Summer Workout

**You should be working out 4 days a week- 2 days of cardio and 2 days of weights.**

* Feel free to add in another day of cardio if you feel the need ☺
* Have at least one day in between your weight workouts; don’t do them back to back.
* None of these workouts should take longer than 30 mins, so it is not a big time commitment, NO EXCUSES!!!!
* Also please incorporate agilities within your warm ups before performing cardio workouts

**Pick up field hockey or scrimmaging is always acceptable pick up that stick as much as you can! Summer League will begin Monday Nights, see captains for details.**

**Cardio Workouts:**

* Minimum of 2 cardio workouts a week
* Pick one short workout and one long workout, keep mixing things up to confuse your muscles

**Short workouts:**

* Ladder run: on track. Run 100m- rest 30sec 200m- rest 1min, 400m rest 2 min, 200m rest 1,100m Done
* Striders, on field hockey field. Start at the end line and run to the opposite end line by 20sec immediately jog back to your starting position. At 1 min mark repeat-6 totals.
* 300: on field, start at the end line and sprint to the 50, touch the line with your hands as you pivot and sprint back towards the end line. Run to the 50 and back 3x without stopping=300m. Do 3 300s total, aim to finish under 1 min 5 sec.
* 500: on field. Basically a full field suicide. Start at the end line, opposite end line then finish crossing your starting end line. Touch the line with your hand each time you pivot, try to run it under 2 min, run 2 500s total.

**Long workouts:**

* Out and back: jog out along a route for 13mins and try to make it back to your start in 11. (you can increase the times to 16/14 if you like) Perfect for runs along the beach!!
* Fartlek: running on a track sprint the straight aways and jog the curves, running 8 laps total (2miles) alternatively run 2 miles sprinting 1 min then jogging 2
* 2-3 mile run: run 2-3 miles keeping a consistent pace. Over time try to increase the speed at which you run a specific distance and then increase the distance you run. CHALLENGE YOURSELVES ☺

I encourage attending a summer camp, it’s a great way to learn some new skills, and practice, practice, practice! Remember it’s what you do in the off season to get ready for the season. All begins now, what are you willing to do, and always remember a day you feel lazy, someone is one step ahead and completing a workout, whether it’s a teammate or another team. NEW SEASON! Everyday counts! What are you willing to give??

**If you have any questions, please don’t hesitate to contact Coach Hand (603-303-2952) or email** [**Nussin4@aol.com**](mailto:Nussin4@aol.com)

The captains for the 2020 season are Grace Michael, Sam Crochetiere and Carolyn Thompson they will be available for any questions or concerns you may have.

“Real athletes don’t “hope” to win a game, they **prepare** for it!” –coach briody

“Winning means you’re willing to go longer, work harder and give more than anyone else” –Vince Lombardi

Do the workouts put in the time and effort and preseason will be a breeze ☺ Also make sure you are hydrating and fueling the body with proper nutrition!

GO WARRIORS!!