

FALL SESSION 2023



**GSC
OFF-ICE
ADULT /
TEEN /
REC**

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INTRODUCTION

Why train off-ice?

STRENGTH AND CONDITIONING:

Off-ice training helps skaters build strength, flexibility, and endurance, which are crucial for executing complex jumps, spins, and footwork on the ice.

INJURY PREVENTION:

Off-ice training can help reduce the risk of injuries by strengthening the muscles that support the skater's joints and improving overall body awareness and control.

JUMP TECHNIQUE:

Off-ice training allows skaters to focus on the details of their movements and make necessary corrections.

CORE STRENGTH:

A strong core is essential for maintaining proper body alignment and balance. Off-ice exercises like Pilates, yoga, and core workouts can help develop a strong core, leading to better on-ice performance.

CARDIOVASCULAR FITNESS:

Skaters need cardiovascular endurance to perform long programs with energy and precision. Off-ice training, such as running, cycling, or HIIT workouts, can help improve overall fitness levels.

CROSS-TRAINING BENEFITS:

Engaging in other sports and activities during off-ice training can provide cross-training benefits, improving overall athleticism and reducing the risk of burnout.

INTRODUCTION

What is the difference between flexibility and mobility?

Mobility work and flexibility training are both important components of a well-rounded fitness and movement program, but they focus on slightly different aspects of physical function. Here are the key differences between the two:

Flexibility Training

- increase the length of your muscles and improve their ability to stretch
- greater range of motion in your joints
- involves static stretching exercises where you hold a stretch position for a period of time
- emphasis on elongating and relaxing the muscles to achieve a deeper stretch
- may reduce muscle activation

Mobility Training

- aims to enhance the functional range of motion in your joints
- focuses on improving the quality and control of your movements
- typically involves dynamic movements and exercises that challenge your joints and muscles
- focuses on active, controlled movements.
- aims to activate and strengthen the muscles around a joint to improve stability and control

WARM-UP

When should you use these exercises?

- Before a workout
- Before skating
- Before stretching

How long should your warm-up be?

The length of your warm-up depends on what you will be doing. Ideally, a warm-up should prepare your body for more intense physical activity by increasing your heart rate, raising your core body temperature, and loosening up your muscles and joints. Usually, a 5-10 minute warm-up is sufficient.

Does my warm-up need to be difficult?

No, your warm-up does not need to be difficult. A good warm-up typically consists of light aerobic exercise, dynamic stretches, and movements that mimic the activity you're about to engage in. The key is to start slowly and gradually increase the intensity, allowing your body time to adapt to the upcoming physical demands. Pushing yourself too hard during the warm-up can be counterproductive and may increase the risk of injury.

How to do a full-body warm-up?

Use 1-3 exercises from each section on the next page to create your warm-up. Core exercises can be done either at the beginning of your warm-up or towards the end. If you have lower back pain and/or issues, it is important to start with core exercises to protect your back and avoid injuries.

WARM-UP EXERCISES

Cardio

- Jumping jacks
- Jogging and/or walking
- High knees
- Burpees
- Jumping
- Squats and/or squat variations

Lower body

- Hip circles (in and out)
- Knee lifts (forward and to the side)
- Squared lunge walks (tucked pelvis)
- Toe swipes (hamstring stretch) with large arm circles
- Front kicks (max 90) with body twist (opposite arm to opposite foot)
- Duck walks
- Leg swings

Upper-body

- Arm circles (front and back)
- Swing arms side to side
- Swing arms up and down
- Cat-cow
- Wall angels
- Cobra pushups
- Supermans

Core

- Plank walks
- Side plank with rotation
- Dolphin planks
- Sit-ups
- Wood choppers with squats

WARM-UP EXAMPLE

This is an example of warm-up that could be done before skating:

Cardio

- 50 jumping jacks
- 15 Burpees

Lower body

- 20 squared lunge walks (10 each leg)
- 20 toe swipes with arm circles (10 each leg)
- Leg swings

Upper-body

- 10 arm circles forward
- 10 arm circles back
- 10 cobra pushups

Core

- 20 side planks with rotation (10 each side)



LOWER BODY CIRCUIT

Warm-up

- 20 arm circles (10 each direction)
- 5 minute jog and/or run
- 20 leg swings (10 per leg and in each direction)
- 30 second duck walk (x2)
- 10 squat pulses

Core (to be repeated 2 times)

- Bicycles (30, alternating legs)
- Plank hold (between 30 and 60 seconds)

Circuit (to be repeated 2-3 times)

- Step-up squats (30 secs, alternating legs)
- Airplanes* (10 each leg)
- Calf raises* (10 parallel, 10 turned out, 10 turned in)
- Straight leg kickbacks (10 per leg)

