

1 Take care of your aches and pains.



- Spend the first week or two on a "deload" (AKA something nice and light).
- Go to see your care providers -- physical therapists, massage therapists, orthopedic doctor, acupuncturist, whatever -- to create a self care plan targeted to your current problem areas.
- Schedule targeted time where you need it without having your work undone by the intensity of practice.
- INCLUDES: prescribed PT exercises, intensive foam rolling, yoga therapy, sports massage, and all other manner of self-care/mobility.

2 Build your cardio endurance base.



- Spend 1-2 days per week during the off-season doing low intensity steady state cardio.
- Light practices can cover this requirement.
- Builds up your heart's ability to pump more blood per beat creating a cardio endurance base to build off when the season starts.
- INCLUDES: Jogging, biking, elliptical, anything that keeps your heart at around 160bpm for 30-45 minutes.

3 Get strong AF.



- Switch your focus fully to building strength. You want to cultivate your ability to do work against resistance. (Isn't that derby in a nutshell?!?)
- A solid foundation of strength correlates to improved speed, agility, quickness, and cardiac output. The stronger you are, the easier it is to hone these other categories of athleticism.
- It takes a lot of targeted action and energy to build strength quickly. So the off-season is a perfect time to make the switch from intense focus on skating to intense focus on strength.
- THE KEY? Lift heavy and continually challenge yourself to see the quickest growth.

4 No. Stronger than that.

- Choose compound movements that challenge multiple joints.
- Train heavy and hard no more than 3 times per week.
- Alternate between rep ranges of 3-5 & 6-10 to build strength and muscular endurance at the same time.
- Work hard on building strength for 3-4 weeks and then spend 1 week "deloading". (i.e. going lighter and highlighting your self-care/mobility work)

5 Get explosivo.

- Derby is a game of strength & POWER. Power will be easier to build with mad strength. Start power work near the end of your off-season.
- Power workouts teach you how to handle the new strength that you've built so that you can utilize it while out on your skates.
- Build supersets involving the same muscles with a strength exercise (heavy) and a power exercise (explosive). Think back squats followed by jump squats.
- INCLUDES: Plyometrics, sled drags, Olympic lifts, sprints, light weight/high speed lifts, medicine ball work, agility courses (cones/ladders/etc.)

ALL TO BECOME

#strongernextseason