

*This is a 10 day program.*

The following program is split into 3 categories: **CARDIO**, **BODYWORK** & **STICKWORK** – all essential pieces of your preparation.

**WHAT YOU NEED:** WATCH (with start/stop feature)

### **CARDIO**

Any of the **CARDIO** exercises can be translated to the BIKE, ELYPTICAL or STAIRMASTER because it gauges the INTENSITY of the exercise, not the speed. If you are ABLE to run, running is the best way to get in shape. If you are INJURED, do exercises on alternate machines to decrease impact to vulnerable joints.

**NOTE:** *SPRINT (80-90% of full speed); JOG (50-60% of full speed); WARM-UP (40-50% of full speed)*

### **BODYWORK**

This is Rocky IV style (watch movie if you have not already). That is, we are depending a lot on BODY WEIGHT as the assistant to build strength.

### **STICKWORK**

Concentrate on keeping the stick protected and reducing the AMOUNT OF TIME the ball is in your stick, while maintaining control.

### **LINGO**

5 x 1 minute EXERCISE, 30 seconds in between

This means you will do the EXERCISE for 1 minute and then rest 30 seconds – for a total of 5 times.

### **PROGRAM**

#### **DAY 1**

30 minute easy run (50-60% entire way, steady)

10 minute stretching LEGS

10 minute WALL BALL

5 x 1 minute jumping jacks

5 x 1 minute crunches (laying down with legs flat, hands behind head, crunching up so

neck/shoulder blades come off ground)

\*WATER

## **DAY 2**

24 minute interval run

2 minute warm-up

5x

- 1 minute SPRINT

- 2 minute JOG

4x

- 1 minute SPRINT

- :30 JOG

1 minute cool-down

5x 10 push-ups

10 minute WALL BALL

\*WATER

## **DAY 3**

60 minute WALK with STICK in HAND (and ball)

\*WATER

## **DAY 4**

10 x 100yard SPRINTS (less than 21 seconds for each), 1 min rest btwn

5 minute stretching LEGS

5 x 10 walking lunges

5 minute stretching LEGS

\*WATER

## **DAY 5**

OFF

\*WATER

## **DAY 6**

24 minute interval run

3 minute warm-up

4x

- 1 minute SPRINT

- 1 minute JOG

4x

- :30 SPRINT

- :30 JOG

1x

- 2 minute SPRINT

- 1 minute JOG

- 2 minute SPRING

4 minute cool-down

5x 15 push-ups

10 minute WALL BALL

\*WATER

### **DAY 7**

45 minutes CROSS TRAIN (hike, bike, cardio class, another sport, rollerblade)

\*WATER

\*\*YOU NEED TO GET TIRED

### **DAY 8**

4 x 200yard SPRINTS (less than 45 seconds for each, up/back on a field), 3 min rest btwn

5 minute stretching LEGS

4 x 20 walking lunges

5 minute stretching LEGS

10 minute WALL BALL

\*WATER

### **DAY 9**

20 minute easy run (60-70% entire way, steady)

10 minute stretching LEGS

10 minute WALL BALL

5 x 1 minute jumping jacks

6 x 1 minute crunches (laying down with legs flat, hands behind head, crunching up so neck/shoulder blades come off ground)

\*WATER

**DAY 10**

OFF

\*WATER