Cooldown

- Standing deep breathing with arms reaching up (30 secs)
- Simple standing quadricep stretch (30 secs, each leg)
- Windshield wipers (1 minute)
- 90/90 stretch (30 secs, each leg)
- Pigeon stretch (30 secs, each leg)
- Lunge with thoracic rotation (10 each leg)

**Each exercise can be modified to
accommodate your needs**

*Option of adding a weight

UPPER BODY CIRCUIT

Warm-up

- Burpees (10, all the way down to the floor)
- Arms swings (10 side to side + 10 up and down)
- Wall angels (10 slow repetitions)
- Walk-outs (10 with roll down)
- Cobra pushups (10 repetitions)

Core (to be repeated 2 times)

- Plank hold (30 - 60 second)
- Superman banana (10 with 3 sec holds in each position)

Circuit (to be repeated 2-3 times)

- Push up walks (10 forward)
- Pushup walks (10 backwards)
- Reverse fly* (10 slow repetitions)
- Y superman* (10 slow repetitions)

Cooldown

- Standing deep breathing with arms reaching up (30 secs)
- Standing arm stretches (30 secs each position)
- Lunge with thoracic rotation (10 each leg)
- Pigeon stretch (45 second hold each leg)
- Thread-the-needle (5 each side)
- Cat-cow stretch (5 total)
- Cat stretch aka half dog (30 second hold, repeat twice)

Each exercise can be modified to
accommodate your needs

*Option of adding a weight

FULL BODY CIRCUIT

Warm-up

- Jumping Jacks (20 x 2)
- Arm Circles (10 each direction)
- Leg Swings (10 each leg, both front-back and side-to-side)
- Ankle Rotations (10 rotations, each direction, each foot)
- Alternating lunges (10 each leg)

Core (to be repeated 2 times)

- Assisted V-snaps (10 total)
- Side plank hold (30 seconds each side)
- Bird-dog (20 repetitions total, alternating arms/legs)

Circuit (to be repeated 2-3 times)

- Squats or jump squats* (12 repetitions)
- Lateral leg raise (10 repetitions, each leg)
- Commandos (20 repetitions total, alternating arms)
- Crab walks on hands (10 steps each direction)
- Incline push-ups (10 repetitions)

Cooldown

- Standing deep breathing with arms reaching up (30 secs)
- Simple standing quadricep stretch (30 secs, each leg)
- Cat-cow (5 total repetitions)
- Spiderman hip stretch (5 each leg)
- Winshield wipers (10 total)
- Basic hamstring stretch (30 second hold, each leg)
- Cobra stretch (10 second holds, repeat 3 times)

Each exercise can be modified to
accommodate your needs

MINI CORE WORKOUTS

These workouts are to be added to workouts or to be done on their own for a quick burn. Each exercise can be modified if needed.

Workout 1 (x 3)

- Russian twists (30 total)
- Sit-ups with or without weight (15 repetitions)
- Plank drag or taps (20 repetitions total)

Workout 2 (x3)

- Crunches (30 total)
- Sit-ups with or without weight (15 repetitions)
- Plank drag or taps (20 repetitions total)

Workout 3 (x3)

- Plank walks (10 steps in each direction)
- Leg raises (10 total)
- Side plank hold (30 seconds each side)

Workout 4 (x3)

- Bicycle crunches (30 total, alternating legs)
- Side jackknife (10 each side)
- Slow straight leg sit-ups (10 total)

Workout 5 (x3)

- Dead bug hold (30-45 seconds)
- Woodchoppers (8-10 each side)
- Plank taps (30 taps total)

WHY COOLDOWN ?

Cooling down at the end of a workout is important for several reasons:

Gradual Transition: Helps your body gradually transition from the higher intensity of exercise to a resting state. This prevents abrupt changes in heart rate and blood pressure as well as post-exercise dizziness or fainting that can occur when you abruptly stop exercising.

Removing Waste Products: During exercise, your muscles produce waste products like lactic acid. Cooling down helps facilitate the removal of these waste products from your muscles, which can reduce the risk of muscle soreness and stiffness.

Promoting Recovery: A proper cool down can help reduce muscle soreness and stiffness that can occur after an intense workout. It also promotes the recovery process by increasing blood flow to the muscles.

Preventing Injury: Cooling down includes stretching exercises that can help improve flexibility and reduce the risk of injury. Stretching when your muscles are warm and pliable is more effective and safer than doing static stretches on cold muscles.

Psychological Benefits: A cool down can also provide a mental transition from the intense focus of your workout to a more relaxed state. It can help you relax, lower stress levels, and enhance your overall sense of well-being.

A typical cool down might include 5-10 minutes of low-intensity aerobic exercise (like walking or jogging at a slow pace) followed by mobility exercises and static stretches to target the major muscle groups worked during the workout.