

Altona Hockey Club Womens Preseason Running Program 2010

	Individual Sessions week 1	Individual Sessions week 2	Individual Sessions week 3
<b>Warm Up</b>	Stretch 5min jog Run through of 30m x 6 (walk back between)	Stretch 5min jog Run through of 30m x 6 (walk back between)	Stretch 5min jog 50m run throughs x 5 (walk back between)
<b>Running</b>	Interval run 40 minutes, including: 1min at harder pace, 4min cruise - repeat 8 times (40-45 min workload)  or  40 min aerobic steady state (at a pace you can just hold a conversation)	Interval 1 min harder pace, 3 min cruise - repeat 8 times (32-36 min workload)  or  200m sprint x 4 (90 sec break between) 400m sprint x 2 (120 sec break between) 600m sprint x 1 (180 sec break between) 400m sprint x 2 (120 sec break between) 200m sprint x 4 (120 sec break between)	25m butt kicks (walk back) x3 25m high knees (walk back) x3 25m high skip (walk back) x3 25m grapevine (walk back) then repeat otherside x3  6 x 120m @ 90% walk back in between efforts 5 min break then repeat  or  Interval 1 min harder pace, 3 min cruise - repeat 8 times (32-36 min workload)
<b>Core Exercises</b>	Sit-ups x 30 x 2 sets 1 x 60sec abdominal bridge hold (Plank) Twists x 30 x 2 sets (sit ups w left shoulder to right knee & vice versa)	Sit-ups x 30 x 2 sets 1 x 60sec abdominal bridge hold Twists x 30 x 2 sets (sit ups w left shoulder to right knee & vice versa)	Sit-ups x 30 x 2 sets 1 x 60sec abdominal bridge hold Twists x 30 x 2 sets (sit ups w left shoulder to right knee & vice versa)
<b>Cool down</b>	Walk and stretch	500m slow jog / walk and stretch	500m slow jog / walk and stretch