

# **Ft. Saskatchewan Rangers U15 Fall Hockey Conditioning**

Warm Up - do before every workout!!

<https://www.youtube.com/watch?v=DfG6FRFlar4>

## Cardio

To maintain a broad aerobic base, the following is an highly recommended 3 days a week ruing September of days when there is no ice..

Tempo Run: <https://www.youtube.com/watch?v=yYbbAYDpivE>

Performing 2×5 60yd runs

-60yd run at 75%

Rest 45-75s

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Rest 45-75s

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Rest 45-75s

-60yd run at 75%

Rest 45-75s

-60yd run at 75%

REST 3 mins between sets. Get to full recovery here.

-60yd run at 75%

Rest 45-75s

-60yd run at 75%

Rest 45-75s

-60yd run at 75%

Rest 45-75s

-60yd run at 75%

Rest 45-75s

-60yd run at 75%

\*\*This workout can be done with other exercises in addition to running: eg. elliptical, treadmill, stationary bike, swimming, stairs.

Neil