

2024 Summer Workout Program  
Canterbury Field Hockey

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**Summer Program Do's and Don'ts**

**DO:**

- **Be consistent**- consider how the summer program will work with your schedule and be consistent about the times and places you plan on completing it
- **Listen to your body**- everyone needs a day off now and then, and everyone needs to sleep!
- **Make the program work for you**- if you are playing other sports/doing other workout programs with a trainer, you may not need to follow every aspect of the program. This is one path that will help you be ready to compete at a high level, but it's not the only one. Switch up days/core routines as you want!
- **Consider nutrition and hydration**- you need to fuel the machine! If you have any questions or concerns in this regard please reach out and I will loop in our excellent trainers and health center to give you helpful resources.

**DON'T:**

- **Skip Plyos, Agility, Core (PAC)**- these are just as vital as cardio in regards to your athletic performance. **DO NOT SKIP STRETCHES.**
- **Let a bad workout ruin your day**- not every session is going to go perfectly or feel amazing, the most important thing is to keep showing up for yourself
- **Wait until August to start working out**- it takes weeks for workouts to impact your performance, give your body time to reap the benefits of your hard work
- **Be a stranger**- reach out to coaches and teammates to check in and talk about how you're feeling, physically and mentally!

### Workout format

1. **Warm up:** 3 minute jog, 20 squats, 10 pushups, 30 mountain climbers
2. **Stretch:** Dynamic stretching. Should be done every time you plan to run
3. **Plyometrics :** Should be done after stretching, before running
4. **Daily Workout:** See calendar for day-by-day running + PAC workout, feel free to swap days as it works for your schedule
5. **Cool down:** Two minute light jog, Stretches: hamstring, quad, butterfly, lunge, toe touch, tricep stretch, back stretch, pigeon, hip flexor, cobra, child's pose
6. **Stick Skills-** If you do not have regular access to a field/net please remember that pulls and many 3D skills can be done stationary- get your stick in your hand over the summer!

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### Description

This program is intended to be a tool in order to prepare for the physical demands as a varsity athlete. The plan is designed to take 8 weeks to get you up to full speed, with the last week repeating until preseason starts. Each week the workout changes slightly due to progressive overload, but you may find that you can easily drop into week 4 or 5, or that you need to repeat a workout before moving to the next week based on your **individual** needs.

If you are playing in summer leagues, seeing a personal trainer, or following another fitness plan, that's totally fine! Keep in mind field hockey requires a mixture of **strength, quickness, and endurance**, so be sure to include all of these ideas in your summer fitness plans. **The most important part is getting in movement at a high intensity on a regular basis.**

No matter what the plan you follow please understand the work you do now will impact our season. You may find it easier to put agilities, plyometrics, or core on different days, or to switch the order of workouts feel free to customize this so it works for you, your schedule, and your access to facilities. **If you have any questions please reach out to Coach Burke by email or phone [mburke@cbury.org](mailto:mburke@cbury.org) ~(774) 521-7450.** Good luck, stay healthy, and Roll Saints!

**JOG = 50% Speed**

**RUN = 75% Speed**

**SPRINT = 90% + Speed**

## Dynamic Stretches

1. Plank walk outs or Spiderman Stretch
2. Open the gate & Close the gate
3. Walking lunges
4. Figure 4's/Secretaries
5. Hamstring scoops/feed the chicken
6. Butt kicks
7. High knees
8. Skips
9. Skips for height

\*Do for 10-15m, for #'s 6-7 jog back after \*

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## Plyometric Workouts

### ***Plyometric Workout A:***

- 1) Power skips (2 x 25 yards) swing the arms, drive the knees high, get high, power
- 2) Double Leg Hops (2 x 10 yards) drive from legs, tuck knees in and bring heels to touch your bottom; focus on number not distance
- 3) Individual Broad Jumps (2 x 6 jumps) swing arms, drive from knees in squatting position, use full body to leap forward as far as possible; gain balance and repeat
- 4) Side Jumps (2 x 10 jumps) jump laterally (side to side) exploding from a low position/squat to a low position/squat; challenge yourself to be consistent with distance and at least 1 ½ to 2 yards apart with jumps
- 5) Grapevine (2 x 25 yards) Cross over and back, swivel hips, stay low
- 6) Backpedal (2 x 25 yards) Quick steps, stay low, keep your shoulder forwards and down
- 7) Backpedal reach (2 x 25 yards) Quick steps, stay low, shoulders forward and down, reach out with back foot for Distance

