



BY SIGNE RONKA

Strength in Unity

Implementing Off-Ice Training at Your Club

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ABOUT ME...

- **Competitive History-**
(Coached by Ellen Burka & Marcus Christensen)
 - Canadian bronze medalist- Junior Ladies
 - Junior Grand Prix Finalist
 - Junior Worlds Competitor
 - Canadians Senior Ladies (10th)
- **Education/Memberships**
 - Honours BA from University of Toronto
 - National Strength & Conditioning Association
 - Skate Canada Association & Hall of Fame/Heritage Committee Member
- **Certifications**
 - Certified Strength & Conditioning Specialist (CSCS)
 - Personal Trainer Specialist (PTS)
 - NCCP 3 National Competitive Coach (Canada)
- **Business Owner**
 - Flexafit by Signe Ronka
 - Publisher/Editor-in-Chief, Figure Skater Fitness Magazine



Today's Topics

Importance of Off-Ice Training

Coach Led Off-Ice Classes

Using the Space You Have

Dealing with Time Constraints

Key Exercises to Integrate

Importance of Off-Ice Training

- Builds body strength for power on jumps and speed

- Proprioceptive training for spatial and body awareness (balance/coordination/off-ice jumps, etc)

- Conditioning the heart for program endurance (high intensity workouts, cardio, etc)

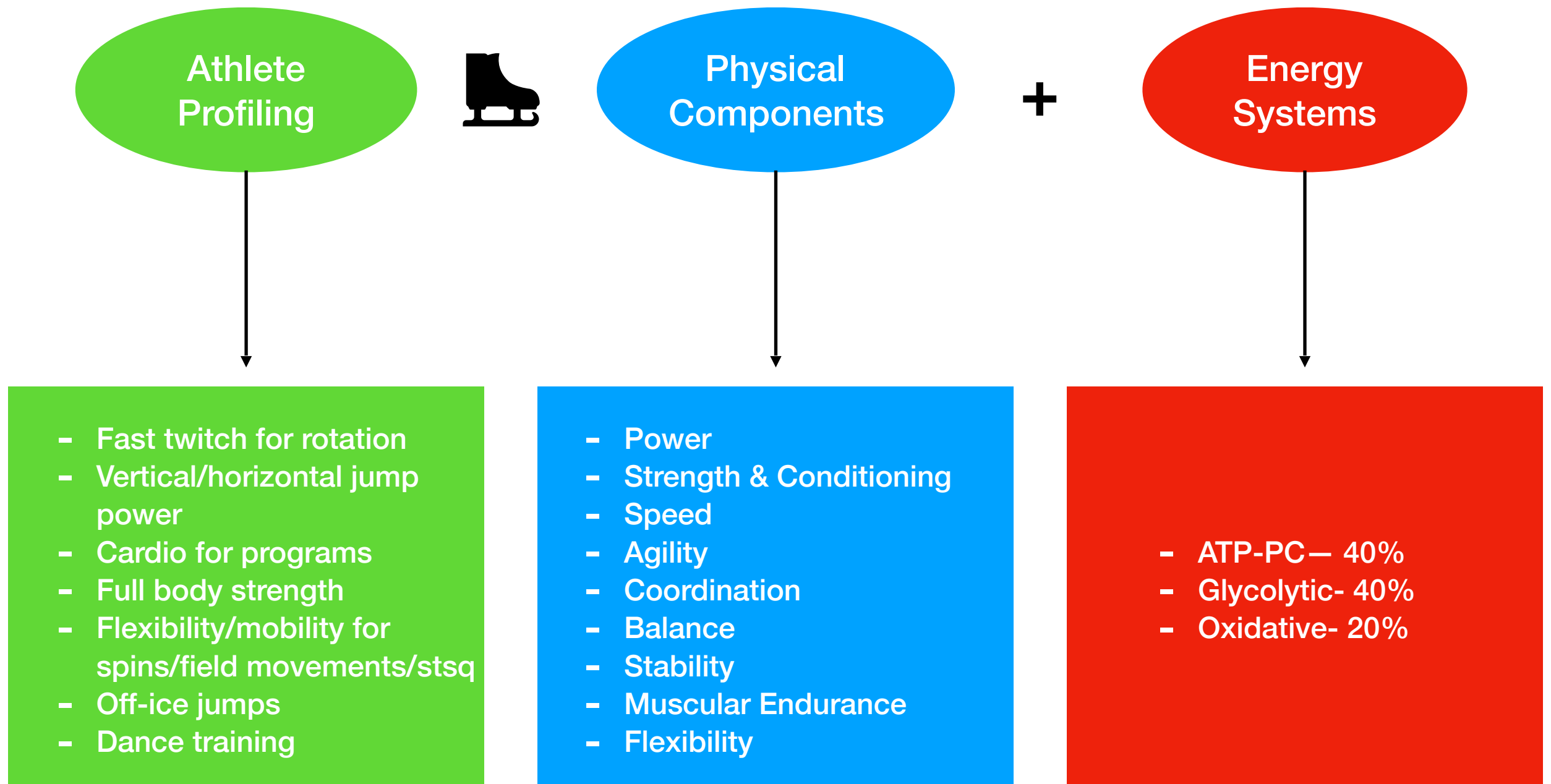
- Train to improve the lactate threshold to last longer sessions with less fatigue

- Injury prevention through warm up/cool down exercises

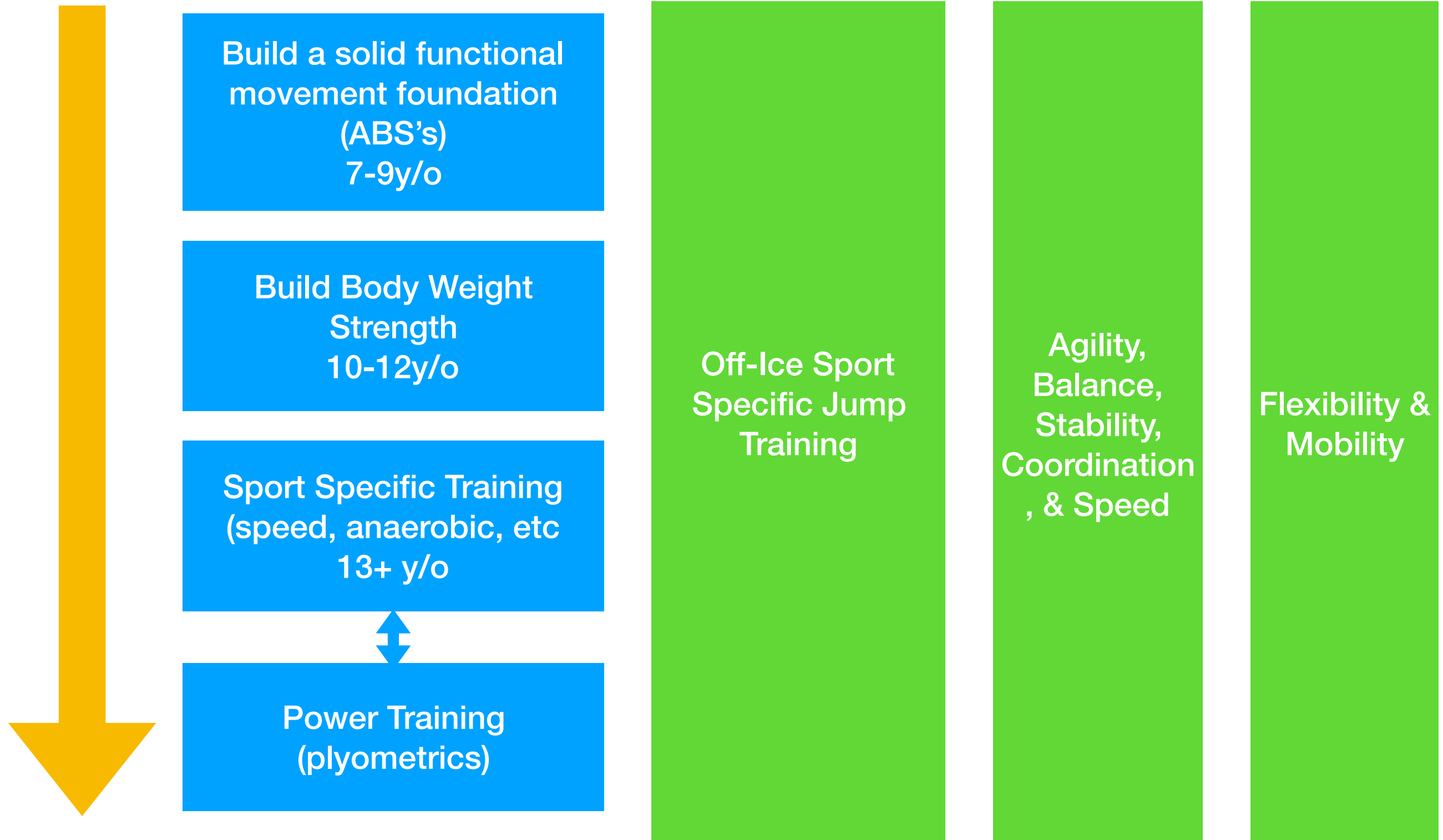
- Strengthening the body; conditioning muscles for rapid contraction, preventing strains/sprains

