



The  
Ultimate Guide to  
**WEIGHT**  
**TRAINING**  
for **FIELD**  
**HOCKEY**



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# CONTENTS

<b>Part I</b>	<b>YEAR ROUND PROGRAM</b>	
	Introduction	vii
	Off-season Program	viii
	In-season Program	xiii
<b>Part II</b>	<b>GETTING STARTED</b>	
	Warming Up	1
	Cooling Down	2
	Abs	3
	Stretching	9
	Proper Form	13
	Proper Breathing	14
<b>Part III</b>	<b>RECOMMENDED EXERCISES</b>	
	Substituting Similar Exercises	15
	Chest Exercises	16
	Back (Lats) Exercises	20
	Shoulders Exercises	24
	Triceps Exercises	29
	Biceps/Forearms Exercises	33
	Legs Exercises	37
<b>Part IV</b>	<b>THE NECESSITIES</b>	
	Perfecting Your Technique	43
	Estimating Your One-Rep Max	44
	The Different Folks, Different Strokes Principle	48
	Overtraining and Staleness	48
	The Declaration of Variation	50
	Muscle Fibers	51
	Training Techniques	53
	When to Increase	55
	Safety Reminders	55
	Record Keeping	57
	Test Yourself	60
	Conclusion	60



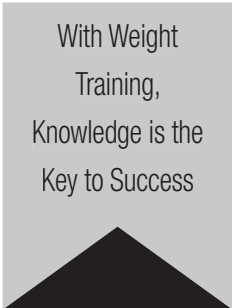
# Part I

# YEAR-ROUND PROGRAM



## Introduction

By opening *The Ultimate Guide to Weight Training for Field Hockey*, you have taken your first step towards achieving your athletic potential. This book is loaded with the most up-to-date sports weight training information and features a year-round field hockey-specific weight-training program. Upon completion of the text, you will know how to properly, safely, and effectively perform over 80 exercises and you will be ready to begin your training.



With Weight  
Training,  
Knowledge is the  
Key to Success

The true importance of this book lies in the field hockey-specific program in the front of the book. It was created for one reason and one reason only; to improve your field hockey potential. It does this by increasing your strength, explosion, power, endurance, and flexibility in the parts of your body that are most important for field hockey. The program was designed to supply you with the advantage you will need to outperform your opponents. By following the program, you will build your muscles with strength and endurance as well as explosion, power, and agility. When called upon, you will be physically prepared and mentally ready to compete at the highest of your potential.

Although the sport of field hockey is primarily a sport focusing on leg strength and endurance, there are certain upper-body muscle groups that should not be ignored in order to achieve your maximum potential. *The Ultimate Guide to Weight Training for Field Hockey* does not overlook the importance of these muscle groups and has you training your entire body in order to maximize your potential.

This book does not teach you how to perform specific movements. It does not show you the best strategies to maneuver past your opponent, nor does it give you any tips to improve your specific skills. This book does, however, provide you with the best methods, program, and strategies available to physically improve your body and maximize your field hockey potential!

## Off-Season Training

The off-season is the time in any sport to build up your muscles, become stronger, and more powerful. The off-season program consists of four different four-week routines cycled together to build both absolute strength and explosive power. The first and third routines are designed for you to put on size and strength while the second and fourth programs are designed for power and explosion.



After following the first two 4-week off-season programs, be sure to take one week away from the gym to let your muscles rest and grow stronger before beginning your final two 4-week programs.

Variation is one of the keys to a great workout program. The most important reason to vary your routines is so you can continue making progress and gains. Your body will eventually adapt to any routine it's on, so it is very important to change routines once your gains have stopped and your strength has peaked. Four weeks is the most effective time period to follow any one routine. For more information on the importance of variation to weight training look in *The Ultimate Guide to Weight Training for Sports*.

It cannot be stressed enough that during the off-season, you must supplement your weight-training activities with some sort of sport-specific activities to keep your body in proper shape. You must continue to practice your skills throughout the off-season to help keep your body loose and ready for the next season.

## Strength Training

The stronger the vital areas of your body are, the better off you will be. Although some muscles are more important than others, every muscle in your body needs to be well trained. Five important aspects to strength training that the book provides:

**Compound exercises:** Each program contains many compound exercises, that is, an