



Pre-camp Workout Program

PRE-CAMP CONDITIONING PROGRAMS - Ages: 8-11 years

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---|--|---|---|--|----------|
| Week 1 | Sit-Ups Push-Ups Jog for 2 Minutes Walk for 1 Minute Total 10 Minutes | Sit-Ups Push-Ups Jog for 2 Minutes Walk for 1 Minute Total 10 Minutes | Sit-Ups Push-Ups Sprint 50 Yards 5 sets with 60 sec. rest | Sit-Ups Push-Ups Jog for 2 Minutes Walk for 1 Minute Total 10 Minutes | Sit-Ups Push-Ups Sprint 50 Yards 5 sets with 60 sec. rest | Rest | Rest |
| Week 2 | Sit-Ups Push-Ups Jog for 3 Minutes Walk for 1 Minute Total 10 Minutes | Sit-Ups Push-Ups Sprint 50 Yards 6 sets with 60 sec. rest | Rest | Rest | Sit-Ups Push-Ups Jog for 3 Minutes Walk for 1 Minute Total 10 Minutes | Sit-Ups Push-Ups Sprint 50 Yards 6 sets with 60 sec. rest | Rest |
| Week 3 | Sit-Ups Push-Ups Jog for 3 Minutes Walk for 1 Minute Total 10 Minutes | Rest | Sit-Ups Push-Ups Sprint 50 Yards 9 sets with 60 sec. rest | Sit-Ups Push-Ups Jog for 2 Minutes Walk for 1 Minute Total 10 Minutes | Sit-Ups Push-Ups Sprint 50 Yards 8 sets with 60 sec. rest | Rest | Rest |
| Week 5 | Rest | Sit-Ups Push- | Sit-Ups Push- | Sit-Ups Push-Ups | Sit-Ups Push- | Sit-Ups Push- | Rest |

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|---|--|--|--|---|--|--|--|
| 5 | | Push-Ups Jog for 10 Minutes NO REST!!! | Push-Ups Sprint 50 Yards 10 sets with 60 sec. rest | Push-Ups Jog for 10 Minutes NO REST!!! | Push-Ups Sprint 50 Yards 10 sets with 60 sec. rest | Push-Ups Jog for 10 Minutes NO REST!!! | |
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Sit-Ups/ Push-Ups:

Don't try to kill yourself. Do as many as you can, but try to increase the amount each week.

Jogging:

If it is impossible to run outdoors, run in place.

Sprinting:

If it is impossible to run outdoors, run up your stairs and walk down for your rest period.

This is a five (5) week program; don't try to do it all at once. This is to prepare you for the Dynamic Skating Off-Ice Program.