Improve flexibility and range of motion to allow muscles free movement (spirals, jumps, spins, etc)

What is Sport Specific Training?



Specialization vs Athletic Development



Coach Led Off-Ice Classes

- Know your fitness basics

- Consult with a strength coach for advice on technique

- Start with fundamentals and develop basic skills

- Practice sport specific skills like off-ice jump basics

Example Warm Up (5-10min):

1. High knees X 40
2. Butt kicks X 40
3. Skips X 10
4. Hop hop landing position
5. Inch worm + push up
6. Dynamic stretch kicks (front, side, back)
7. Off-ice jumps

What should a typical warm up routine include?

1. Blood flow activation exercises



What should a typical warm up routine include?

2. Sport specific drills



What should a typical warm up routine include?

3. Dynamic Stretching

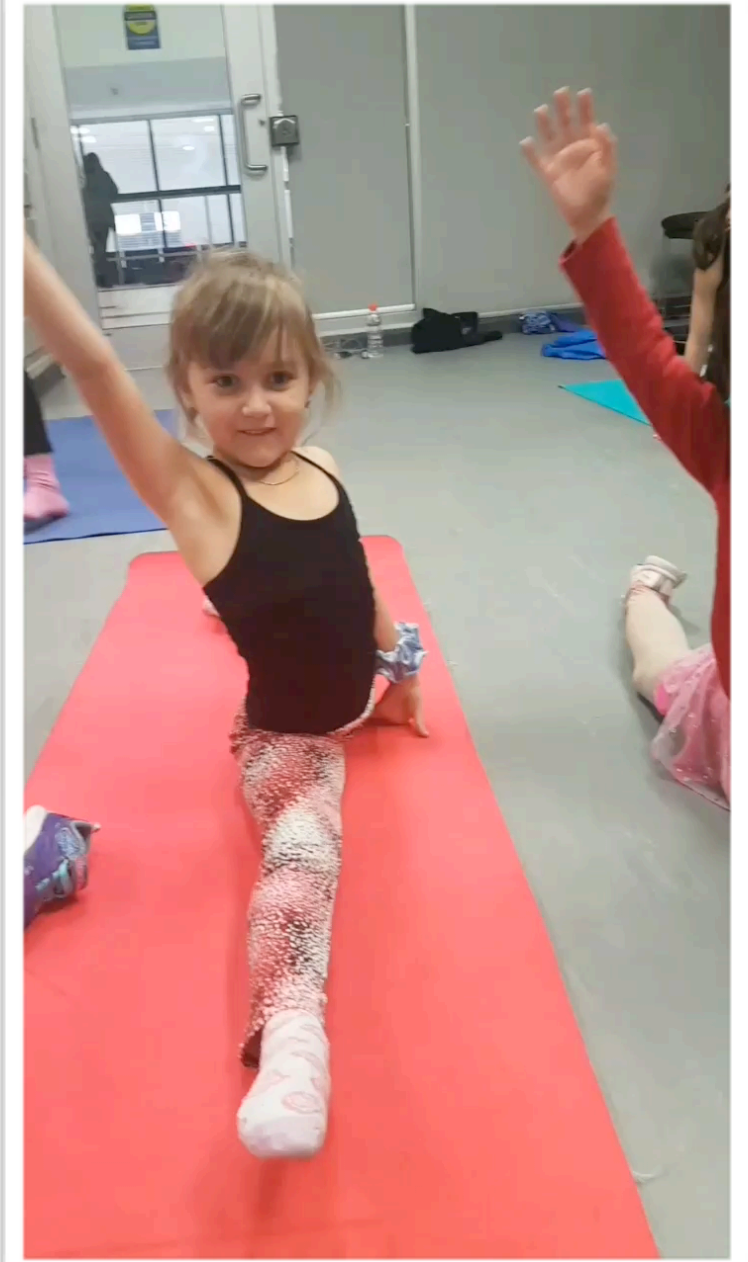


What should a typical cool down routine include?



Light jog, bike, jump rope for 5-10 min helps flush lactic acid & lower heart rate slowly

Static Stretching for 1-3 min allows muscles to relax and get deeper stretch



Flexibility Training

Stretch Sessions



Flexibility Training

Stretch Sessions



AGE APPROPRIATE TRAINING

1. Learn to Skate
(age: females 3-8; males 3-9)
2. Learn to Train
(age: females 7-11; males 8-12)
3. Learn to Compete
(age: females 9-13; males 10-14)
4. Train to Compete
(age: females 10-16; males 11-17)
5. Learn/Live to Win
(age: female 13-19; male 14-21) 15 +
6. Active for Life (any age)

Age 7-11
1-2 days/week Off-ice jumps introduced
Encourage learning about: <ul style="list-style-type: none">- warm-up- cool-down- stretching- nutrition- hydration- rest and recovery

LTAD- Skate Canada

AGE APPROPRIATE TRAINING

Age
7-11

1-2 days/week
Off-ice jumps introduced

Fundamental Skills

- Run
- Jump
- Coordination
- Balance
- Agility
- Throwing



@Airdrie Skating Club

AGE APPROPRIATE TRAINING

Age
9-13

3-5 days/week

Each session should be approximately one hour in length.

Should include some type of dance and movement classes for both males and females.

Strength training sessions for females are of particular importance. Sessions should focus on exercises that utilize body weight, medicine balls, and exercise/stability balls.

Stamina also needs to be a focus for both females and males and cardiovascular conditioning sessions should be introduced.

LTAD- Skate Canada

AGE APPROPRIATE TRAINING

Age
9-13

3-5 days/week

- Body weight strength training
 - Core
 - Lower body
 - Upper Body
- Off-Ice Jumps
- Cardio circuits (metabolic training)
- Muscular endurance training
- Flexibility



AGE APPROPRIATE TRAINING

Age
10-16

4-13 hours/week

In addition to warm-up and cool-down periods, athletes optimal on-ice activity at this level ranges from four hours (for younger ages) to 13 hours (for older athletes).

