

Off Skates Training Plan

PHASE ONE (4-6 weeks)



This workout can be paired with a shorter on-skates practice (around 1 to 1 ½ hours) or assigned to your teammates separately. It requires a step, chair, or bench of some sort and a stopwatch.

These are supersets. Meaning that the paired exercises (i.e. A1 & A2) are done back-to-back with no rest in between. Complete all sets and reps for each pair before moving onto the next pair. Rest 60-90s in between pairs of exercises, but start going again once you feel well-rested enough.

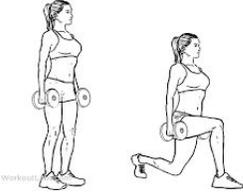
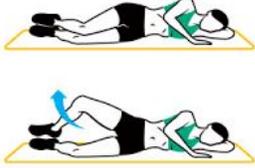
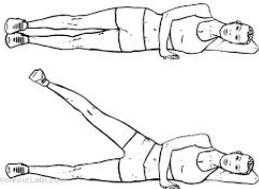
Ideally, you are completing all 3 training days per week. Perhaps some during practice and some assigned for home. You can use this program for up to 6 weeks before most skaters and team mates will be ready to progress.

Before getting started with each workout: WARM-UP! (30-45 seconds each)

- [Crocodile Breathing](#)
- [Dynamic Blackbird](#)
- [Donkey Kicks](#)
- [Bear Crawl](#) (forward & backward)
- [Spider Lunges](#)
- Jog Like an Idiot
- [Hop Forward & Backward](#) (on 1 foot)

Workout #1

EXERCISES	SETS	REPS	NOTES
A1) Split Squat 	3	12-15	per side
			End position should be similar to a lunge, but without the step. Press through all 4 corners of your feet as you stand to top. The front leg should be doing most of the work; back leg is for stability only. Avoid arching through your lower back as you press to standing.
A2) Side Plank		20s	per side
			Drop to knees, if needed, to modify this plank. Keep your body in a straight line with your core engaged

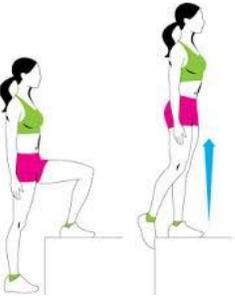
			<p>from your armpit all the way down through your ankle. Stack feet on top of each other if you can.</p>
<p>B1) <u>1-Leg Glute Bridge</u></p> 	<p>3</p>	<p>10-15</p>	<p>per side</p>
		<p>Squeeze through your glute to raise your hips.</p>	<p>Avoid letting your hips tip to one side or the other.</p>
		<p>Leg extended (as shown in the picture) is more difficult. Bend the non-working leg to make it easier. Add pulses to the top to make it more difficult. Avoid arching through your lower back.</p>	
<p>B2) <u>Wide Walking Lunges</u></p> 		<p>10-15</p>	<p>steps per side</p>
	<p>Step out at a 30-45° instead of straight forward.</p>	<p>Press evenly into all 4 corners of your feet to stand.</p>	
	<p>Longer steps will work the glutes more (great for skating). Shorter steps with the shin more vertical will work the quads. If this bothers your knees mess with your stride length a bit.</p>		
<p>C1) <u>Clamshells</u></p> 	<p>2</p>	<p>10</p>	<p>per side</p>
		<p>Keep your hips stacked on top of each other.</p>	<p>Squeeze hard through your side butt. Add band, if needed.</p>
		<p>Press your back up against a wall to help your hips stay stacked. They will have a tendency to lean back to make the move easier. DON'T CHEAT!</p>	
<p>C2) <u>Leg Raises</u></p> 		<p>10</p>	<p>per side</p>
	<p>Keep your hips stacked on top of each other.</p>	<p>Squeeze hard through your side butt. Add band, if needed.</p>	
	<p>Press your back up against a wall to help your hips stay stacked. They will have a tendency to lean back to make the move easier. DON'T CHEAT!</p>		
<p>MAKE SURE YOU <u>COOLDOWN AND STRETCH</u> IF YOU AREN'T HEADED TO SKATES!</p>			



