**4 Week Training Programme for Men’s and Women’s Hockey Teams**

(both teams had the same aims so a general programme has been produced and exercises can be progressed and regressed)

Aims:

* Improve upper and lower body strength
* Increase CV fitness
* Improve core stability

Warm Up (RAMP) = The warm up will remain the same for every session within this 4-week block.

|  |  |  |  |
| --- | --- | --- | --- |
| **RAMP** | **Why** | **Exercise** | **Duration** |
| Raise  | Increase muscle temperature, core temperature, blood flow, respiration rate, heart rate and joint viscosity | 1 = Standing alternate toe touches 2 = Star jumps 3 = High knees 4 = Burpees  | 30 seconds per exercise  |
| Activate and Mobilise  | Activate key muscles and mobilise key joints using dynamic stretching | 5 = Dynamic downward dog6 = lunges with rotation7 = Feed the chickens 8 = thread the needle  | 30 seconds per exercise |
| Potentiate  | Reach the same intensity of subsequent activity | 9 = Lateral hops 10 = Double leg bounding  | 30 seconds per exercise |

Regressions and Progressions for Main Session Exercises

|  |  |  |
| --- | --- | --- |
| **Level 1** | **Level 2** | **Level 3** |
| Glute bridge  | Single leg glute bridge  | Add weight  |
| Split squats  | Elevated split squats  | Add weight  |
| Half single leg romanian deadlift | Full single leg romanian deadlift | Add weight  |
| Half squat  | Squats  | Jump squats  |
| Press up on knees  | Full press ups  | Narrow press ups  |
| Tricep dips (bent legs) | Tricep dips (straight legs) | Trciep dip (cross legs) |
| Single arm row  | Add weight  |  |
| Straight up punches with walking on the spot | Straight up punches with jogging | Straight up punches with high knees  |

Regressions and Progressions for Core Finisher

|  |  |  |
| --- | --- | --- |
| **Level 1** | **Level 2** | **Level 3** |
| Up and down plank (on knees) | Up and down plank  | Up and down plank with plank jacks  |
| Half dead bug  | Full dead bug  | Full dead bug with weight  |
| Slow mountain climbers  | Mountain climbers  | Groiners  |
| Russian twists (feet on floor) | Russian twists (feet raised) | Russian twist with weight  |
| Raised flutter kicks | Flutter kicks | Up down flutter kicks  |
| Shoulder taps (on knees) | Shoulder taps  | Shoulder taps with plank jacks  |

Cool Down= The cool down will remain the same for every session within this 4-week block.

2x30 seconds on each stretch:

1. Downward dog
2. Pigeon stretch (30 seconds on each side)
3. Cobra
4. Childs pose
5. Hurdle hamstring stretch (30 seconds on each side)

**Week 1:**

Main Session

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercises**  | **Sets**  | **Reps**  | **Rest** |
| Single leg glute bridge  | 4 (2 sets on each leg) | 8 | 2-3mins |
| Single leg romanian deadlift | 4 (2 sets on each leg) | 8 | 2-3mins |
| Elevated split squats  | 4 (2 sets on each leg) | 8 | 2-3mins |
| Squats  | 3 | 8 | 2-3mins |
| Press ups  | 3 | 8 | 2-3mins |
| Single arm row | 3 | 8 | 2-3mins |
| Triceps dips  | 3 | 8 | 2-3mins |
| Vertical punches  | 3 | 50 punches  | 2-3mins  |

Lower Body

Single leg glute bridge + Single leg romanian deadlift = compound superset

Elevated split squats + squats = compound superset

Upper Body

Press ups + single arm row = superset

Core Finisher

30 seconds on, 15 seconds off, x2:

* Up and down plank
* Dead bug
* Mountain climbers

**Week 2:**

Main Session

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercises**  | **Sets**  | **Reps**  | **Rest** |
| Single leg glute bridge  | 4 (2 sets on each leg) | 8 | 2-3mins |
| Single leg romanian deadlift | 4 (2 sets on each leg) | 8 | 2-3mins |
| Elevated split squats  | 4 (2 sets on each leg) | 8 | 2-3mins |
| Squats  | 3 | 8 | 2-3mins |
| Press ups  | 3 | 8 | 2-3mins |
| Single arm row | 3 | 8 | 2-3mins |
| Triceps dips  | 3 | 8 | 2-3mins |
| Vertical punches  | 3 | 50 punches  | 2-3mins  |

Lower Body

Single leg glute bridge + Single leg romanian deadlift = compound superset

Elevated split squats + squats = compound superset

Upper Body

Press ups + single arm row = superset

Core Finisher

30 seconds on, 15 seconds off, x2:

* Russian twists
* Flutter kicks
* Shoulder taps

**Week 3**

Main Session

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercises**  | **Sets**  | **Reps**  | **Rest** |
| Single leg glute bridge  | 4 (2 sets on each leg) | 10 | 2-3mins |
| Single leg romanian deadlift | 4 (2 sets on each leg) | 10 | 2-3mins |
| Elevated split squats  | 4 (2 sets on each leg) | 10 | 2-3mins |
| Jump squats  | 3 | 10 | 2-3mins |
| Press ups  | 3 | 10 | 2-3mins |
| Single arm row | 3 | 10 | 2-3mins |
| Triceps dips  | 3 | 10 | 2-3mins |
| Vertical punches  | 3 | 60 punches  | 2-3mins  |

Lower Body

Single leg glute bridge + Single leg romanian deadlift = compound superset

Elevated split squats + squats = compound superset

Upper Body

Press ups + single arm row = superset

Core Finisher

30 seconds on, 10 seconds off, x2:

* Up and down plank
* Dead bug
* Mountain climbers

**Week 4**

Main Session

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercises**  | **Sets**  | **Reps**  | **Rest** |
| Single leg glute bridge  | 6 (3 sets on each leg) | 8 | 2-3mins |
| Single leg romanian deadlift | 6 (3 sets on each leg) | 8 | 2-3mins |
| Elevated split squats  | 6 (3 sets on each leg) | 8 | 2-3mins |
| Jump squats  | 4 | 8 | 2-3mins |
| Press ups  | 4 | 8 | 2-3mins |
| Single arm row | 4 | 8 | 2-3mins |
| Triceps dips  | 4 | 8 | 2-3mins |
| Vertical punches  | 4 | 50 punches  | 2-3mins  |

Lower Body

Single leg glute bridge + Single leg romanian deadlift = compound superset

Elevated split squats + squats = compound superset

Upper Body

Press ups + single arm row = superset

30 seconds on, 10 seconds off, x2:

* Russian twists
* Flutter kicks
* Shoulder taps