AGES 14+

OUTDOOR CONDITIONING

Three sessions for a dry day and a pair of trainers.

Open it on your phone

25–35 MINUTES	TRAINERS, TWO CONES AND A HILL	PICK TWO EACH WEEK

Three sessions to choose from, not one long one. A is stop-and-start, which is the shape of a real shift. B is built to the length of one. C is hills, which give you the power of sprinting with far less asked of the hamstrings. Pick two a week, leave a couple of days between them, warm up and finish the same way on all three, and do none of them the day before a game.

WARM UP — EVERY SESSION

1. **Marching high knees into A-skips** — 2 × 30 sec
   March first: knee to hip height, opposite arm forward, tall through the chest. Then add a small skip. Quick off the ground, stay light on the feet.
2. **World's greatest stretch** — 4 each side
   Step into a long lunge, back knee off the floor, both hands inside the front foot.
3. **Strides** — 6 × 20 sec
   Build up over about five seconds, hold fast and relaxed, then ease down.

SESSION A — STOP AND START

The hockey-shaped one. 90 sec walking between rounds.

4. **Shuttle runs** — 8 × 30 sec
   Two cones, about 10 and 20 yards out. Sprint out, touch down at the cone, sprint back. Drop the hips to stop. Do not stop with a stiff leg out in front.

SESSION B — SHIFT LENGTH

Every round should look the same.

5. **Shift intervals** — 8 × 45 sec
   Forty-five seconds hard, ninety easy. That is roughly a shift and a spell on the bench.

SESSION C — HILLS

Walk all the way down. That is the rest.

6. **Hill sprints** — 8 × 15 sec
   Find a moderate hill — steep enough to be hard, not so steep you are scrambling.

FINISH — EVERY SESSION

7. **Walk and loosen off** — 5–10 min
   Walk until your breathing settles before you stop moving.
8. **Couch stretch** — 45 sec each
   Back knee against a wall or couch, shin up the wall, front foot flat in a lunge.

Built for healthy players by RinkReady. It adds to what your coach does, it does not replace it. If a movement hurts — not hard, hurts — stop it and ask someone who knows the player.

rinkreadytraining.com
Free plans, 120+ exercises, no app store.