

Laconia Varsity/JV Summer Workout Schedule 2024

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Thank you for your interest in playing field hockey. We welcome new players of all abilities. If you are unsure about playing, feel free to join us at one of our summer workouts to check it out. Beginning July 9th, we will be on the turf at Laconia High School on Tuesday and Thursday mornings from 7:00am to 7:45ishh for conditioning and skill development. That same week, we will start playing pick-up games against each other on Wednesday afternoons 4:30-6:00 on the LHS turf. None of these dates are mandatory, however you are expected to show up to pre-season conditioned. The week of preseason is necessary for game preparation and skill development. You are much more prone to injury when your body is not prepared to do the work. If your schedule does not permit you to attend the offered conditioning session with the team, I have attached a sample schedule you could use as a guide to get some work done on your own or with a friend. Again, field hockey is physically demanding, and conditioning is essential for success.

Dates to remember: **July 9th**, summer workouts begin.

- Tuesdays and Thursdays LHS turf 7-7:45am / OPTIONAL
- Wednesdays LHS turf 4:30-6:00 / OPTIONAL

Mandatory: **August 19th-22rd**, pre-season 7-9am.

August 23rd, Plymouth Playday 7-3pm.

August 27th, HOME Scrimmage against Newfound TBD.

August 30th, 1st Game!

Looking forward to seeing you all on the field! Coach

Preseason Starts Monday, August 19th, 2024

This is a guide to help you with your summer workouts to get you ready for the fall. This is not mandatory but is highly recommended so that you are prepared for the season.

Goals for pre-season

Timed 1 Mile Run: Between 6:30 minutes and 8:00 minutes

Timed 1.5 Mile Run: Between 10:30 minutes and 12:00 minutes

Or Each week be sure to follow the standards that are listed below

Each week:

Condition 2-4 times

Agility 1-3 times

Skills 2-4 times

***Work out 4-6 times a week. Take at least 1 day off a week.**

Conditioning Workouts

#1: A hard run for 20-35 minutes (7.5 minute mile – 9 minute mile pace)

#2: Long, slow run for 35-50 minutes (8:30 minute mile – 10:00 minute mile pace)

#3: Fartlek Run – Just under 25 min

5 min jog – start and end the fartlek intervals

30 sec sprint, 1 min jog (repeat 3 times)

30 sec sprint, 1 min jog (repeat 3 times)

#4: Track Workout 1

4 – 8: 400 meter sprints (90 sec. rest between sets)

5 – 10: 200 meter sprints (90 sec. rest between sets)

**start with the low number rep (4 or 5), increase a rep each week of this workout*

#5: Track Workout 2

2 – 800 meter run (equal rest between sets)

4 – 400 meter sprints (90 sec. rest between sets)

4 – 200 meter sprints (90 sec. rest between sets)

2 – 100 meter sprints (90 sec. rest between sets)

#6: Cross Train - Bike, Swim, elliptical other Aerobic Exercises for 30 -60 minutes

#7 HIIT Workout for 30 minutes (Insanity, YouTube Videos)

Agility and Skills Workout: Pick 5 each workout, mix it up!

1. 100- Core Exercises (25 Leg Lifts, 30 sec. planks, 25 Bicycle, 25 Your Choice)
2. 3 x 25- Push-ups or modified push ups
3. Squats or Squat Jumps -Do 20 reps (3 sets).
4. Jump Rope-Time: 45 seconds-Rest: 30 seconds-Reps: 4 times
5. Stick Agility-Place your stick on the ground-Go forward & back-Fast for 30 sec., hop over for 30 secs., Side to side for 30 Secs., Shuffle all the way around-in both directions for 30 sec. each- Repeat each 4 times
6. Start on your stomach and jump up to go 40 yards & back for each of these: 1. Grape Vine. 2. Sprint. 3. High knees. 4. High Skips-2 sets each
7. 15 – Yard Shuttle Run-Set 3 lines each 5 yards apart. Standing in the middle line, sprint to one side and touch the line then turn and sprint to the other line and finish in the middle again. Repeat 4 times allowing a 30 sec. rest between each set.
8. 40 Yard dash-Work on getting your time the fastest, then add a ball & drag dribble.

*****Freshmen MUST have a current physical to participate in preseason. You can get this at Clear Choice without an appointment.**

