

**TEAM CANADA**



**POLAR BEARS RINGETTE  
2005**

**STRENGTH & CONDITIONING  
PROGRAM**

**May 30 - July 31**

The following package contains the 2005 Phase I, II and III Dryland Strength & Conditioning Program. The program will take you from May 30<sup>th</sup> to July 31<sup>st</sup>. Each page contains a phase of the **Dryland Speed & Conditioning Program**.

The **Dryland Speed & Conditioning Program** involves a **warm-up; Speed, Agility, Plyometrics; Anaerobic Conditioning; Aerobic** and **General Conditioning;** and **Functional Strength and Flexibility** workouts. In each of these sections it has been laid out how many times a week to do each component; what exercises or how many choices of the listed exercises to do; sets, reps and rest...etc. Daily Workouts should be broken down as follows:

**Days 1, 3 and 5 (Aerobic Conditioning/Functional Strength/Flexibility)**

Perform your workouts with these components in this order: warm-up, aerobic workout (if necessary, depending upon how many aerobic workouts a week you may have), a functional strength workout and a flexibility workout. You have three workouts a week utilizing these components. However, with some of these workouts you may not have to complete any aerobic workouts as your program may have you doing less than 3 Aerobic workouts per week. As a result these workouts should take 25 – 50 minutes to complete>

**Days 2,4 and 6 (Speed-Technical/Agility/Plyometrics/Anaerobic Conditioning)**

Perform your workouts with these components in this order: warm-up, speed/technical, agility and plyometric drills, and an anaerobic workout (if necessary). Depending on phase of program you may have some workouts where you do not have to complete all the components. These workouts should also take 25-50 minutes to complete as well.

A **Training Manual** outlining and describing all the exercises in your program has been provided and can also be found on the website [www.ringettecalgary.ca](http://www.ringettecalgary.ca) in the training section of the Polar Bear Ringite site. In the training manual, there are drawings and explanations of all the exercises you have been asked to perform. In some cases you will have to use the manual to choose which exercises you will be doing for your work-out. If you need further assistance please contact Jodi Hicks ([hicksjodi@shaw.ca](mailto:hicksjodi@shaw.ca) or [jhicks@ucalgary.ca](mailto:jhicks@ucalgary.ca)). Have a great Summer!!!!

**2005 Polar Bears Ringette  
May - August Dryland Training**

Phase: I

May 30 - June 19

<b>Warm-up (Exercise Description and explanation Pg 4-6 of Training Manual)</b>	
Complete with every Dryland Session	
5 min skipping, 3 min Static Stretch Routine, 7 min Dynamic stretch routine	

<b>Speed, Agility and Plyometrics</b>		
<b>Speed/Technical</b> (Pg 14 & 25-27 in Training Manual) 3 x's/Week	<b>Agility</b> (Pg 22-24 in Training Manual) 3 x's/Week	<b>Plyometrics</b> (Pg 28-32 in Training Manual) 0 x's/Week
<b>Wall Sits without Wall</b> 30sec x 6	<b>Skating Stops and Starts</b> 4 x 6m cross-over start-sprint-stop-x-over start opposite direction (repeat 4 for 4 changes - stop/starts) rest 30 seconds x 5 reps x 2 sets (2 min rest between sets)	
<b>Single Leg Wall Sits without Wall</b> 15sec x 6 each leg		
<b>Single Leg Strides</b> 10 per leg x 6		
<b>Single Stride Circles</b> 10 x 6 each leg		
<b>Alternating Circles</b> 10 per leg x 6		
<b>Side to Side Steps</b> 10 per leg x 6		

<b>Conditioning</b>	
<b>Aerobic Conditioning</b> Complete 3 x's / week	<b>Anaerobic Conditioning</b> Complete 1 x's / week
Must do this workout at least once/week	Choose 1 of the following activities for 1 workout per week
<b>Aerobic Intervals</b> (2 Sets x 5 Reps 60:60) 180 Second Work Duration 60 second rest Duration x 4 reps x 2 sets (2 minute rest between sets)	<b>60 m x 5 x 2</b>
<b>Choose any one of these activities for 2 of your other weekly workouts</b>	<b>Anaerobic Circuit</b> 2 sets x 4 cycles of following circuit (6 Rocket Jumps- 6 Clap Push-ups-6 Side toSide Power Steps-6 Bicycle Sit-ups-30second rest) repeat for 4 Cycles or reps Rest 2.5 minutes then complete second set
<b>35 + Minutes Continuous Exercise (75-80% Max HR)</b>	
<b>60 + Minutes Continuous Exercise (&lt;70% Max HR)</b>	
<b>25+ Minutes Continuous Exercise (85-85% Max HR)</b>	
<b>45+ Minute Game Activities (BB, Indoor FB, Squash...etc)</b>	
	<b>Anaerobic Intervals</b> (3 Sets x 5 reps x 15:30) 40 seconds Work Duration 60 seconds Rest Duration x 4 reps x 3 sets (2.5 minute rest between sets)