All off-ice activity should be focused on enhancing on-ice performance.

This might include off-ice jump classes, dance, movement and theatre classes, core strength conditioning, flexibility work, cardiovascular enhancement and overall strength training.

LTAD- Skate Canada

AGE APPROPRIATE TRAINING

Age
10-16

4-13 hours/week

- Sport specific training drills
- Strength & Conditioning (added load)
 - Upper body
 - Core
 - Lower body
- Off-Ice Jumps
- Speed & Agility
- Metabolic Circuits
- Heart Rate Zone Training
- Balance, Stability & Mobility Training
- Flexibility



AGE APPROPRIATE TRAINING

Age
13-19

**10-14 hours/week
S&C 5 days/week**

In general, off-ice training needs to have the same commitment as on-ice training and needs to include short, medium and long-term goals.

Specific work done off-ice must reflect the principles of periodization and take into account the age, growth and development of the athlete.

At this level off-ice programs should be very sport-specific and based on the individual needs and fitness test results of the athlete.

LTAD- Skate Canada

AGE APPROPRIATE TRAINING

Age
13-19

10-14 hours/week
S&C 5 days/week

Periodization

Focus on Individual Needs

- Sport specific training drills
- Strength & Conditioning (added load)
 - Upper body
 - Core
 - Lower body
- Off-Ice Jumps
- Speed & Agility
- Metabolic Circuits
- Heart Rate Zone Training
- Balance, Stability & Mobility Training
- Flexibility



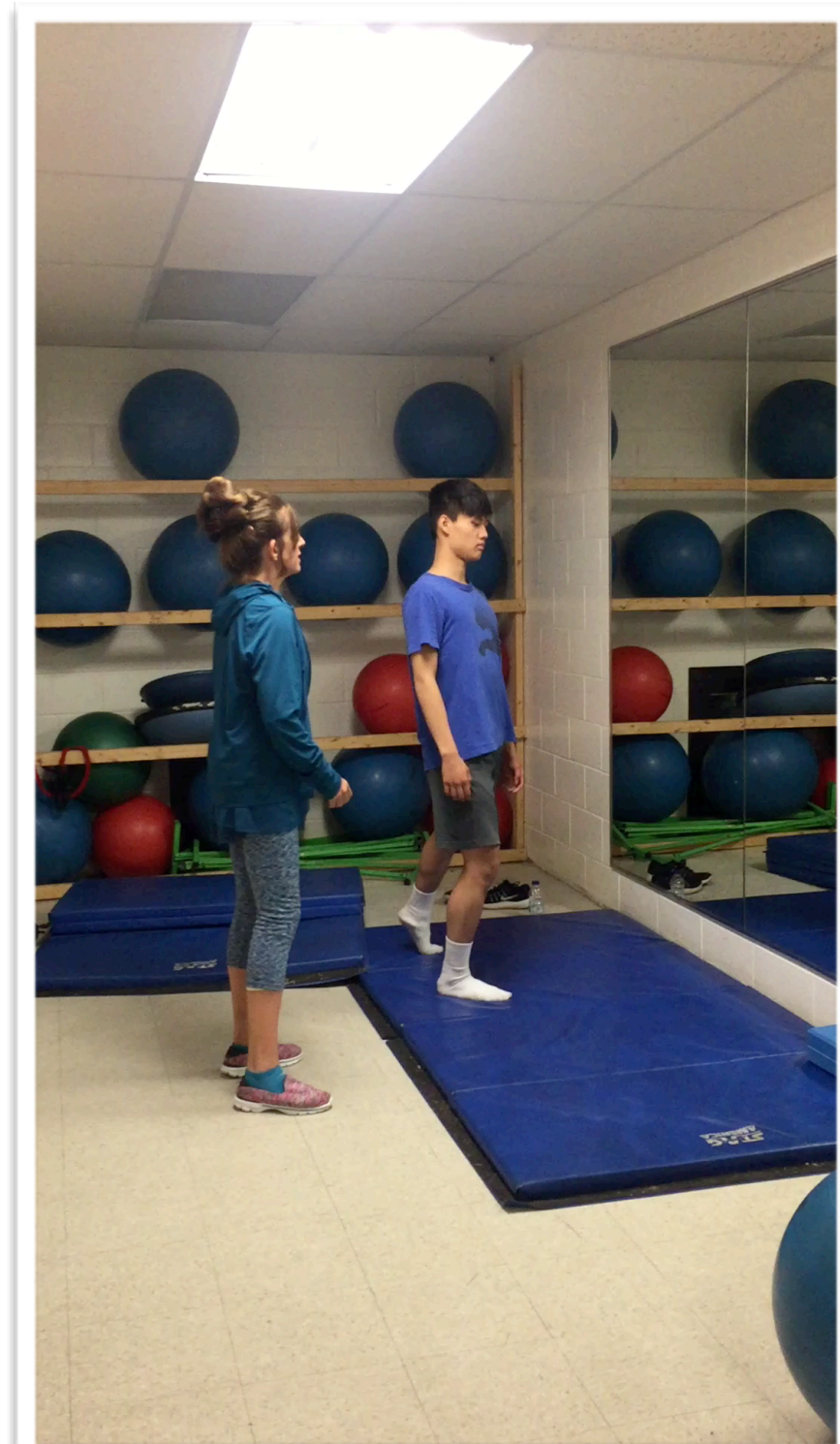
AGE APPROPRIATE TRAINING

Age
7-19+

1-3 Times Per Week Ongoing

Dance Training

- Flow of body movement
- Body awareness
- Improves learning choreography on the ice
- Self confidence in movement
- Extensions
- Musicality
- Posture



Using the Space You Have

- Stationary exercises are most suitable

- Implement partner workouts

- Split skaters into 2-3 groups (ex: off-ice jumps in a change room)

- Use hallways or skating rink area to run off-ice (if permitted)

