 Workout #2	14 Workout #4 Stickwork #1	15 OFF	16 Workout #1	17 Workout #3 Stickwork #3	18 Workout #2
19 OFF	20 Workout #2 Stickwork #2	21 Workout #4	22 Workout #1 Stickwork #1	23 OFF	24 Workout #3	25 Workout #2 Stickwork #3
26 Workout #3	27 OFF	28 Workout #4 Stickwork #2	29 Workout #2	30 Workout #1 Stickwork #1	31 OFF	

## AUGUST 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Workout #3
2 Workout #2 Stickwork #3	3 Workout #4	4 OFF	5 Workout #1 Stickwork #2	6 16 minute run	7 20 minute run Stickwork #1	8 20 minute run
9 REST	10 Paperwork due 8:00-9:30am Room M1	11 TRYOUTS BEGIN!!! 7:30am				