Workout #2

EXERCISES	SETS	REPS	NOTES
<p>A1) Curtsy Lunge</p> 	3	12-15	per side
			<p>Keep your torso upright and shoulders back.</p> <p>Mimic your crossover form as closely as possible here. If you want to add weights, hold them at your side OR in goblet position (up against your chest just under your chin).</p>
<p>A2) Dead Bug</p> 	3	10-15	per side
			<p>Avoid letting lower back arch off the floor.</p> <p>Inhale as you lower your arm/leg and exhale as you bring it to top.</p>
<p>B1) Side Lunge/Cossack Squat</p> 	3	10-15	per side
			<p>Depth will be determined by flexibility. DON'T PUSH TOO HARD!</p> <p>Focus on the weight transfer to the working hip/leg.</p> <p>You can choose to open up your straight leg at the bottom and point your toe toward the ceiling (see picture). Or keep the foot of your straight in full contact with the ground.</p>
<p>B2) Bear Crawl</p> 	3	20yds	forward only (<i>beginners</i>), 10yds forward/10yds back (<i>intermediate & advanced</i>)
			<p>Keep your back flat like a table.</p> <p>Avoid arching through your spine like a sexy cat.</p> <p>Your shoulders may also want to shrug up towards your ears so make sure to press strongly through your shoulders and arms. Don't forget to breathe as you move!</p>
<p>C1) Side Step-Ups</p>	2	10	per side

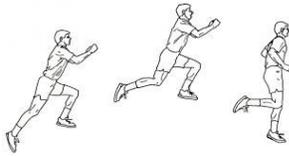
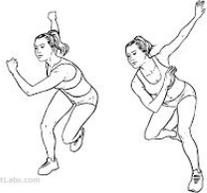


			<p>Transfer your weight into the foot up on the box.</p> <p>Step evenly into all 4 corners of your foot.</p> <p>Exhale as you step up to ensure that your core is braced. Try to avoid pushing hard off your back leg. Lower your step as necessary to get the majority of the work in your foot on the step.</p>
<p>C2) <u>Front Step-Ups</u></p> 		<p>10</p>	<p>per side</p> <p>Transfer your weight into the foot up on the box.</p> <p>Step evenly into all 4 corners of your foot.</p> <p>Exhale as you step up to ensure that your core is braced. Try to avoid pushing hard off your back leg. Lower your step as necessary to get the majority of the work in your foot on the step.</p>
<p>MAKE SURE YOU <u>COOLDOWN AND STRETCH</u> IF YOU AREN'T HEADED TO SKATES!</p>			

Workout #3

EXERCISES	SETS	REPS	NOTES
<p>A1) <u>Skater Squat</u></p> 	<p>3</p>	<p>12-15</p>	<p>per side</p> <p>Don't worry about touching back knee to ground.</p> <p>Go as low as you can safely without bending through the back or tipping forward. It helps to place a soft item under your back knee to help control your descent.</p>
<p>A2) <u>Bird Dog</u></p> 			<p>10-15</p>



<p>B1) 1-Leg Romanian Deadlift</p> 	3	10-15	per side
			Start the movement by pushing your hips back.
			Avoid letting your hips tip to one side or the other.
			To add weight, hold a dumbbell in the hand opposite the standing leg. This adds an extra balance component.
<p>B2) Bounds</p> 	3	10-15	steps per side
			Drive the knee of your leading leg up.
			Land softly and spring off opposite leg immediately.
			Spend time getting the form right before you start pushing for height and distance.
<p>C1) Skater Hop-Hop</p> 	2	10	per side
			Swing your arms like you would as you skate.
			Press out for distance from side-to-side.
			Land softly in 1/2 squat on one leg, then spring up as high as you can. When you land, press off that same leg to the side for distance.
<p>C2) Alternating Reverse Lunges</p> 	2	12-15	per side
			Control your step back. Don't just throw your leg back there.
			Press evenly through the 4 corners of your feet to stand.
			Exhale as you stand to the top. Lower down so that your hamstring gets as close to your calf as possible. Longer steps will work the glutes. TO INCREASE DIFFICULTY: Put your front leg on a step and feel the burn.
MAKE SURE YOU COOLDOWN AND STRETCH IF YOU AREN'T HEADED TO SKATES!			

Another optional COOLDOWN! (30 seconds each)

- [Down Dog to Plank](#) (hang out in each position for 2-3 seconds)
- [Runner's Lunge with a Twist](#) (hang out in each position for 2-3 seconds)
- [Half Kneeling Rainbows](#)
- Repeat Down Dog to Plank
- [Legs Up the Wall](#) (for as long as you'd like)