<b>Functional Strength/Core &amp; Flexibility</b>	
Complete 3 x's / Week	
<b>Functional Strength</b>	<b>Flexibility</b>
<b>Choose 3 Lower Body Functional Exercises</b> from Manual (Pg 12-14)	<b>Choose 2 Active Flexibility Exercises</b> from Manual (pg 35) 2 Sets x 8 ea limb ea exercise
<b>Choose 2 Upper Body Functional Exercises</b> from Manual (Pg 15-16) 2 Sets x 30 seconds or 6 reps	<b>Dynamic Cool-down Routine</b> in Manual (pg 34)
<b>Choose 2 Lower Abdominal Functional Exercises</b> from Manual (Pg 17-18) 2 Sets x 30 seconds or 6 reps	<b>Choose 2 PNF &amp; Partner Flexibility Exercises</b> from Manual (pg 36) 2 Sets x 3 ea limb ea exercise
<b>Choose 2 Oblique Abdominal Functional Exercises</b> from Manual (Pg 18-19)	<b>Static Stretch Routine</b> in Manual (pg 36)
	<b>Hockey Flexibility Routine</b> in Manual (pg. 37)

**2005 Polar Bears Ringette  
May - August Dryland Training**

Phase: II

June 20 - July 10

**Warm-up (Exercise Description and explanation Pg 4-6 of Training Manual)**

Complete with every Dryland Session  
5 min skipping, 3 min Static Stretch Routine, 7 min Dynamic stretch routine

**Speed, Agility and Plyometrics**

<b>Speed/Technical</b> (Pg 14 & 25-27 in Training Manual) <b>3 x's/Week</b>	<b>Agility</b> (Pg 22-24 in Training Manual) <b>3 x's/Week</b>	<b>Plyometrics</b> (Pg 28-32 in Training Manual) <b>1 x's/Week</b>
<b>Accelerations</b> 40m x 50%, 60%, 70%, 80%		Ankle Hops 5 x 10
<b>V-Starts</b> 5m x 10	<b>Ladder Drills</b> 2 from manual x 3 (Pg )	Ankle Hops Sgl Leg 5 x 10 ea leg
<b>Cross Over Starts</b> 5m x 10	<b>Skating Cross-over shuffle with change of direction</b>	Double Leg Jumps - Soft Landing 5 x 5
<b>Ins and Outs</b> 10 x 6		Double Leg Bench Jump-Over/Hold Soft Landing - Soft Landing 5 x 10
<b>Ins and Outs (on a bench)</b> 10 x 6	<b>Skating Stops and Starts</b> 4 x 6m cross-over start-sprint-stop-x-over start opposite direction (repeat 4 for 4 changes - stop/starts) rest 30 seconds x 5 reps x 2 sets (2 min rest between sets)	Clap or Power Push ups 3 x 10

**Conditioning**

<b>Aerobic Conditioning</b> Complete 2 x's / week <b>Must do this workout at least once/week</b>	<b>Anaerobic Conditioning</b> Complete 2 x's / week <b>Must do this workout at least once/week</b>
<b>Aerobic Intervals</b> (2 Sets x 5 Reps 60:60) 120 Second Work Duration 60 second rest Duration x 5 reps x 2 sets (2 minute rest between sets)	<b>Run/Bike 15 sec, rest for 30 sec x 6 reps x 4 sets</b> (2.5 min rest per set)
<b>Choose any one of these activities for 1 of your other weekly workouts</b>	<b>Choose any one of these activities for 1 of your other weekly workouts</b>
<b>35 + Minutes Continuous Exercise (75-80%% Max HR)</b>	<b>Anaerobic Intervals (3 Sets x 5 reps x 15:30) 20 seconds Work Duration 40 seconds Rest Duration x 4 reps x 3 sets</b> (2.5 minute rest between sets)
<b>60 + Minutes Continuous Exercise (&lt;70% Max HR)</b>	
<b>25+ Minutes Continuous Exercise (85-85% Max HR)</b>	<b>Wind Sprints 2 x 5 x 40 yds</b> (sprint 40 - walk back-sprint 40-walk back-sprint 40-walk back sprint 40-walk back-sprint 40 rest 2 minutes) x 2 sets
<b>45+ Minute Game Activities (BB, Indoor FB, Squash...etc)</b>	<b>60 m x 5 x 2</b>

