

Canada Games Ringette – Phase 1: Off-Ice Physical Prep

One Month Out – Athlete Readiness Guide

1. Mental & Lifestyle Readiness

- Sleep: 8–9 hours per night, consistent schedule.
- Hydration: 2–3L/day plus electrolytes if training hard.
- Nutrition: Prioritize protein, whole foods, and timing around training.
- Mindset: Reflect after each session — 'What went well? What do I need tomorrow?'

2. Strength & Power Development

- Lower Body: Split squats, step-ups, glute bridges/hip thrusts.
- Upper Body: Push-ups, TRX or table rows, overhead press (dumbbell or band).
- Core: Dead bugs, bird dogs, side planks with reach-throughs.
- Power: Squat jumps, broad jumps, med ball throws (if available).

3. Explosiveness & First-Step Quickness

- Short Sprint Work: 10m sprints, skater bounds, resisted band shuffles.
- Vertical Power: Tuck jumps, pogo hops (focus on ankle stiffness and spring).

4. Agility & Change of Direction

- Lateral Drills: Cone shuffles with reaction, 5-10-5 shuttle, mirror drill.
- Control: Lateral lunge to balance, 90°/180° landing control, foot ladder drills.

5. Mobility & Movement Quality

- Daily Flow: World's greatest stretch, 90/90 hip switches, deep squat hold + reach.
- T-Spine and Ankle: Thoracic windmills, ankle rockers, foam rolling major muscle groups.
- Recovery: Breathwork, box breathing, and downregulation post-training.

6. Aerobic Conditioning & Recovery Capacity

- Zone 2: 20–40 mins jog, bike, swim, or brisk hike 2–3x/week.
- Repeat Intervals: 30s fast + 30s rest (run, bike, stairs) × 6–10.
- Recovery: Light walk, stretching, yoga, or foam roll on off days.

Weekly Training Volume Guide: Prepping for Camp 1

Category	Sessions/Week	Total Weekly Time
Strength & Power	2–3 sessions	2–2.5 hours
Anaerobic Power / Speed	2 sessions	1–1.5 hours
Agility & Change of Direction	1–2 sessions	0.5–1 hour
Mobility & Recovery Work	Daily (short)	1.5–2 hours total
Aerobic Conditioning (Zone 2)	2–3 sessions	1.5–2 hours
Mental & Lifestyle Readiness	Ongoing	Integrated (daily habits, sleep, nutrition tracking, journaling)

Total Target Volume

6–9 hours/week

This range allows for intensity variation, while balancing with other sport or life commitments.