



## *WEDNESDAY WORKOUT*

### SPEED & STAMINA (S/S) RUN

This exercise mimics the time and intensity of hockey game situations.

#### SEQUENCE:

- 1) 100m Sprint (13-15 sec.)
- 2) 200m Jog (1 min.)
- 3) 100m Walk (1 min.)

#### WEEKS:

1-2	4 reps	7-8	8 reps
3-4	6 reps	8-10	8 reps
5-6	8 reps		

**STRETCH:** Take extra time to focus on increasing range of motion and flexibility. Push past comfort zones to lengthen muscles and loosen joints.

#### HILL SPRINTS

Locate a long sloping hill for this exercise. Ideally you'll need approximately 100 meters of running distance. Give yourself plenty of rest between reps.

#### WEEKS:

1-2	4 reps	7-8	8 reps
3-4	6 reps	8-10	8 reps
5-6	8 reps		

\*Try adding 2 sets of backward sprints on days when you feel really good.

#### NOTES:

Allow ample time for warm up and cool down.