



Merestead Sports Camps Training Program
2005
Get in Gear!

Six Week Program: you should check with your school coach and follow their summer training guidelines to be in your best shape. Your team may have a specific program you should follow.

Always: warm up for 5-10 minutes with easy running

Week/Day	Monday	Tues	Thurs	Friday	Sat.
One	Run 15-20	Footwork/ Sprints 3sets	Run 15-20	Footwork/ Sprints 3sets	Run 15-20 3 x 50y
Two	Run 15-20	Footwork/ Sprints 3sets	Run 15-20	Footwork/ Sprints 3sets	Run 15-20 3 x 50y
Three	Run 20-25	Footwork/ Sprints 4sets	Run 20-25	Footwork/ Sprints 3sets	Run 20-25 4 x 75y
Four	Run 20-25	Footwork/ Sprints 4sets	Run 20-25	Footwork/ Sprints 3sets	Run 20-25 4 x 75y
Five	Run 25-35	Footwork/ Sprints 5sets	Run 25-35	Footwork/ Sprints 5sets	Run 25-35 5 x 100y
Six	Run 25-35	Footwork/ Sprints 6sets	Run 25-35	Footwork/ Sprints 6sets	Run 25-35 5 x 100y

Footwork:

- do with your stick and without
- grapevines (crossovers)
- skips: small strides with lots of touches, higher knees and super high knees
- lunge walks, side steps (wider than shoulders), zig zig running

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jog 10 yards, 10y footwork, jog 10 yards

Goalkeepers:

- Concentrate on an explosive first step. Modify sprints to 5-10yards.
- Work out in your equipment weeks 4-6.

Resistance Training:

if you belong to a gym, great! If not, add to your work out with 3 sets of 10 push ups, 3X20 sit ups, 3X20 bicycles, 3X20 mountain climbers. Each week add one set.

Tips: • Drink lots of water

- Train outside! That's where we play hockey and lacrosse, not the gym.
- Stretch out after you have exercised and your body is warm.
- Come to camp in shape and ready to have fun!