Dealing with Time Constraints

Implement a 5-10 min warm up between sessions

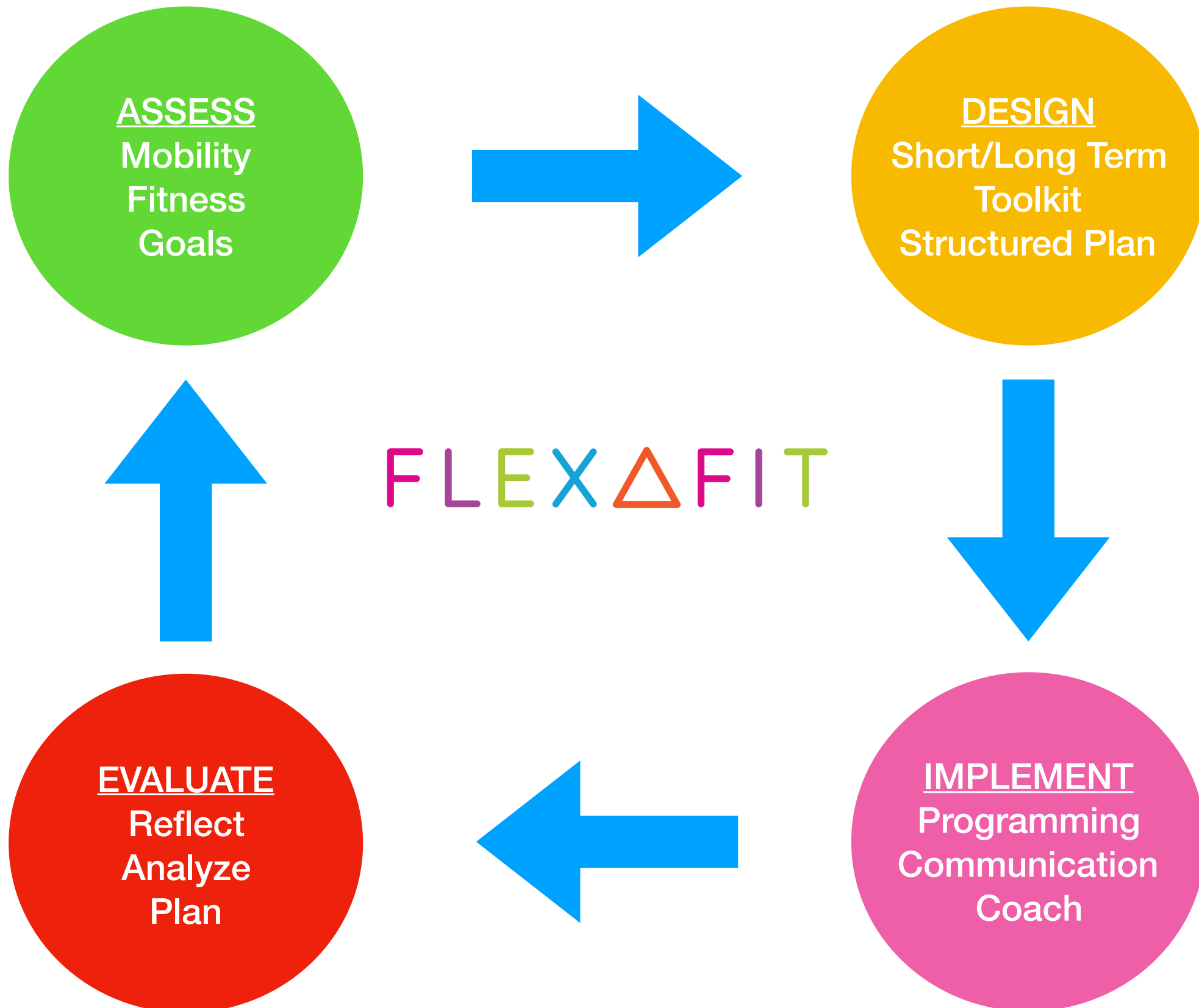
Add 30 min sessions for a quick HIIT workout or off-ice jumps

Print out warm up/cool down exercises and tape to the wall in the changerooms

Place off-ice classes before or after sessions that match with skaters on ice training

Flexafit Standard- Educate + Motivate + Teach

Teaching why fitness training is key for long lasting athletes

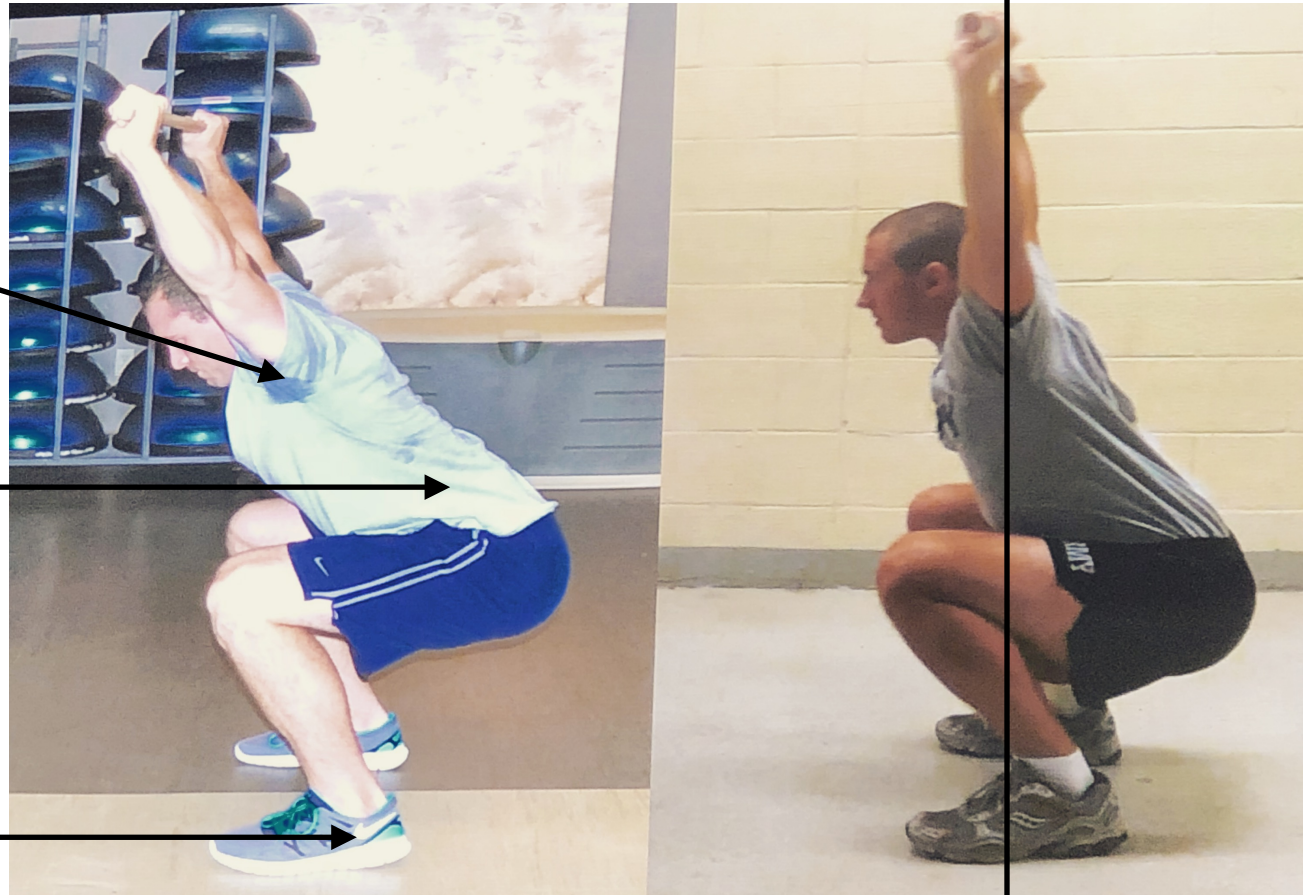


Mobility First!

