



STAR 1 – 5 Fitness Plans

Plan A – Fall Season 10 weeks

Session Length – 45 minutes

	Week 1	Week 2	Week 3	Week 4	Week 5 – ACTIVE REST
Circulatory Warm-up (5 -7 minutes)	Jogging or Stairs	Skipping	Ladder Drills (Co-ordination)	Jogging or Stairs	Skipping
Dynamic Range of Motion (ROM) (8-10 minutes)	10 repetitions each - Arm circles - Torso rotations - Front/back leg swings - Sideways leg swings - Hip figure eights - Dynamic spirals - Ankle rotations	2 x 10 metres - Jogging (forwards/backwards) - Knee ups - Kick backs - Side hops - Karaoke - Zig zag jumps	10 repetitions each - Arm circles - Torso rotations - Front/back leg swings - Sideways leg swings - Hip figure eights - Dynamic spirals - Ankle rotations	2 x 10 metres - Jogging (forwards/backwards) - Knee ups - Kick backs - Side hops - Karaoke - Zig zag jumps	2-3 movement games (unrelated to skating) that stimulate teamwork, hand/eye/foot coordination, and FUN!
Strength Training Circuit (10 minutes)	Heel walks 2x20 - Standing rows 2x15 - Wall sit 2x20 secs - Bicep curls 2x15 - Spiral balance 2x15 secs each - Shoot the duck 2x5 secs each	Jumping Jacks 2x20 - Shoulder lateral raises 2x10 - Squats 2x12 - Push ups 2x12 - Rear leg lifts 2x15/ leg	Heel walks 2x20 - Standing rows 2x15 - Wall sit 2x20 secs - Bicep curls 2x15 - Spiral balance 2x15 secs each - Shoot the duck 2x5 secs each	- Jumping Jacks 2x20 - Shoulder lateral raises 2x10 - Squats 2x12 - Push ups 2x12 - Rear leg lifts 2x15/ leg	ie. Reaction Balls, Circle Volleyball, Fox & Rabbit, European Handball, Soccer, Ball Hockey.
Core Conditioning Circuit (8-10 minutes)	Bent-knee hinges 2x10/leg - Hip raises (hold 3 secs) 2x10 - Alternate arm/leg raise (hold 3 secs) 2x10/side - Plank 2x20 secs	Dead bugs 2x7/side - Hip raise hold with leg extension 2x15 secs/leg - Crunches 2x15 - Side Plank 2x15 secs	Bent-knee hinges 2x10/leg - Hip raises (hold 3 secs) 2x10 - Alternate arm/leg raise (hold 3 secs) 2x10/side - Plank 2x20 secs	- Dead bugs 2x7/ side - Hip raise hold with leg extension 2x15 secs/leg - Crunches 2x15 - Side Plank 2x15 secs	
Stretch (10 minutes)	Stretches 45 secs each	Stretches 45 secs each	Stretches 45 secs each	Stretches 45 secs each	Stretches 45 secs each



	Week 6	Week 7	Week 8	Week 9	Week 10 – ACTIVE REST
Circulatory Warm-up (5 -7 minutes)	Jogging or Stairs (add 2-3 mins)	Skipping (add 1-2 mins backwards)	Ladder Drills (Co-ordination)	Jogging or Stairs (add 2-3 mins)	Skipping
Dynamic Range of Motion (ROM) (8-10 minutes)	10 repetitions each - Arm circles - Torso rotations - Caterpillar - Front/back leg swings - Sideways leg swings - Hip figure eights - Dynamic spirals - Ankle rotations	2 x 10 metres - Jogging (forwards/backwards) - Knee ups (forwards/backwards) - Kick backs (forwards/backwards) - Side hops - Karaoke - Zig zag jumps (forwards/ backwards)	10 repetitions each - Arm circles - Torso rotations - Caterpillar - Front/back leg swings - Sideways leg swings - Hip figure eights - Dynamic spirals - Ankle rotations	2 x 10 metres - Jogging (forwards/backwards) - Knee ups (forwards/backwards) - Kick backs (forwards/backwards) - Side hops - Karaoke - Zig zag jumps (forwards/ backwards)	* 2-3 movement games (unrelated to skating) that stimulate teamwork, hand/eye/foot coordination, and FUN! ie. Reaction Balls, Circle Volleyball, Fox & Rabbit, European Handball, Soccer, Ball Hockey.
Strength Training Circuit (10 minutes)	- Heel walks 2x30 - Standing rows 2x20 - Wall sit 2x30 secs - Bicep curls 2x20 - Spiral balance 2x25 secs each - Shoot the duck 2x10 secs each	- Jumping Jacks 2x30 - Shoulder lateral raises 2x15 - Squats 2x15 - Push ups 2x15 - Rear leg lifts 2x20/ leg	- Heel walks 2x30 - Standing rows 2x20 - Wall sit 2x30 secs - Bicep curls 2x20 - Spiral balance 2x25 secs each - Shoot the duck 2x10 secs each	- Jumping Jacks 2x30 - Shoulder lateral raises 2x15 - Squats 2x15 - Push ups 2x15 - Rear leg lifts 2x20/ leg	
Core Conditioning Circuit (8-10 minutes)	- Bent-knee hinges 2x15/leg - Hip raises (hold 5 secs) 2x12 - Alternate arm/leg raise (hold 5 secs) 2x12/side - Plank 2x30 secs	Dead bugs 2x12/ side - Hip raise hold with leg extension 2x25 secs/leg - Crunches 2x25 - Side Plank 2x25 secs	Bent-knee hinges 2x15/leg - Hip raises (hold 5 secs) 2x12 - Alternate arm/leg raise (hold 5 secs) 2x12/side - Plank 2x30 secs	Dead bugs 2x12/ side - Hip raise hold with leg extension 2x25 secs/leg - Crunches 2x25 - Side Plank 2x25 secs	
Stretch (10 min)	Stretches 45 secs each	Stretches 45 secs each	Stretches 45 secs each	Stretches 45 secs each	Stretches 45 secs each