

CAMBRIDGE ROADRUNNERS

GIRLS' HOCKEY ASSOCIATION

Workout C: Aerobic and Core Strength

Workout “C” will focus on improving both aerobic and core strength. Aerobic and core training are both crucial for hockey players. Let’s break it down:

1. Aerobic Training:

- While hockey is primarily an **anaerobic** sport due to its stop-and-start nature and high-energy bursts, aerobic elements are still important.
- Aerobic training helps improve overall endurance, recovery, and stress tolerance during intense gameplay.
- Workouts targeting the **aerobic system** can enhance a player’s ability to sustain performance over longer periods.

2. Core Training:

- Core muscles play a vital role in hockey.
- They help maintain balance during skating and contribute to powerful movements.
- Upper-body movements are also involved, but the core and lower body are central to hockey performance.
- Core exercises should be part of a well-rounded training program.

Whether you’re working on speed, power, or endurance a balanced approach that includes both aerobic and core training is key!

Details for each workout are listed below with video demonstrations so you can easily replicate the workout **anywhere**. Players should focus on correct technique without weights. If an extra challenge is needed, you can increase the number of reps, or add weights to some exercises only if the technique is not compromised.

On C days we will give the legs a bit of a rest after two days of tough work. This day will focus on the core, a little bit of upper body, and some interval training. A bike (stationary or regular street bicycle) is used in today’s exercises.

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WARM-UP

- Jog for 5-10 mins and complete 5 to 15 minutes of off-ice stickhandling with a ball or puck.

PUSH-UPS (BEGINNER)

- Push-ups engage the core and help build upper body strength. [Click here](#) for a video demonstration of how to complete a proper push-up.
- **Do 3 sets of as many as you can do. Rest 60 seconds after each set.** Each week try to do more than the previous week. If you are looking for more difficulty try Mountain Climber Push-Ups as listed below.

MOUNTAIN CLIMBER PUSH-UPS (ADVANCED)

- These push-ups also engage the core and are more advanced than a standard push up. At the end of each push up you bring your knee up to the shoulder and then back down. [Click here](#) for a video demonstration of the Mountain Climber Push-Ups.
- **Do 3 sets of as many as you can do. Rest 60 seconds after each set.** Each week try to do more than the previous week.

PLANK WITH KNEES TO CHEST

- [Click here](#) for a video demonstration.
- **3 repetitions of 40 seconds each. Rest 60 seconds after each rep.**

BIKE INTERVALS

- This is a 20-minute circuit that is geared towards a stationary bike in which you can adjust the resistance. If you do not have access to a stationary bike, you can ride your own bike in a safe place. *Instead of increasing the resistance you can increase the gear or go up a hill.*
 - Start with a 3:00 minute warm-up with medium resistance.
 - Then go for 10 intervals of 30-second sprints at high resistance (7 out of 10) followed by 60 seconds of medium pace on low resistance (3 out of 10).
 - The cool down at the end is 2:00 for a total of 20:00.

COOL DOWN

- Stretch 5 to 10 minutes at the end of the workout.