Shoulders

Hips

Ankles



Reference: David Frost, PhD, CSCS

Movement Assessment

Overhead Squat with Heels Down

Ankle Dorsiflexion

- **Knees past toes (ROM)**
- **Knee in line with hips/feet (Control)**

Hip Flexion

- **Thigh parallel with floor (ROM)**
- **Normal low back curvature (Control)**

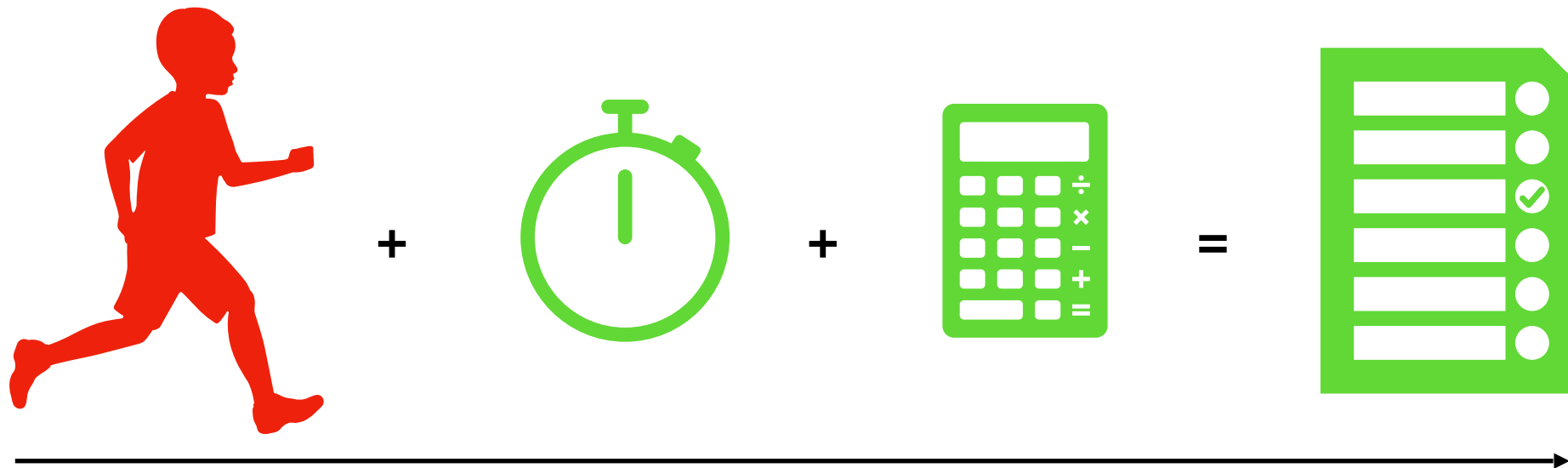
Shoulder Flexion

- **Dowel behind toes (ROM)**
- **Shoulders back and down (Control)**

Reference: David Frost, PhD, CSCS

How can we measure off-ice success?

Flexafit Standardized Testing



Power Output
Anaerobic Capacity
Speed
Agility
Strength
Muscular Endurance
Flexibility

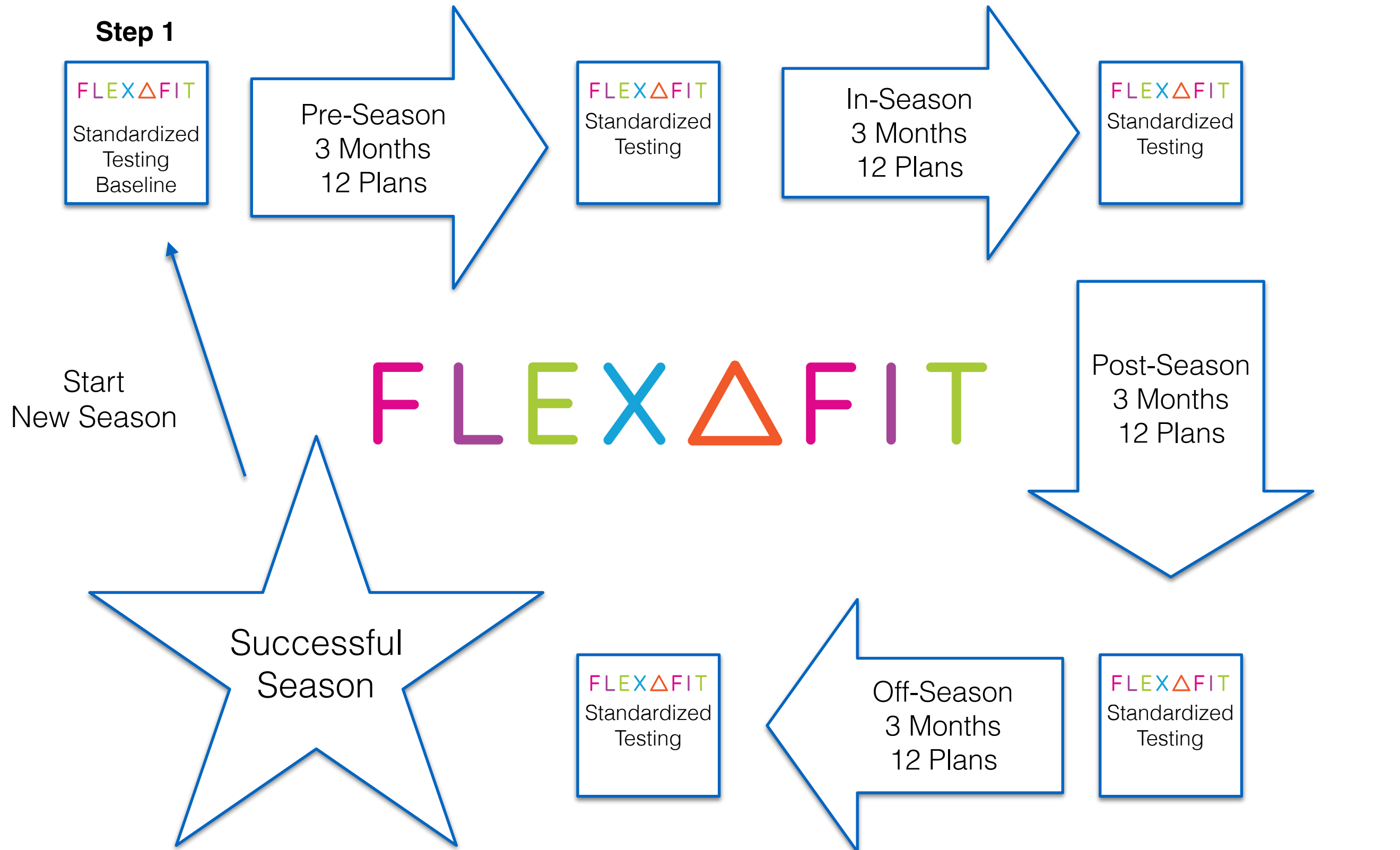
How can we measure off-ice success?

Flexafit Standardized Testing



Example of Power Output- Single Leg Long Jump

HOW IT WORKS...



How to generate more height in jumps?

