

Field Hockey

12-Week Off-Season Conditioning Plan

Instructions

This field hockey-specific conditioning plan is designed to be implemented 3x/week in the 12 weeks leading up to the start of your season. If you do not have 12 full weeks to train, start part-way through—completing Week 12 the week before your season begins. Complete the conditioning protocol given for each day. Rest the prescribed time interval between sets.

Week #1: May 18th-24th 2025

CONDITIONING



WEEK 1 Aerobic Base

DAY 1

Field Run (4 Min) x 3

Rest 3 min

Instructions: On a field, jog the long ends and sprint the short ends for the given time interval.

DAY 2

Tempo 100s x 10

Goal time is <22 sec

Instructions: Sprint 100 yd, then walk back to start. Repeat every minute on the minute. Try to complete sprint within the specified time frame.

DAY 3

Field Run (2 Min) x 4

Rest 2 min

Instructions: On a field, jog the long ends and sprint the short ends for the given time interval.

CONDITIONING



WEEK 2 Aerobic Base

DAY 1

Field Run (4 Min) x 4

Rest 3 min

Instructions: On a field, jog the long ends and sprint the short ends for the given time interval.

DAY 2

Tempo 100s x 10

Goal time is <22 sec

Instructions: Sprint 100 yd, then walk back to start. Repeat every minute on the minute. Try to complete sprint within the specified time frame.

DAY 3

Field Run (2 Min) x 5

Rest 2 min

Instructions: On a field, jog the long ends and sprint the short ends for the given time interval.

CONDITIONING



WEEK 3 Aerobic Base

DAY 1

Field Run (4 Min) x 4

Rest 3 min

Instructions: On a field, jog the long ends and sprint the short ends for the given time interval.

DAY 2

Tempo 100s x 10

Goal time is <20 sec

Instructions: Sprint 100 yd, then walk back to start. Repeat every minute on the minute. Try to complete sprint within the specified time frame.

DAY 3

Field Run (2 Min) x 5

Rest 2 min

Instructions: On a field, jog the long ends and sprint the short ends for the given time interval.

CONDITIONING



WEEK 4 Aerobic Base

DAY 1

Field Run (4 Min) x 5

Rest 3 min

Instructions: On a field, jog the long ends and sprint the short ends for the given time interval.

DAY 2

Tempo 100s x 12

Goal time is <19 sec

Instructions: Sprint 100 yd, then walk back to start. Repeat every minute on the minute. Try to complete sprint within the specified time frame.

DAY 3

Field Run (2 Min) x 6

Rest 2 min

Instructions: On a field, jog the long ends and sprint the short ends for the given time interval.

CONDITIONING



WEEK 5 Aerobic Power

DAY 1

Shuttle (6) 25 yd x 3

Rest 2 min

Instructions: Sprint the given distance down and back for (x) number of times each set.

DAY 2

Mixed 100s x 10

Instructions: In a straight line, stride 30 yd, sprint 30 yd, jog 20 yd, and walk 20 yd (100 yd total). Turn around and immediately start the next set after walk.

DAY 3

Shuttle (6) 50 yd x 3

Rest 2 min

Instructions: Sprint the given distance down and back for (x) number of times each set.

CONDITIONING



WEEK 6 Aerobic Power

DAY 1

Shuttle (6) 25 yd x 4

Rest 2 min

Instructions: Sprint the given distance down and back for (x) number of times each set.

DAY 2

Mixed 100s x 12

Instructions: In a straight line, stride 30 yd, sprint 30 yd, jog 20 yd, and walk 20 yd (100 yd total). Turn around and immediately start the next set after walk.

DAY 3

Shuttle (6) 50 yd x 3

Rest 2 min

Instructions: Sprint the given distance down and back for (x) number of times each set.

CONDITIONING

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WEEK 7 Aerobic Power

DAY 1

Shuttle (6) 25 yd x 6

Rest 2 min

Instructions: Sprint the given distance down and back for (x) number of times each set.

DAY 2

Mixed 100s x 14

Instructions: In a straight line, stride 30 yd, sprint 30 yd, jog 20 yd, and walk 20 yd (100 yd total). Turn around and immediately start the next set after walk.

DAY 3

Shuttle (6) 50 yd x 4

Rest 3 min

Instructions: Sprint the given distance down and back for (x) number of times each set.

CONDITIONING



WEEK 8 Aerobic Power

DAY 1

Shuttle (6) 25 yd x 8

Rest 2 min

Instructions: Sprint the given distance down and back for (x) number of times each set.

DAY 2

Mixed 100s x 16

Instructions: In a straight line, stride 30 yd, sprint 30 yd, jog 20 yd, and walk 20 yd (100 yd total). Turn around and immediately start the next set after walk.

DAY 3

Shuttle (6) 50 yd x 4

Rest 3 min

Instructions: Sprint the given distance down and back for (x) number of times each set.

CONDITIONING



WEEK 9 Anaerobic Power

DAY 1

Shuttle (6) 50 yd x 10

Rest 2 min

Instructions: Sprint the given distance down and back for (x) number of times each set.

DAY 2

Ladder Sprints x 5

Rest 60 sec

Instructions: Sprint down and back (in ascending order): 10/20/30/40/50 yd.

DAY 3

Sprint 20 yd x 20

Rest 30 sec

Instructions: Sprint the given distance at maximal speed.

CONDITIONING



WEEK 10 Anaerobic Power

DAY 1

Shuttle (6) 50 yd x 12

Rest 2 min

Instructions: Sprint the given distance down and back for (x) number of times each set.

DAY 2

Ladder Sprints x 6

Rest 60 sec

Instructions: Sprint down and back (in ascending order): 10/20/30/40/50 yd.

DAY 3

Sprint 20 yd x 20

Rest 25 sec

Instructions: Sprint the given distance at maximal speed.

Week # 11 July 27th-August 2nd 2025

CONDITIONING



WEEK 11 Anaerobic Power

DAY 1

Tempo 100s x 12

Goal time is <18 sec

Instructions: Sprint 100 yd, then walk back to start. Repeat every minute on the minute. Try to complete sprint within the specified time frame.

DAY 2

Ladder Sprints x 7

Rest 2 min

Instructions: Sprint down and back (in ascending order): 10/20/30/40/50 yd.

DAY 3

Sprint 20 yd x 20

Rest 25 sec

Instructions: Sprint the given distance at maximal speed.

WEEK 12 Anaerobic Power

DAY 1

Tempo 100s x 14

Goal time is <18 sec

Instructions: Sprint 100 yd, then walk back to start. Repeat every minute on the minute. Try to complete sprint within the specified time frame.

DAY 2

Ladder Sprints x 8

Rest 2 min

Instructions: Sprint down and back (in ascending order): 10/20/30/40/50 yd.

DAY 3

Sprint 20 yd x 20

Rest 20 sec

Instructions: Sprint the given distance at maximal speed.