

Field Hockey Spring 2020
Regeneration Phase – 4 weeks
March 23 – April 18

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 OFF	23 Circuit #1	24 Cardio 60'	25 Circuit #2	26 Run 30'	27 Circuit #3	28 Yoga 45'
29 OFF	30 Circuit #1	31 Cardio 60'	1 Circuit #2	2 Run 30'	3 Circuit #3	4 Yoga 45'
5 OFF	6 Circuit #1	7 Cardio 60'	8 Circuit #2	9 Run 30'	10 Circuit #3	11 Yoga 45'
12 OFF	13 Circuit #1	14 Cardio 45'	15 Circuit #2	16 Run 20'	17 Circuit #3	18 OFF

Cardio – Movement! Go on a walk, hike, bike ride, Peloton/P90x/Beach Body workout

Yoga – Down Dog, Peloton, Vibe Yoga

Run – Get outside! Aerobic run

CIRCUIT #1	WEEK 1	WEEK 2	WEEK 3	WEEK 4
AMRAP (for time) Burpees x 10 Lunges x 10e Push-Ups x 10 Sit-Ups x 10 Mountain Climbers x 15e Glute Bridge x 15 Band Rows x 15 Band Paloff Press x 15e	20'	25'	30'	20'

CIRCUIT #2	WEEK 1	WEEK 2	WEEK 3	WEEK 4
:30on/:30off Squat Jumps Band Pullaparts Russian Twists Skater Hops Band Shoulder Press V-Ups	3 ROUNDS	4 ROUNDS	5 ROUNDS	3 ROUNDS

CIRCUIT #3	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Mini Band Squats x 15 Mini Band Lateral Plank Walks x 10e Mini Band Deadbug x 10e (around knees) Single Leg RDL x 10e Mini Band Assisted Push-Up x 10 (above elbows) Straight Leg Raises x 15 Banded Lateral Walks w/ Upright Row Hold x 10e Mini Band Face Pulls x 15e Shoulder Taps x 10e	2 ROUNDS	3 ROUNDS	4 ROUNDS	2 ROUNDS