

Fitness Test

Duration:50 minutes approx.

Where: In a 25M pool lane without other traffic.

You will need : Hockey Gear, A watch/clock to read off seconds and minutes, some method of recording time records, an ability to take your pulse, A puck is helpful.

#1. Exercise. 20 lengths of Over-Unders With 10 sec. Rests (Timed)

This is designed to combine aerobic surface and anaerobic u/water sprints, with some recovery, simulating a game situation.

Don mask, snorkel and fins. Sprint on surface ½ way across 25m pool and underwater second 1/2.Touch turn. No spin turn. No huge fin push off the walls. Repeat for next length.

After 1 lap(2lengths) touch and check clock immediately, rest no less than 10seconds .before taking off again. Do not push off the walls.

Do this for 20lengths(10laps). Note your final time after touching wall on 10th lap.

Puck Counter Tip- I put a puck at the start/stop end of the pool on the bottom 10 tiles out from the wall and use it as a counter. Every time I go past it underwater, I Move it 1 tile closer to the wall, After 10 tiles it touches the back wall and I know I have completed 10 laps-20lengths

Take your pulse over 15sec immediately after completion. 1 minute after finish of first pulse, take a second 15sec.reading. Record a) swim time total, b) pulse1 and c) pulse2.

Rest and Stretch between 4- 5 minutes between touch on wall of last swim and start of next.

#2 Exercise. 25m Underwater Lengths -6@30seconds,6@45seconds repeated. Total 24 lengths.

Same gear as #1 exercise.

You do not have to time how long it takes to complete this whole exercise since you will be touching the wall within set times. Should take 15 minutes to complete.

Only a few rules here: No big fin push off. No leaving early.(you might be tempted to bank some time on the 45s but you must leave no earlier than the required 30 or 45 seconds before your next length must be completed). You can leave later but you must touch the opposite wall within the required 30/45 sec. time period. If you get to the wall late on any length, add it to the end of your 24 lengths.

Tip For 45 second Lengths. If you are using a pool clock to time your take-offs and you begin on the 0/60 second, your 1st completed time is before the 45 second mark, next is before the 30 mark, next is before the 15 and so on until your sixth and last 45 is completed again before the 30 sec. mark.

Take your 15 sec. pulse immediately after touching and 1 minute after completing first pulse
Take a Record a)if you completed this or how many extra lengths you had to do plus b)pulse1 and c) pulse 2.

Rest and Stretch a total of 4-5 minutes between touch on wall of last swim and start of next.
Remove your fins.

#3 Exercise. Triathlon Surface Swim Training. 10 lengths total. 3 lengths of 4 strokes per breath in/out, 3 lengths of 5 strokes per breath in/out, 3 lengths of 6 in/out and 1 last length sprint to wall stroke and breathe. Timed.

Gear: snorkel and mask. NO FINS. No spin turns. Pushing off wall OK. You can rest/breathe up at the end of each length if needed. Most important is that you complete each length with required strokes/breath. If you cannot complete a length as prescribed, repeat it taking as much rest as you need to be able to complete it.

Record your finish time and pulse. Take your pulse over 15sec immediately. 1 minute after finish of first pulse, take a second 15sec. reading. Record a) swim time total, b) pulse1 and c) pulse2.

Rest and Stretch a total of 2-3 minutes between touch on wall of last swim and start of next.

#4 Exercise. 10 lengths of Surface Sprints with 10 sec. Rests. Timed.

Gear: Snorkel, Mask NO FINS.

10 lengths (5 laps) of sprinting on the surface.

At completion of each lap (2 lengths), rest for no less than 10 seconds.

Pushing off wall OK. No spin turns.

Record your finish time and pulse. Take your pulse over 15sec immediately. 1 minute after finish of first pulse, take a second 15sec. reading. Record a) swim time total, b) pulse1 and c) pulse2.

#5 Exercise 50m Puck Flick. Timed

Gear: Full Hockey Gear and a puck.

Place puck 6 feet from the wall. Frog Dive to puck and flick immediately in direction of opposite wall. Carry on as fast as possible flicking to the opposite wall. . Count flicks in head. Hit puck to wall and use back of stick to flick puck out from wall and carry on to opposite wall, all the while counting flicks. When you hit the wall with puck after 50m surface and Record time to complete. Add 5 seconds for every time you had to resurface from start. Frog Dive down each time you resurface. Result is calculated by the seconds to complete 50m added to the number of flicks required.

If it takes you 45seconds to complete 50m and you surface once, you flick the puck a total of 16 times your result is $45 + (1 \text{ of } 5 \text{ sec. resurfaces}) + 16 = 66$. Aim for below 60

Finish