



Ringette Team Off-Ice Fitness Program

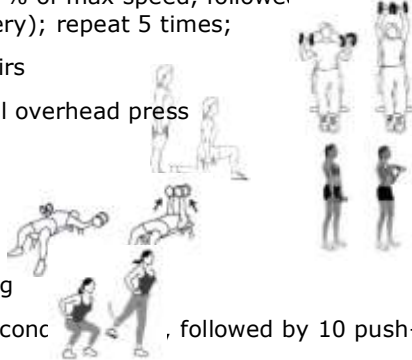
Fitness for Ringette

General Sport Attributes:

- Skate hard for 5 to 10 seconds followed by rest pauses; 45 to 60 second shifts
- Interval Training (work to rest ratio of 1 to 3, or 1 to 5): skating, running, cycling, circuit training
- Agility, strength, power, balance, coordination
- Mind Control: Relaxation Mind exercises ; Meditation and Breathing; Coping with Distractions
- Workouts should include intervals of intense cardio, followed by recovery, and blended with body weight strength and muscular endurance calisthenics.

The Ringette Gym Circuit Muscle Workout

1. 5 minute walk, cycle, or in-line skating, at easy pace.
2. Stretching – focus more on calves, rear thigh, and front thigh.
3. Run 50 m (say, 8 to 10 seconds – think skating 1 length of full ice) at 60 % of max speed, followed by walking back to starting line (say, 30 seconds recovery); repeat 5 times;
4. Run 50 m (say, 8 to 10 seconds) at 80 % of max speed, followed by walking back to starting line (say, 30 seconds recovery); repeat 5 times;
5. Do the following stations working in pairs
6. Station 1 – Standing shoulder dumbbell overhead press
7. Station 2 – Lunges with dumbbells
8. Station 3 – Standing Bicep Curl
9. Station 4 – Lying Bench Dumbbell Flyes
10. Station 5 – Side Leg Extensions - tubing
11. Station 6 - Planks and Push-ups (20 second from knees), followed by 10 push-ups
12. Run 50 m (say, 8 to 10 seconds) at 80 % of max speed, followed by walking back to starting line (say, 30 seconds recovery); repeat 5 times;
13. Run 50 m (say, 8 to 10 seconds) at 50 % of max speed, followed by walking back to starting line (say, 30 seconds recovery); repeat 5 times;
14. Cool-down: Walk for 3 to 4 minutes, talk to partner and socialize.
15. Six core stretches –calves, rear thigh, and front thigh.



Variation: try relay races, groups of 4; pass the baton around the track, keep running to 10 seconds or less.

How hard should we work?

10 Point Scale of Perceived Exertion (the workout should be 4 to 5 to offer benefits)

- 0 - Nothing at all
- 1 - Very light
- 2 - Fairly light
- 3 - Moderate
- 4 - Some what hard
- 5 - Hard
- 6
- 7 - Very hard
- 8

Stretching Exercises presented by former Ringette players

What

- seven exercises that address major muscle groups;
- do them during the warm-up and cool-down;
- hold each stretch in static position for 20 to 30 seconds;
- return to normal relaxed posture, and repeat again;
- breathe in, and exhale slowly during the stretch;
- only modest discomfort should be noticed, don't push and strain at stretching – it should be a relaxing activity;

