**TRANSITION or ACTIVE REST** (**4 weeks – till end of December**)

**Purpose:** to recover physiologically and psychologically from the in-season competitive phase (overuse of skating related injuries to include muscle fatigue, psychological fatigue, etc.)

**Flexibility:** several times daily, pre-practice warm-up, post practice cool-down (additional ballet classes, etc.)

**Aerobic Conditioning:** utilize cross-training emphasizing physical activity in other sports.

**Anaerobic Conditioning:** none

**Strength Training:** 2 times per week.

**Plyometrics:** none

**Other:** skate 2-5 times per week to maintain abilities as desired, review past season and develop goals for next season, search for new music.

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**EARLY OFF-SEASON** (**8 weeks – January - February**)

**Purpose:** to develop strength and aerobic base

**Flexibility:** several times daily, pre-practice warm-up, post practice cool-down (additional ballet classes, etc.)

**Aerobic Conditioning:** continuous activity 70-85% MAX HR, 3-5 times/week for 10-15 minutes.

**Anaerobic Conditioning:** none

**Strength Conditioning:** 3 times per week.

**Plyometrics:** none

**Other:** set future goals and master calendar, begin to learn new moves, choose final music, off-ice dance classes to improve presentation, increase knowledge of nutrition.

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**LATE OFF-SEASON** (**12 weeks – March - May**)

**Purpose:** to increase strength, begin power base, power and aerobic conditioning, begin anaerobic training.

**Flexibility:** several times daily, pre-practice warm-up, post practice cool-down (additional ballet classes, etc.)

**Aerobic Conditioning:** 1-2 times per week at 70-85% MAX HR for 10-15 minutes.

**Anaerobic conditioning:** 1 - 2 times per week at 85-95% MAX HR, see Interval Training Schedule. This conditioning can be done on-ice with program run-throughs.

**Strength Training:** 2-3 times per week.

**Plyometrics:** 1 time per week.

**Other:** further develop and improve new moves, begin to set program to music, continue dance presentation, incorporate sport psychology skills into practice sessions.

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**PRE-SEASON** (**12 weeks – June - August**)

**Purpose:** emphasis on sport specific training, peak levels in skills training, strength, power, endurance conditioning

**Flexibility:** several times daily, pre-practice warm-up, post practice cool-down (additional ballet classes, etc.)

**Aerobic Conditioning:** 1 time per week.

**Anaerobic Conditioning:** 2-3 times per week at 95% MAX HR, see Interval Training Schedule. This conditioning can be done on-ice with program run-throughs.

**Strength Training:** 1-2 times per week.

**Plyometrics:** 1 time per week.

**Other:** refine choreography on-ice, design costume, begin to run through complete program, sport psychology skills applied to completing program each time.

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**IN-SEASON:** (**12 weeks – September – end of Season**)

**Purpose:** to maintain strength, power, aerobic, anaerobic conditioning throughout season.

**Flexibility:** several times daily, pre-practice warm-up, post practice cool-down (additional ballet classes, etc.)

**Aerobic Conditioning:** none.

**Anaerobic Conditioning:** 2-3 times per week at 95% MAX HR, see Interval Training Schedule. This conditioning can be done on-ice with program run-throughs.

**Strength Training:** 2 times per week.

**Plyometrics:** 1 time per week.

**Other:** constantly refine and improve program choreography and additional new moves, develop nutritional knowledge for meals while traveling and pre-competition, improve sport psychology skills for focus and program performance.