



## STAR 1 – 5 Fitness Plans

Plan B – Winter Season 10 weeks

Session Length – 45 minutes

	Week 1	Week 2	Week 3	Week 4	Week 5 – ACTIVE REST
<b>Circulatory Warm-up (5 -7 minutes)</b>	Jogging: include 3 10-15 sec sprints	Skipping (fwd/bwd/doubles)	Ladder Drills (Co-ordination)	Jogging: include 3 10-15 sec sprints	Skipping
<b>Dynamic Range of Motion (ROM) (8-10 minutes)</b>	10 repetitions each - Arm circles (opposing) - Half or full 2 ft rotations (fwd/bwd) - Walking leg swings - Walking hip ROM - Lateral bounds - Caterpillar spirals *optional: add some basics of off-ice jumping	2 x 10 metres - Suicides (forward/backwards) - High-knee crossovers - Karaoke quick step - Squat hops - Zig zag jumps into landing position	10 repetitions each - Arm circles (opposing) - Half or full 2 ft rotations (fwd/bwd) - Walking leg swings - Walking hip ROM - Lateral bounds - Caterpillar spirals *optional: add some basics of off-ice jumping	2 x 10 metres - Suicides (forward/backwards) - High-knee crossovers - Karaoke quick step - Squat hops - Zig zag jumps into landing position	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.
<b>Strength Training Circuit (10 minutes)</b>	- Inside/outside ankle walks 2x20 - Partner push/pull 2x20 - Power squats 2x10 - Triceps dips 2x12 - Catch foot balance 2x20 secs each	- Sideways step-ups 2x12/leg - Shoulder front raises 2x12 - Bwds lunges 2x12 - Push ups 2x20 - Y-stand balance 2x20 secs/leg	- Inside/outside ankle walks 2x20 - Partner push/pull 2x20 Power squats 2x10 - Triceps dips 2x12 - Catch foot balance 2x20 secs each	- Sideways step-ups 2x12/leg - Shoulder front raises 2x12 - Bwds lunges 2x12 - Push ups 2x20 - Y-stand balance 2x20 secs/leg	
<b>Core Conditioning Circuit (8-10 minutes)</b>	- Roll-ups 2x10 - Hip raise sequence 2x3x5/leg - Reverse curls 2x15 - Plank 2x15 secs/ leg	- V-ups 2x7 - Oblique twists 2x15/side - Side leg sequence 2x2x10 secs/leg - Superman sequence 2x3x7 seq.	- Roll-ups 2x10 - Hip raise sequence 2x3x5/leg - Reverse curls 2x15 - Plank 2x15 secs/ leg	- V-ups 2x7 - Oblique twists 2x15/side - Side leg sequence 2x2x10 secs/leg - Superman sequence 2x3x7 seq.	
<b>Stretch (10 minutes)</b>	Stretches 45 secs each	Stretches 45 secs each	Stretches 45 secs each	Stretches 45 secs each	Stretches 45 secs each



	<b>Week 6</b>	<b>Week 7</b>	<b>Week 8</b>	<b>Week 9</b>	<b>Week 10 – ACTIVE REST</b>
<b>Circulatory Warm-up (5 -7 minutes)</b>	Jogging: include 5 10-15 sec sprints	Skipping (fwd/bwd/doubles)	Ladder Drills (Co-ordination)	Jogging: include 5 10-15 sec sprints	Skipping
<b>Dynamic Range of Motion (ROM) (8-10 minutes)</b>	10 repetitions each - Arm circles (opposing) - Half or full 2 ft rotations (fwd/bwd) - Walking leg swings - Walking hip ROM - Lateral bounds - Caterpillar spirals  *optional: add some basics of off-ice jumping	3 x 10 metres - Suicides (forward/backwards) - High-knee crossovers - Karaoke quick step - Squat hops - Zig zag jumps into landing position	10 repetitions each - Arm circles (opposing) - Half or full 2 ft rotations (fwd/bwd) - Walking leg swings - Walking hip ROM - Lateral bounds - Caterpillar spirals  *optional: add some basics of off-ice jumping	3 x 10 metres - Suicides (forward/backwards) - High-knee crossovers - Karaoke quick step - Squat hops - Zig zag jumps into landing position	* 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.
<b>Strength Training Circuit (10 minutes)</b>	- Inside/outside ankle walks 2x30 - Partner push/pull 2x30 - Power squats 2x15 - Triceps dips 2x15 - Catch foot balance 2x30 secs each	- Sideways step-ups 2x15/leg - Shoulder front raises 2x15 - Bwds lunges 2x15 - Push ups 2x20 - Y-stand balance 2x30 secs/leg	- Inside/outside ankle walks 2x30 - Partner push/pull 2x30 - Power squats 2x15 - Triceps dips 2x15 - Catch foot balance 2x30 secs each	- Sideways step-ups 2x15/leg - Shoulder front raises 2x15 - Bwds lunges 2x15 - Push ups 2x20 - Y-stand balance 2x30 secs/leg	
<b>Core Conditioning Circuit (8-10 minutes)</b>	- Roll-ups 2x15 - Hip raise sequence 2x3x7/leg - Reverse curls 2x20 - Plank 2x20 secs/ leg	- V-ups 2x12 - Oblique twists 2x20/side - Side leg sequence 2x2x15 secs/leg - Superman sequence 2x3x12 seq.	- Roll-ups 2x15 - Hip raise sequence 2x3x7/leg - Reverse curls 2x20 - Plank 2x20 secs/ leg	- V-ups 2x12 - Oblique twists 2x20/side - Side leg sequence 2x2x15 secs/leg - Superman sequence 2x3x12 seq.	
<b>Stretch (10 min)</b>	Stretches 45 secs each	Stretches 45 secs each	Stretches 45 secs each	Stretches 45 secs each	Stretches 45 secs each