



Pre-Camp Training Program

Instructions

1. Begin 4 weeks prior to camp. (Invite someone to work out with you.)
2. Remember to stretch each day. (See Section 1 of *Get in Shape*.)
3. **For aerobic workouts:** Work out for the time indicated on the sheet. Ideas of what to do are listed in brackets. (For more info, read Section 2 of *Get in Shape*.)
4. **For strength workouts:** Follow Section 3 of *Get in Shape*.
5. **For anaerobic workouts:** Work out for the time indicated for that day. Follow the *Anaerobic Interval Training* program below.
6. During training, make healthy food choices 8 out of 10 times. It's OK to treat yourself once in a while. (See Section 4 of *Get in Shape*.)
7. Upon completing each exercise, pencil in a star (★) or place a checkmark (✓) in the box for that day.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Aerobic 10 minutes (bike, rollerblade)	Strength (See Section 3)	Anaerobic Intervals 5 minutes	Strength (See Section 3)	Aerobic Jog ½ mile / .8 km	Strength (See Section 3)	Rest
2	Aerobic 13 minutes (jog, soccer baseball)	Strength (See Section 3)	Anaerobic Intervals 6 minutes	Strength (See Section 3)	Aerobic Jog ¾ mile / 1.2 km	Strength (See Section 3)	Rest
3	Aerobic 16 minutes (tennis, football)	Strength (See Section 3)	Anaerobic Intervals 7 minutes	Strength (See Section 3)	Aerobic Jog 1 mile / .8 km	Strength (See Section 3)	Rest
4	Aerobic 20 minutes (skip, soccer)	Strength (See Section 3)	Anaerobic Intervals 8 minutes Backward Run (See Section 2)	Strength (See Section 3)	Aerobic Jog 1½ miles / 2.4 km	Strength (See Section 3) Backward Run (See Section 2)	Rest

Anaerobic Interval Training

Purpose

The purpose of anaerobic exercise is to train the heart to recover rapidly from quick bursts of speed (ex. between shifts on the ice) and to produce better and faster usage of oxygen by the muscles.

How to Train

- Work in a series of one-minute intervals.
- Repeat each interval 5 times (5x).
- Each interval must contain a jog, sprint, and walk.

Training Program

Week	Jog	Sprint	Walk	Reps
1	30 seconds	10 seconds	20 seconds	5
2	25 seconds	15 seconds	20 seconds	6
3	25 seconds	15 seconds	20 seconds	7
4	20 seconds	20 seconds	20 seconds	8