

# TRAINING PLAN - RETURN TO THE ICE

Given that skaters have been off the ice for an extended period of time, please consider

- reshaping training plans to allow for adequate time to adjust to increased physical activity, and
- revising short and long-term goals to fit Skate Ontario's modified event season (no summer competitions and fall events are TBD due to COVID-19).

## Before Returning to the Ice

Skaters should be physically and mentally prepared before returning to the ice. The following chart outlines some important steps to prepare for skating.

Two (2) weeks before returning to the ice		
PREPARATION	FREQUENCY	IDEAS and RESOURCES
Cardio	2-3 sessions per week	Formal coach/instructor led sessions, and/or a bike ride, brisk walk, light jog, skipping or trampoline session, Zumba class, etc.
Strength Training	1-2 sessions per week	Formal coach/instructor led sessions, and/or <b>ISU Keep Training – Stay Fit Series:</b> <ul style="list-style-type: none"> <li>• <a href="#">Strength with Stéphane Lambiel</a></li> <li>• <a href="#">Progression in Different Types of Stability with Gerard Lenting</a></li> </ul> <b>Skate Canada eLearning &gt; All Courses &gt; Preparation and Athletics &gt; Physical Preparation</b>
Flexibility	1-2 sessions per week	Formal coach/instructor led sessions, general stretching, yoga, and/or <b>ISU Keep Training – Stay Fit Series:</b> <ul style="list-style-type: none"> <li>• <a href="#">Stretching for Performance with Jean-Luc Chatellier</a></li> </ul>
Nutrition	daily	Encourage skaters to make healthy choices to efficiently fuel their bodies <ul style="list-style-type: none"> <li>• <b>Skate Canada eLearning &gt; All Courses &gt; Preparation and Athletics &gt; Nutrition and Hydration</b></li> <li>• <a href="#">Canada's Food Guide</a></li> </ul>
Sleep	daily	Encourage skaters to look at their sleep schedule <ul style="list-style-type: none"> <li>• <b>Canadian Sport for Life: <a href="#">Sleep, Recovery, and Human Performance</a></b></li> </ul>
Scheduling	-	Skaters/families need to prepare for returning to a routine <ul style="list-style-type: none"> <li>• Plan for varied ice times and possible additional travel</li> <li>• Consider school and work commitments</li> </ul>
Equipment	-	Skaters should spend time wearing their skates before taking to the ice <ul style="list-style-type: none"> <li>• Ensure proper fit of boots</li> <li>• Check blades for sharpening</li> </ul>

## Back on the Ice

To avoid injuries, coaches and skaters need to plan for a slow and gradual return to the ice. All sessions need to include a proper warm-up and cool-down.

- **Skate Canada eLearning > All Courses > Preparation and Athletics > Physical Preparation > Preparing Your Skaters for the Demands of the Ice with Jesse Cook**

WEEK	FOCUS	slowly introduce technical elements
Week 1	Edges/turns (the basics) Power Core stability/control	<ul style="list-style-type: none"> <li>• Focus on single jumps, basic spin positions and steps and turns</li> </ul>
Week 2	Edges/turns (increase complexity and speed) Power Core stability/control	<ul style="list-style-type: none"> <li>• Gradually progress to double jumps, combination spins and more difficult steps and turns</li> </ul>