**Functional Strength/Core & Flexibility**

Complete 3 x's / Week

<b>Functional Strength</b>	<b>Flexibility</b>
<b>Choose 3 Lower Body Functional Exercises</b> from Manual (Pg 12-14)	<b>Choose 2 Active Flexibility Exercises</b> from Manual (pg 35) 2 Sets x 8 ea limb ea exercise
<b>Choose 2 Upper Body Functional Exercises</b> from Manual (Pg 15-16) 2 Sets x 30 seconds or 6 reps	<b>Dynamic Cool-down Routine</b> in Manual (pg 34)
<b>Choose 2 Lower Abdominal Functional Exercises</b> from Manual (Pg 17-18) 2 Sets x 30 seconds or 6 reps	<b>Choose 2 PNF &amp; Partner Flexibility Exercises</b> from Manual (pg 36) 2 Sets x 3 ea limb ea exercise
	<b>Static Stretch Routine</b> in Manual (pg 36)

**2005 Polar Bears Ringette  
May - August Dryland Training**

Phase: III

July 11 - July 31

**Warm-up (Exercise Description and explanation Pg 4-6 of Training Manual)**

Complete with every Dryland Session  
5 min skipping, 3 min Static Stretch Routine, 7 min Dynamic stretch routine

**Speed, Agility and Plyometrics**

<b>Speed/Technical</b> (Pg 14 & 25-27 in Training Manual) <b>3 x's/Week</b>	<b>Agility</b> (Pg 22-24 in Training Manual) <b>3 x's/Week</b>	<b>Plyometrics</b> (Pg 28-32 in Training Manual) <b>2 x's/Week</b>
<b>Sprint Uphill</b> 6 x 30-40m (60 s rest/set)	<b>Quadrant Drills</b> Choose 5 quadrant drill routines then 2 sets x 5 reps x 4 rotations each direction (45 s Rest/set)	Ankle Hops Sgl Leg 5 x 10 ea leg
<b>V-Starts</b> 5m x 10		Alternating Side to Side Power Strides 5 x 10
<b>Cross Over Starts</b> 5m x 10		Stride Jump Cross-overs 5 x 10
<b>Power Cross-over Pushes</b> 20m x 10 ea way		Pre-fatigue Jumps - Box Jump Ups 5 x 10 sec hold, jump on box, 10 sec hold, jump on box, 10 sec hold
<b>Sprint Downhill</b> 6 x 20m (3° Decline) (45 s rest/hill)	<b>Skating Cross-over shuffle with change of direction</b>	Med Ball Chest Pass 5 x 10
	<b>Dot Drills</b> Choose any 5 drills then 2 Sets x 6 reps (45 sec rest/Set)	

**Conditioning**

<b>Aerobic Conditioning</b> Complete 1 x's / week <b>Must do this workout at least once/week</b>	<b>Anaerobic Conditioning</b> Complete 3 x's / week <b>Must do this workout at least once/week</b>
<b>Aerobic Intervals</b> (2 Sets x 5 Reps 60:60) 60 Second Work Duration 60 second rest Duration x 6 reps x 2 sets (2 minute rest between sets)	<b>Combination Intervals (from Manual Pg. 10) 2 x per Week</b> 1 set, 30 sec rest x 6 reps x 4 sets (3.5 min rest per set)
	<b>Choose any one of these activities for 2 of your other weekly workouts</b>
	<b>Anaerobic Intervals (3 Sets x 5 reps x 15:30)</b> 10 seconds Work Duration 50 seconds Rest Duration x 4 reps x 3 sets (2.5 minute rest between sets)
	<b>Wind Sprints 2 x 5 x 40 yds</b> (sprint 40 - walk back-sprint 40-walk back-sprint 40-walk back-sprint 40-walk back-sprint 40 rest 2 minutes) x 2 sets
	<b>60 m x 5 x 2</b>

**Functional Strength/Core & Flexibility**

Complete 3 x's / Week

<b>Functional Strength</b>	<b>Flexibility</b>
<b>Choose 3 Lower Body Functional Exercises</b> from Manual (Pg 12-14)	<b>Choose 2 Active Flexibility Exercises</b> from Manual (pg 35) 2 Sets x 8 ea limb ea exercise
<b>Choose 2 Upper Body Functional Exercises</b> from Manual (Pg 15-16) 2 Sets x 30 seconds or 6 reps	<b>Dynamic Cool-down Routine</b> in Manual (pg 34)
<b>Choose 2 Lower Abdominal Functional Exercises</b> from Manual (Pg 17-18) 2 Sets x 30 seconds or 6 reps	<b>Choose 2 PNF &amp; Partner Flexibility Exercises</b> from Manual (pg 36) 2 Sets x 3 ea limb ea exercise
	<b>Static Stretch Routine</b> in Manual (pg 36)