

PITTSBURGH SPEEDSKATING CLUB

HOST OF THE 2002 NATIONAL SHORT TRACK CHAMPIONSHIPS

Training Plan Basics

Warm Up

Stretches and light technical imitations and jumps should proceed all training sessions to avoid delayed onset muscle soreness.

Intensities

Intensity is given numerically as follows. Please refer to the chart to determine your maximum heart rate.

L 1 65% maximum heart rate (MHR)

L2 65 - 70% MHR

L3 70 - 80% MHR

L4 80 - 90% MHR

L5 +90% MHR

Circuit Exercises

Jog for 5 minutes following the warm up and run for 2 minutes between exercises. Do a minimum of 10 repetitions for each exercise. Jog for 5 minutes at the end of the circuit.

1. Squats
2. Vertical jumps, arms on the back
3. Push ups
4. Single leg (r) jumps horizontal
5. Sit-up with twist
6. Single leg (l) jumps horizontal
7. Push ups, clap
8. Slide to side jumps with double hop
9. Leg hold 6" from the ground
10. Corner jumps left
11. Squats
12. Corner jumps right

Drills Accells and Technical Program

1. Jog 5 to 8 minutes
2. Light dynamic stretches. Choose 4 from Part A Power Exercises. Three to 5 minutes each.
3. Static stretches, 10 minutes. Choose 4 from numbers 1 to 20 on the exercise sketch sheet
4. Light accells 30 to 50 meter, smooth progressive. Walk back to start and repeat 5 times.
5. Skipping, 10 minutes
6. Low walk to run 100 meter, smooth progressive. Walk back to start and repeat 5 times.
7. Slow technical imitations Balance/Control/Orientation. If possible ask someone to observe.

Slide Board/Imitations

1. Intensity kept at appropriate level
2. Smooth
3. Attention of direction of push
4. Attention to upper body orientation
5. Alternate one/ two/ no arm swing
6. Low leg angle pushing and landing

References:

Heart Rate Table

Sport Specific Power Exercises

Exercise sketch hand out