### ***Plyometric Workout B:***

- 1) Power skips for distance (2 x 25 yards) swing the arms, drive the knees, drive forward with bottom foot for distance and power
  - 2) Alpine hops (2 x 12) Place stick on ground, hop over side to side as if skiing bumps/moguls
  - 3) Consecutive broad jumps (2 x 4) swing arms, drive from knees in squatting position, use full body to leap forward and immediately move into next jump from landing position
  - 4) Lateral Hurdle Hops (2 x 12) Place stick on ground, hop over side to side bringing knees to chest during each jump; work to decrease ground time while maintaining balance
  - 5) High Knees Drive knees high, pump the arms, and maintain upright posture
  - 6) Backpedal (2 x 25 yards) Quick steps, stay low, keep your shoulder forwards and down
  - 7) Backpedal reach (2 x 25 yards) Quick steps, stay low, shoulders forward and down, reach out with back foot for distance
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## **Agility Workouts**

2-4 sets of each exercise

### ***Agility Workout A:***

**M Drill** - Make the letter M in an 8 by 8 yard pattern

1. Start by sprinting to the first cone and then follow an "M" pattern to the finish line.
2. Variations of this drill can be done by incorporating back pedals, side shuffles, etc.

**Figure 8 Drill** - Make a Figure 8 in a 5 yard pattern

1. Face one direction at all times (keep the shoulders "square" to this point) and shuffle through a figure 8 pattern.

**Pro-Agility Drill** - Total is 10 yards, with the mid line in the middle at the 5 yard mark

1. Start by straddling the mid line.
2. Sprint hard to one side then all the way back to the far side and then finish by sprinting back to the middle. Touch each line as you cross

### ***Agility Workout B:***

**Line Drills - 10 Yards**

1. Start by sprinting from line A to line B at full speed.
2. Touch line B with foot and sprint back to line A, then immediately back to line B (finish line).
3. Variations of this drill can be done by incorporating back pedals, side shuffles, etc.

**Off Set Weave** - Zig Zag Pattern with cone every 5 yards for a total of 15 yards

1. Start by sprinting to the first cone.
2. With a quick change of direction, begin backpedaling to the next cone (and repeat).
3. Concentrate on accelerating out of the corners.

**Z-Drill** - Make the letter Z in a 5 yard by 5 yard pattern

1. Start by sprinting to the first cone at full speed.
  2. Then make a hard, sharp cut and sprint to the next cone, and then again to the last cone.
  3. Make sure to stay low and get your body "square" to the direction that you are running as quick as possible.
  4. Variations of this drill can be done by incorporating back pedals, side shuffles, etc.
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**Core Workouts**- add 1 rep to each exercise every week

*Core Workout A:*

- 3x 10 Bird Dogs
- 3x 20 Bicycle Crunches
- 3x 10 Penguin Reaches
- 3x10 Leg Lifts

*Core Workout B:*

- 3x 15 Burpees
- 3x 20 Sec (each side) Side Plank
- 3x 20 Russian Twists

*Core Workout C:*

- 3 x 45 sec Regular Plank
  - 3x 10 (each side) Dead Bugs
  - 3x 15 Leg Lift- add flutter kicks for variation
  - 3x 10 Bicycle Crunches
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## **Stick Skills- pick at least 1**

**SET 1-** for 25m each \*bump up distances each week by 5-10

- Speed Dribble (ball should not leave the stick)
- Relaxed dribble (ball can come off the stick but no more than 1 yard)
- Tight Dribble (1 yard pulls from left to right while moving forward)
- Dribble with Lift dodges (count how many you can get in a row)

(Repeat 5 times)

**SET 2-**

- 25 air dribbles
- 50 pull drags from right to left (feet stationary)
- 25 practice drives
- 25 practice flicks
- 25 practice push passes
- 25 practice slaps
- 25 practice scoops

(Repeat 3 times)

