



## Personal Aerobic/Anaerobic Training

There is a great deal of technical jargon linked with training and fitness, many of the technicalities of which are way beyond the understanding of non elite Olympians such as myself. Nevertheless, it is not too difficult to recognize that in hockey there are two broadly differing types of exertion.

For example defending short corners or going for goal entails short bursts of all out effort (**Anaerobic work**).

Moving into space or getting back into position is done at a less hectic space but demands stamina (**Aerobic work**).

*It is important that one's training prepares one for both patterns of activity*

Sessions lead by Steve Thomson during August involved mostly **aerobic** physical activity continued over a long period in an attempt to ensure that sufficient oxygen reached the muscles at a steady state helping reduce the risk of an oxygen debt.

These exercises will have

- Helped the heart and the muscles involved in breathing become larger and stronger
- Improved the quality and quantity of blood
- Made it possible for the muscle cells to hold and make use of greater supplies of oxygen

## Development of anaerobic stamina

Any personal training from now on should be more directed to help one deal with the all-out match **anaerobic** activity which is so intense that the respiratory and circulatory systems begin to find it difficult to keep the working muscles supplied with oxygen.

By burning glucose to provide energy for the working muscles, lactic acid and other waste products build up. Oxygen is needed to break down the lactic acid and restore supplies to muscle cells.

Panting and heavy breathing is a clear sign of an oxygen debt being paid back!!!

Below are some suggestions to help increase one's strength and improve speed and agility.

We all have lives outside hockey so if one can only spare a limited time on personal fitness yet wish to enjoy playing one's hockey think about adopting some of these regimes rather than plodding along on road runs or treadmills at the same pace which if done to extreme despite all good intentions can take some of the bite out of your game.

*Adopt a mix and match to your personal training regime to avoid boredom and tedium.*

### **Pick up sprint training**

Walk 30-50 m, jog 30-50 in, stride 30-50 m, sprint 30-50 m, repeating for a predetermined period of time (15-35 minutes). The pattern must be kept constant but the distances could be varied and the time altered or spaced e.g. 10 minutes work followed by 5 minutes recovery with some close stick skills - repeated 3 times.

### **Interval Running (90% Max pace)**

2 x 400metres increasing to 3x 400metres with a 2minute recovery interval

3 x 150metres increasing to 4 x150metres using the slow walk back as the recovery interval

4 x 100metres again using the walk back as the recovery interval

The slow walking exercise or the rest allows the oxygen debt built up during the fast phase to be repaid.

### **Hill Runs**

Sprint up a slope over 15-20 seconds then take a 2- 3 minute rest.(The distance you cover will depend on the steepness of the slope however the sustained 20 second burst is the important factor here).Increase the repetition from 6 – 8 times

### **Variations of Fartlek Training (Swedish speed play)**

If you have time for a longer session or as you get fitter your schedule could include:

10 minutes jogging or easy running (25%-30% Max pace)

1 mile at a steady pace (Average 6.30 – 7.30 mins)

3 minutes walk

10 minutes jogging interspersed with 5 sprints each over a distance of 75-100metres

3 minute walk

Hard up hill run for 150 - 200 metres recover with slow walk descent.

Jog 1 mile with frequent 5 -10 metre bursts

3 minute walk or gentle jog to warm down

To get maximum benefit one needs to work hard at whichever of these you chose. They are a hard graft so do *always remember to stretch and warm up then after a session cool down and stretch out.*

Past experience has shown that keeping a simple training log can boost morale and add to a sense of achievement with recorded times and distances providing evidence of progress.

Good luck

Rob Furlong