STEP 1

Triple Extension

STEP 2

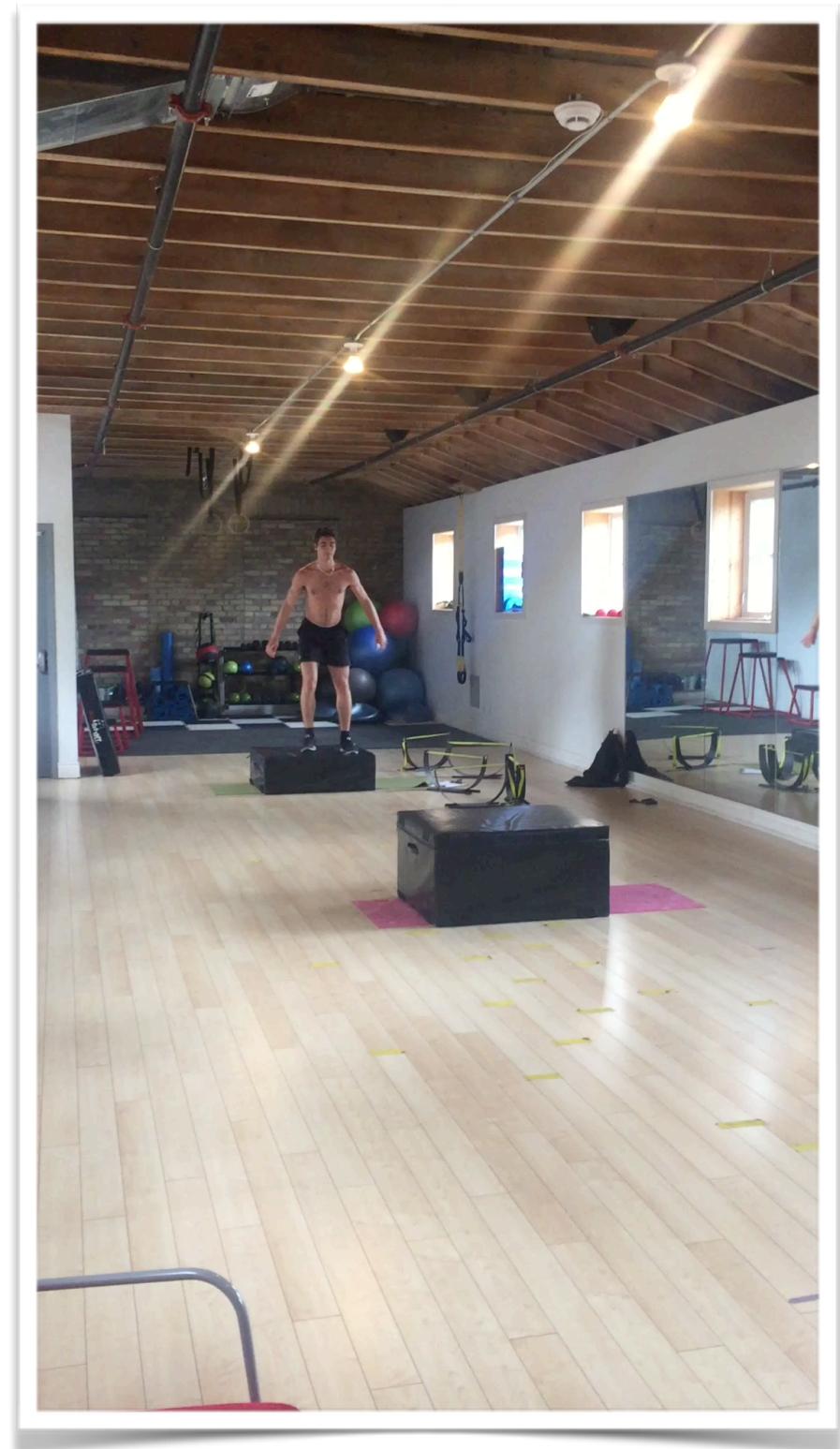
**Maximum Power Training
Off Two Feet & Single Leg**

STEP 3

Plyometrics

STEP 4

Add Load



How to increase quick twitch for rotation?

Functional Core Exercises



Off-Ice Fast Twitch Exercises



Walk throughs are key to train proprioceptive movement!

How to increase quick twitch for rotation?



How to increase quick twitch for rotation?



How to increase quick twitch for rotation- off-ice?

Before



After



Why skaters need to train deep/intermediate hip muscle groups?

Gluteus Medius Muscle - Function

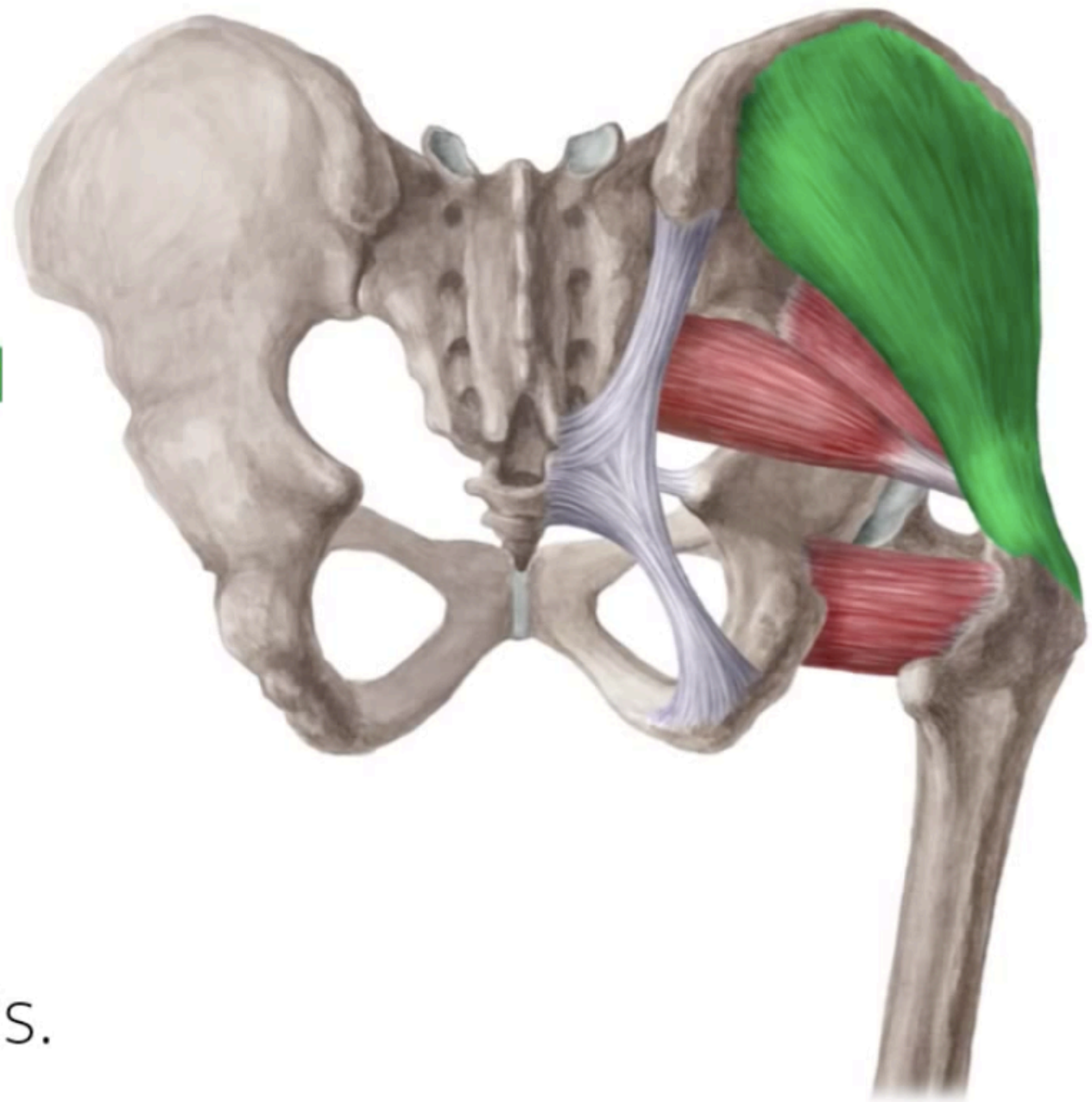
function:

One of the most powerful abductors and internal rotators of hip.

Flexion and internal rotation.

Extension and external rotation.

Stabilization of the pelvis.



Why skaters need to train deep/intermediate hip muscle groups?

Stability of the pelvis

Prevent wear and tear of hip joint

Improve spiral extensions

Improve internal rotation of the hips for in air position



Why is it important to periodize your skaters off-ice plan?

Skaters training on the ice changes throughout the season.

Off-Ice training should change along with on-ice goals.