**SET 3-** for 50m each

- Speed Dribble with dodges (right, left, spin, popover) use cones/water bottles etc.
- Reverse drag
- Reverse sweep hits (10 in a row, make sure knuckles are on the ground and you get low)
- Forward sweep hits (10 in row, make sure knuckles are on the ground and you get low)
- Tight Dribble (50 yards)

(Repeat 2 times)



**CALENDAR**

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<p>Week 1</p> <p>do in the order listed when possible &amp; always stretch</p>	<p>Plyo: A Day</p> <p>Sprint: 2x25m 2x50m 2x75m</p> <p>Stick Skills</p> <p>Core: A Day</p>	<p>Stick Skills (rotate through the different sets)</p> <p>Run: 50 m Sprint Right into 50 m Jog Break for 1 min Repeat 3x</p>	<p>Active Recovery</p> <p>Pick 1: -20 min Walk -Yoga Class -Bike Ride</p> <p>STRETCH</p> <p>(can switch with day 7)</p>	<p>5 min Jog 1 min Run</p> <p>Repeat 4x</p> <p>5 min Walk</p> <p>Core: B Day</p>	<p>Plyo B Day</p> <p>Agilities (pick A or B)</p> <p>Stick Skills</p>	<p>.5 mile Run</p> <p>3-5 min walk</p> <p>.5 mile Run</p> <p>Core: C Day</p>	<p>Rest</p> <p>~10 min walk</p> <p>STRETCH</p>
<p>Week 2</p> <p>Remember to warm up!</p>	<p>Plyo: A</p> <p>Sprint: 3x25m 3x50m 2x75m</p> <p>Stick Skills</p> <p>Core: A</p>	<p>5 min Jog 1 min Run 6 min Jog 1 Run 7 min Jog 1 min spring 5 min Run</p> <p>5-10 min walk</p> <p>Stick Skills</p>	<p>Active Recovery</p> <p>Pick 1: -20 min Walk - Yoga Class - Bike Ride</p> <p>STRETCH</p> <p>(can switch with day 7)</p>	<p>100 m Sprint right into 100 m Jog right into 50 m Sprint right into 50 m Jog</p> <p>Repeat 2x 2 min break</p> <p>Core: B</p>	<p>Plyo: B</p> <p>Agilities (rotate which workout you do weekly)</p> <p>Stick Skills</p>	<p>.5 Run (aim for under 3.5 mins)</p> <p>2 min walk</p> <p>.5 Run (aim for under 4 mins)</p> <p>Core: C</p>	<p>Rest</p> <p>~10 min walk</p> <p>STRETCH</p>



<p>Week 3</p>	<p>Plyo: A</p> <p>Sprint: 4x25m 4x50m 4x75m</p> <p>Stick Skills</p>	<p>100 m Sprint 100 m Jog 50 m Sprint 50 m Jog</p> <p>Repeat 3x 2 min break</p> <p>Core: A</p>	<p>Active Recovery</p> <p>Pick 1: -20 min Walk - Yoga Class -Bike Ride</p> <p>(or something similar)</p> <p>STRETCH</p>	<p>5 min Jog 1 min Run 10 min Jog 1 Sprint 5 min Jog 1 min Run 5 min Jog</p> <p>5-10 min walk</p>	<p>Plyo: B</p> <p>Agilities</p> <p>Stick Skills</p> <p>Core: B</p>	<p>Stick Skills</p> <p>.5 Run 2 min rest .5 Run</p> <p>work to improve previous times</p> <p>Core: C</p>	<p>Rest</p> <p>15 min walk</p> <p>STRETCH</p>
<p>Week 4</p>	<p>Plyo: A</p> <p>Sprint: 4x25m 4x50m 4x75m *repeat last weeks sets*</p> <p>Stick Skills</p> <p>Core: A</p>	<p>8 min Jog 1 min Run 10 min Jog 1 Run 12 min Jog 1 min Run</p> <p>5 min walk</p> <p>Core: B</p>	<p>Active Recovery</p> <p>Pick 1: -20 min Walk - Yoga Class -Bike Ride</p> <p>STRETCH</p> <p>(can switch with day 7)</p>	<p>Stick Skills</p> <p>100 m Sprint 100 m Jog 50 m Sprint 50 m Jog</p> <p>Repeat 4x 2 min break</p>	<p>Plyo: B</p> <p>Agilities (start to increase sets)</p> <p>Core: C</p>	<p>Timed 1 mile</p>	<p>Rest</p> <p>15 min walk</p> <p>STRETCH</p>

