



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12th June 2023	13th June 2023	14th June 2023	15th June 2023	16th June 2023	17th June 2023	18th June 2023
	Suggested Off Ice Training Cardio - 30mins of Intervals - Run or Cycle		Suggested Off Ice Training 30mins of Strength Training and Off-Ice Skating Drill and Exercises		Suggested Off Ice Training Cardio - 30-60mins Run or Cycle	Ice - 1600-1700 Arrive 1515 Technique drills with 5 laps and inside track
19th June 2023	20th June 2023	21st June 2023	22nd June 2023	23rd June 2023	24th June 2023	25th June 2023
	Suggested Off Ice Training Cardio - 30mins of Intervals - Run or Cycle		Suggested Off Ice Training 30mins of Strength Training and Off-Ice Skating Drill and Exercises		Ice - 1700-1800 Technique drills with repeated 3 laps, inside track and starts Arrive 1615	Suggested Off Ice Training Cardio - 30-60mins Run or Cycle
26th June 2023	27th June 2023	28th June 2023	29th June 2023	30th June 2023	1st July 2023	2nd July 2023
	Suggested Off Ice Training Cardio - 30mins of Intervals - Run or Cycle		Suggested Off Ice Training 30mins of Strength Training and Off-Ice Skating Drill and Exercises		Ice - 1615-1715 Technique drills with repeated 6 laps, inside track and starts Arrive 1530	Suggested Off Ice Training Cardio - 30-60mins Run or Cycle
3rd July 2023	4th July 2023	5th July 2023	6th July 2023	7th July 2023	8th July 2023	9th July 2023
	Suggested Off Ice Training Cardio - 30mins of Intervals - Run or Cycle		Suggested Off Ice Training 30mins of Strength Training and Off-Ice Skating Drill and Exercises		Ice - 1615-1715 Technique drills with repeated 8 laps, inside track and starts Arrive 1530	Suggested Off Ice Training Cardio - 30-60mins Run or Cycle
10th July 2023	11th July 2023	12th July 2023	13th July 2023	14th July 2023	15th July 2023	16th July 2023
	Suggested Off Ice Training Cardio - 30mins of Intervals - Run or Cycle		Suggested Off Ice Training 30mins of Strength Training and Off-Ice Skating Drill and Exercises (If not competing)		Ice - 1615-1715 Technique drills with repeated 10 laps, inside track and starts Arrive 1530	Suggested Off Ice Training Cardio - 30-60mins Run or Cycle
17th July 2023	18th July 2023	19th July 2023	20th July 2023	21st July 2023	22nd July 2023	23rd July 2023
	Suggested Off Ice Training Cardio - 30mins of Intervals - Run or Cycle		Suggested Off Ice Training 30mins of Strength Training and Off-Ice Skating Drill and Exercises		Ice - 1615-1715 Arrive 1530 Technique drills with repeated 3 laps, inside track and starts	Suggested Off Ice Training Cardio - 30-60mins Run or Cycle
24th July 2023	25th July 2023	26th July 2023	27th July 2023	28th July 2023	29th July 2023	30th July 2023
	Suggested Off Ice Training Cardio - 30mins of Intervals - Run or Cycle		Suggested Off Ice Training 30mins of Strength Training and Off-Ice Skating Drill and Exercises		No Ice Session This Weekend	Suggested Off Ice Training Cardio - 30-60mins Run or Cycle
31st July 2023	1st August 2023	2nd August 2023	3rd August 2023	4th August 2023	5th August 2023	6th August 2023
	Suggested Off Ice Training Cardio - 45mins of Intervals - Run or Cycle		Suggested Off Ice Training 45mins of Strength Training and Off-Ice Skating Drill and Exercises		Ice - 1615-1715 10 minute lap challenge drills, inside track and starts Arrive 1530	Suggested Off Ice Training Cardio - 30-60mins Run or Cycle
7th August 2023	8th August 2023	9th August 2023	10th August 2023	11th August 2023	12th August 2023	13th August 2023
	Suggested Off Ice Training Cardio - 45mins of Intervals - Run or Cycle		Suggested Off Ice Training 45mins of Strength Training and Off-Ice Skating Drill and Exercises		Ice - 1615-1715 Arrive 1530 Technique drills with repeated 8 laps, inside track and starts	Suggested Off Ice Training Cardio - 30-60mins Run or Cycle
14th August 2023	15th August 2023	16th August 2023	17th August 2023	18th August 2023	19th August 2023	20th August 2023
	Suggested Off Ice Training Cardio - 45mins of Intervals - Run or Cycle		Suggested Off Ice Training 45mins of Strength Training and Off-Ice Skating Drill and Exercises		Ice - 1615-1715 Inside track warmup - 12,6,3,6,12 Arrive 1530	Suggested Off Ice Training Cardio - 30-60mins Run or Cycle
21st August 2023	22nd August 2023	23rd August 2023	24th August 2023	25th August 2023	26th August 2023	27th August 2023
	Suggested Off Ice Training Cardio - 45mins of Intervals - Run or Cycle		Suggested Off Ice Training 45mins of Strength Training and Off-Ice Skating Drill and Exercises		No Ice Session This Weekend	Suggested Off Ice Training Cardio - 30-60mins Run or Cycle

Over 16+ years of age - With guidance of a qualified Trainer, gym instructor -Recommend Resistance weight training 2 times per week, high reps of 15 plus, 2-3 sets of Leg press or squat, single leg lunges, hamstring curl and core
Under 16 - Building a cardio / aerobic base is important for all age groups / general health however off ice drills, flexibility and core strength/balance/coordination twice per week is a priority if you have to choose.
Under 12 Learning through play is most important under 12!

Each session is designed to incorporate skating skills, speed and also some strength / strength endurance