Helps prevent over training

Manage injury reduction

**Adjust training/tapering for
competitions**

FIGURE SKATER PERIODIZATION

“Periodization is defined as the “long-term cyclic structuring of training and practice to maximize performance to coincide with important competitions.” - Sport Strength Training Methodology

Pre-Season	In-Season	Post-Season	Off-Season
July-August	Sep-Feb	Mar/Apr	May/Jun
Intensity- moderate/high	Intensity- moderate	Intensity- low	Intensity- moderate
Load- moderate/high	Load- low/moderate	Load- low	Load- moderate/high
Variation- Anaerobic circuits/ metabolic training/speed/ agility/cardio conditioning	Variation- Plyometrics/anaerobic circuits/functional strength/ speed/agility/sport specific drills	Variation- Recovery/Muscular endurance/Various forms of cardio	Variation- Muscular endurance/ metabolic circuits/general strength

Macrocycle —> 1 year
 Mesocycle —> 3-4 weeks
 Microcycle —> 1 week

How do I know if I am on the right track with my skaters off-ice plan?

7 Key Questions to Ask Yourself...

1. How many times a week do they train off-ice?

How do I know if I am on the right track with my skaters off-ice plan?

7 Key Questions to Ask Yourself...

2. What kind of off-ice do they do?

How do I know if I am on the right track with my skaters off-ice plan?

7 Key Questions to Ask Yourself...

3. What do you do to baseline their results?

How do I know if I am on the right track with my skaters off-ice plan?

7 Key Questions to Ask Yourself...

4. Do you have a yearly fitness plan in place?

How do I know if I am on the right track with my skaters off-ice plan?

7 Key Questions to Ask Yourself...

5. Does it cover the key areas of figure skaters training?

How do I know if I am on the right track with my skaters off-ice plan?

7 Key Questions to Ask Yourself...

6. Do you have a qualified instructor teaching these classes?

How do I know if I am on the right track with my skaters off-ice plan?

7 Key Questions to Ask Yourself...

7. How often do you check in to follow up?

How do I know if I am on the right track with my skaters off-ice plan?

7 Key Questions to Ask Yourself...

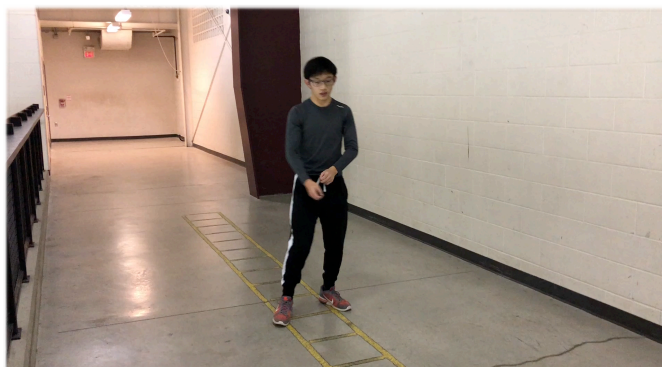
- 1. How many times a week do they train off-ice?**
- 2. What is kind of off-ice do they do?**
- 3. What do you do to baseline their results?**
- 4. Do you have a yearly fitness plan in place?**
- 5. Does it cover the key areas of figure skaters training?**
- 6. Do you have a qualified instructor teaching these classes?**
- 7. How often do you check in to follow up?**

FLEX△FIT PROGRAMS...