<p>Week 5</p>	<p>Plyo: A</p> <p>Sprint ladder: 1x25 1x50 1x100</p> <p>1 min rest for reps 2 min rest for sets</p> <p>Complete ladder 3x</p> <p>Core: A</p>	<p>100 m Sprint 100 m Jog 50 m Sprint 100 m Jog</p> <p>Repeat 3x</p> <p>Stick Skills</p> <p>Core: B day</p>	<p>Active Recovery</p> <p>Pick 1: -20 min Walk - Yoga Class -Bike Ride</p> <p>STRETCH</p> <p>(can switch with day 7)</p>	<p>10 min Jog 1 min Run 8 min Jog 1 Run 4 min Jog 1 min Run</p> <p>5 min walk Core: C</p>	<p>Plyo: B</p> <p>Agilities</p> <p>Stick Skills</p>	<p>10 - 15 minute run</p> <p>Try to keep track of how far you got</p> <p>Stick Skills</p> <p>Core: C</p>	<p>Rest</p> <p>15 min walk</p> <p>STRETCH</p>
<p>Week 6</p>	<p>Plyo: A</p> <p>Sprint ladder: 1x25 1x50 1x100</p> <p>*repeats last weeks sets*</p> <p>Stick Skills</p>	<p>Stick Skills</p> <p>12 min Jog 1 min Run 8 min Jog 1 Run 4 min Jog 1 min Run</p> <p>5 min walk</p> <p>Core: A</p>	<p>Active Recovery</p> <p>Pick 1: -20 min Walk - Yoga Class -Bike Ride</p> <p>STRETCH</p> <p>(can switch with day 7)</p>	<p>Stick Skills</p> <p>100 m Sprint 100 m Jog 100 m Sprint 100 m Jog</p> <p>Repeat 3x</p> <p>Core: B day</p>	<p>Plyo: B</p> <p>Agilities</p> <p>Stick Skills</p>	<p>10-15 mins run</p> <p>Core: C</p>	<p>Rest</p> <p>20 min walk</p> <p>STRETCH</p>

Week 7	<p>Plyo: A</p> <p>Sprint ladder: 1x50 1x100 1x150</p> <p>1 min rest for reps 2 min rest for sets Complete ladder 3x</p> <p>Core: A</p>	<p>Run: 12 min Jog 1 min Run 8 min Jog 1 Run 4 min Jog 1 min Run</p> <p>5 min walk</p> <p>Stick Skills</p>	<p>Active Recovery</p> <p>Pick 1: -20 min Walk - Yoga Class -Bike Ride</p> <p>STRETCH (can switch with day 7)</p>	<p>Run: 100 m Sprint 100 m Jog 100 m Sprint 100 m Jog</p> <p>Repeat 4x</p> <p>Core: B day</p>	<p>Plyo: B</p> <p>Agilities (increase sets again)</p> <p>Stick Skills</p>	<p>Timed Mile or 20 min run</p> <p>-Aim for 5 seconds off mile time</p> <p>Core: C</p>	<p>Rest</p> <p>20 min walk</p> <p>STRETCH</p>
Week 8	<p>Plyo: A</p> <p>Sprint ladder: 1x50 1x100 1x200</p> <p>1 min rest for reps 2 min rest for sets Complete ladder 3x</p>	<p>10 min Jog 1 min Sprint 10 min Jog 1 Sprint 5 min Jog 1 min Sprint</p> <p>5 min walk</p> <p>Sticks Skills</p>	<p>Active Recovery</p> <p>Pick 1: -20 min Walk - Yoga Class -Bike Ride</p> <p>STRETCH (can switch with day 7)</p>	<p>100 m Sprint 100 m Jog 100 m Sprint 100 m Jog</p> <p>Repeat 4x</p> <p>Stick Skills</p>	<p>Plyo: B Agilities</p>	<p>Pick whichever distance run you did NOT do last week</p>	<p>Rest</p> <p>20+ min walk</p> <p>STRETCH</p>

	Stick Skills	Core: A		Core: B		Core: C	
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