

# Susquehanna Field Hockey Running Program

## Week 1: July 25 – July 30

Monday- 30 min jog  
Tuesday- 1 mile run Time: \_\_\_\_\_ \*send Kate and Erica 1 mile times  
Wednesday- Weight Training 3:30-4:30 (high school)  
Thursday- Open Field Hockey 6:00-7:00pm (Hanna)  
Friday- 4 x 100 sprints (30 seconds rest between)  
          5 x 75 yard sprints (25 seconds rest between)  
          6 x 50 yard sprints (20 seconds rest between)  
          7 x 25 sprints (15 seconds rest between)  
Saturday- 20 minute run Distance: \_\_\_\_\_

## Week 2: August 1 – 6

Monday- 1 mile run Time: \_\_\_\_\_ \*send Kate and Erica 1 mile times  
Tuesday- 30 min jog  
Wednesday- Weight Training 3:30-4:30 (high school)  
Thursday- Open Field Hockey 6:00-7:00pm (Hanna)  
Friday- 4 x 100 sprints (30 seconds rest between)  
          5 x 75 yard sprints (25 seconds rest between)  
          6 x 50 yard sprints (20 seconds rest between)  
          7 x 25 sprints (15 seconds rest between)  
Saturday- 20 minute run Distance: \_\_\_\_\_

## Week 3: August 8 – 13

Monday- 1 mile run Time: \_\_\_\_\_ \*send Kate and Erica 1 mile times  
Tuesday- 30 min jog  
Wednesday- Weight Training 3:30-4:30 (high school)  
Thursday- Open Field Hockey 6:00-7:00pm (Hanna)  
Friday- 4 x 100 sprints (30 seconds rest between)  
          5 x 75 yard sprints (25 seconds rest between)  
          6 x 50 yard sprints (20 seconds rest between)  
          7 x 25 sprints (15 seconds rest between)  
Saturday- 20 minute run Distance: \_\_\_\_\_

## Week 4: August 15 – 20

### Preseason Week

Monday- Conditioning 7:00-8:00 am  
          Stick work & Drills 5:00-8:00 pm  
Tuesday- Conditioning 7:00-8:00 am  
          Stick work & Drills 5:00-8:00 pm  
Wednesday- Conditioning 7:00-8:00 am  
          Stick work & Drills 5:00-8:00 pm  
Thursday- Conditioning 7:00-8:00 am  
          Stick work & Drills 5:00-8:00 pm  
Friday- Conditioning 7:00-8:00 am  
          Stick work & Drills 5:00-8:00 pm  
Saturday- **Scrimmage Away at Central Dauphin 10:00 am**