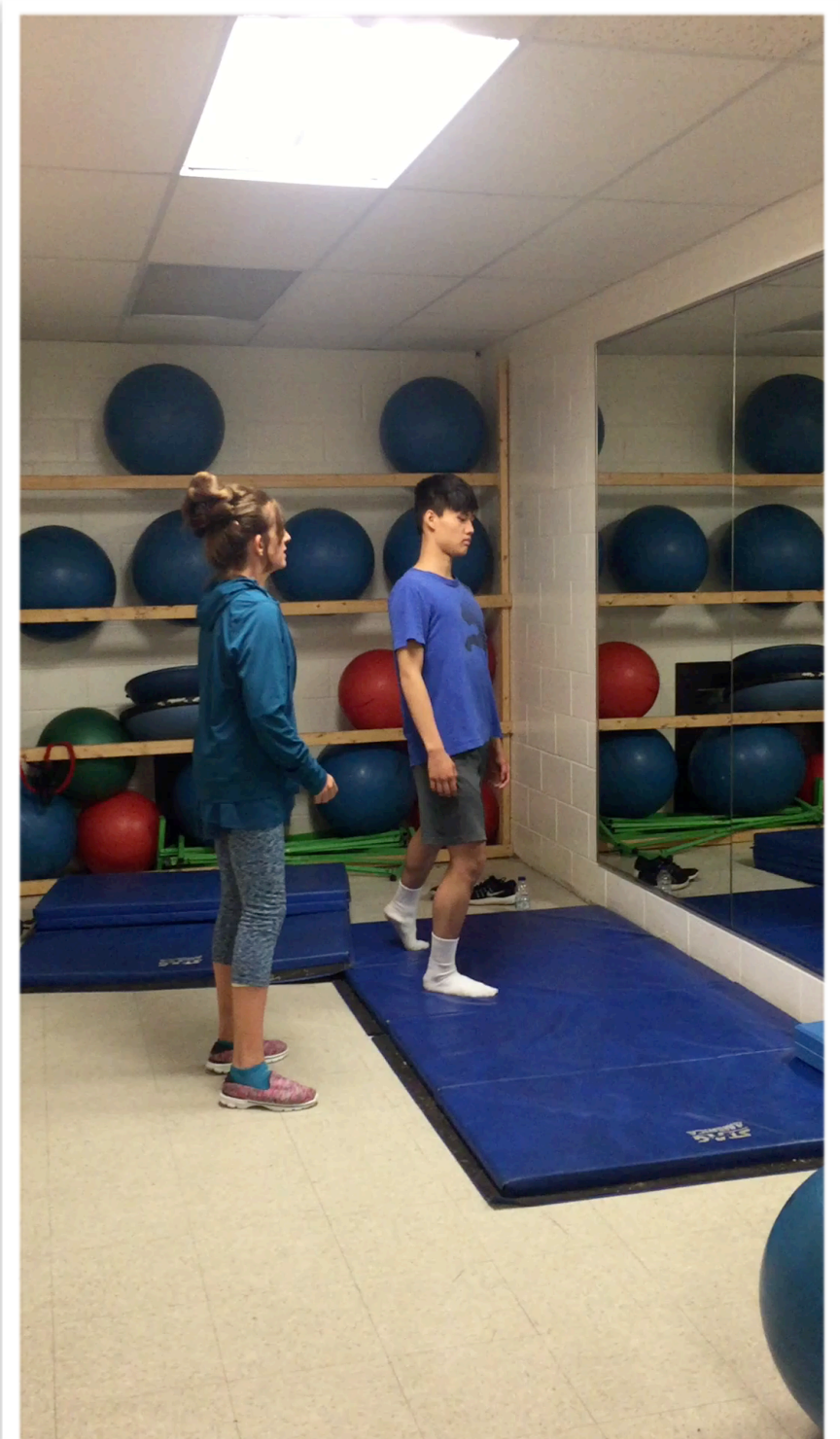
Figure Skater Bootcamp

Off-Ice Jumps/
Plyometrics



Flexibility/Stretch

Week 1 Week 2 Week 3



Dance Fusion

LOCATIONS

ONTARIO

FLEX△FIT



LICENSED LOCATION

FLEX△FIT

SOUTH AFRICA



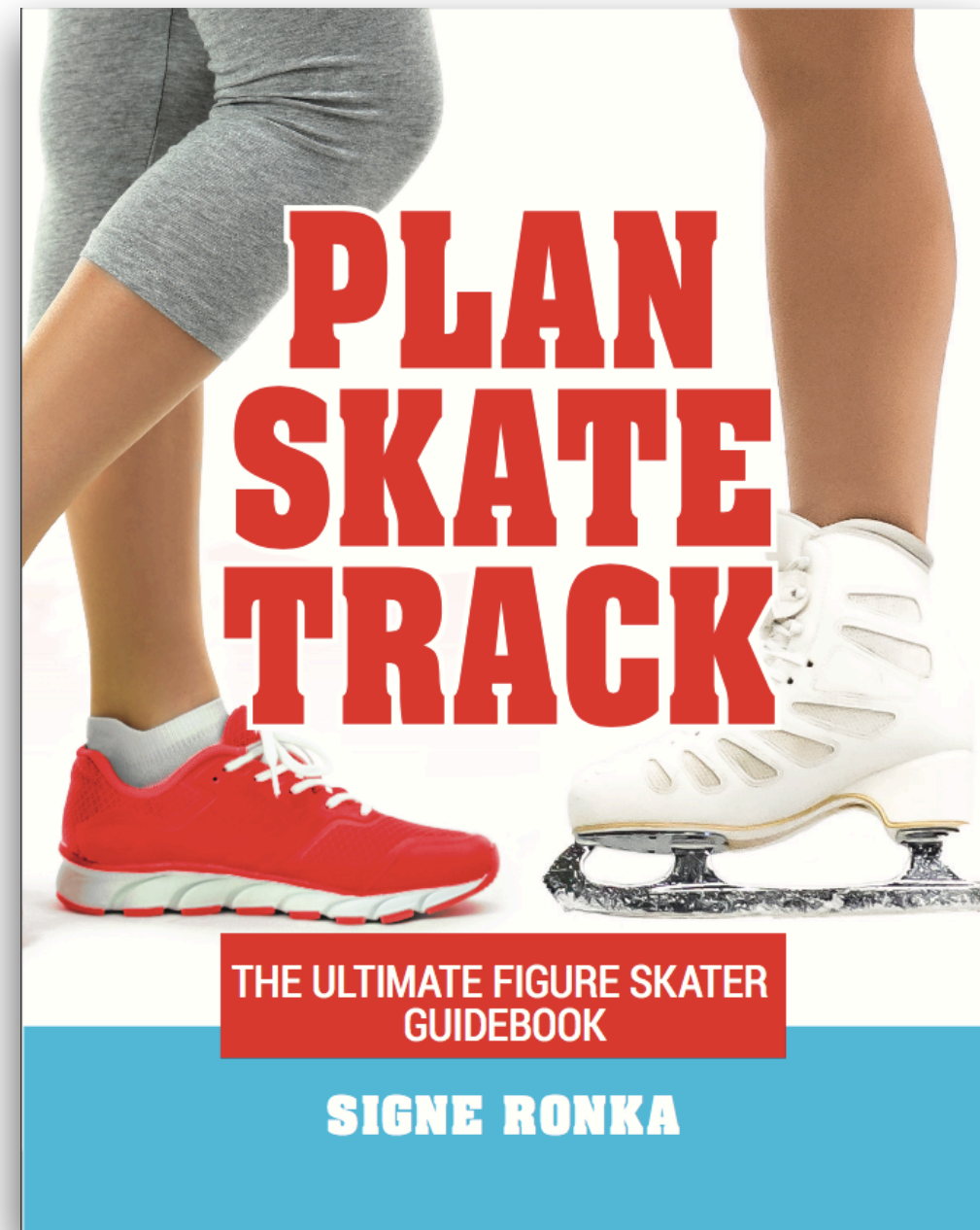
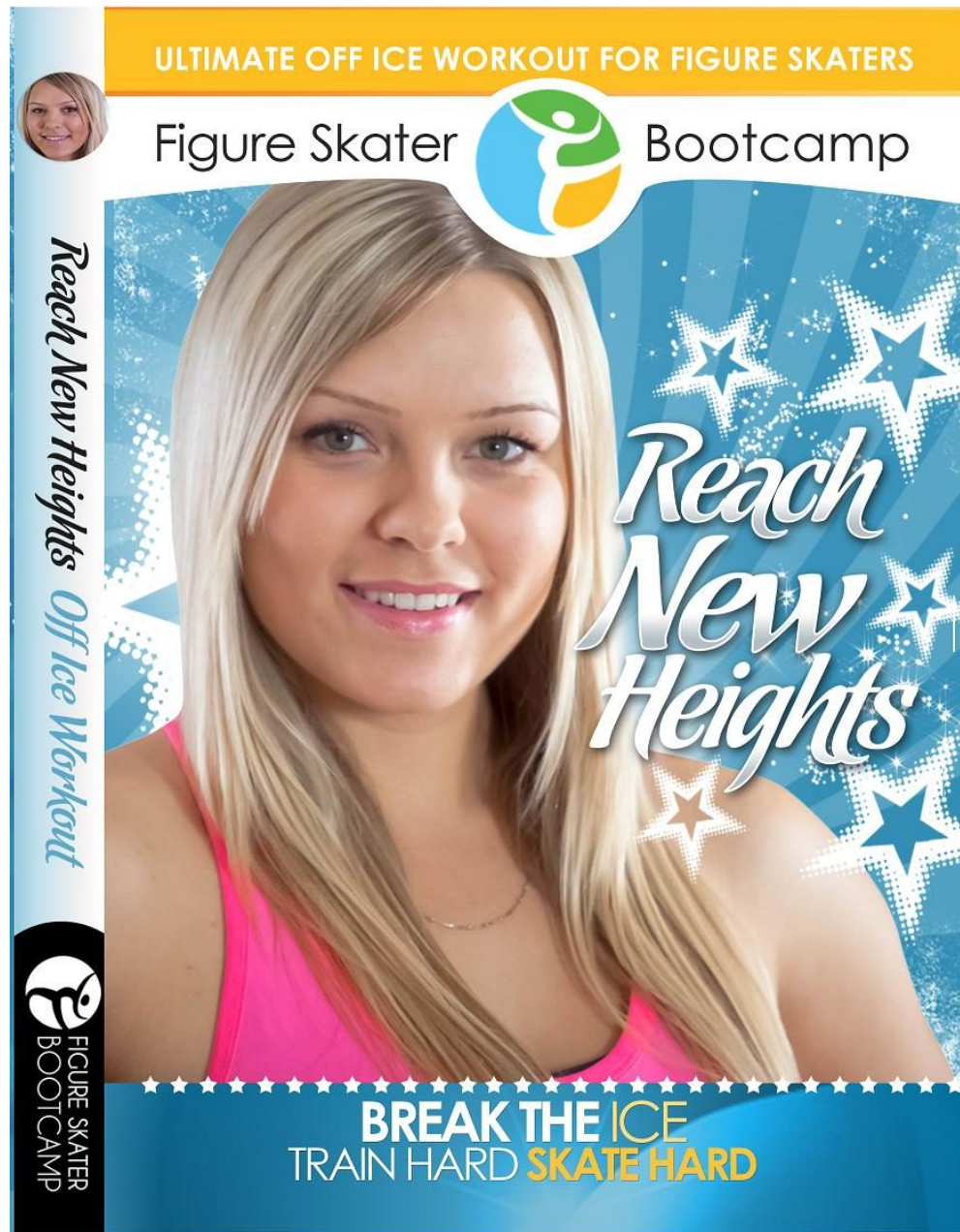
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Resources Available



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Questions/Answers

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