










## Best Practices: Sport Science for Skating DTE





Every training session requires sport specific strategies for before, during and after to optimize adaptations, session quality, and recovery for your next training bout, training block, and competitions.

	Warm-Up 	Cool-Down 	Cognitive 	Nutrition 
 ON-ice training	10 mins track drills; 5-10 mins dynamic mobility; 3 sets of 3 activation exercises.	10 min active recovery. HR ~130 bpm (or 70 bpm below HRmax). Plus large muscle stretch / roll.	Mental preparation for session may include: goal setting, imagery & energy management (+ or -).  Debrief and plan for next session.	Allow enough time to digest larger meals. Pick whole foods that contain a variety of nutrients and are mostly carbs and protein options.
 Short / Free Competitions	10 mins track drills; 5-10 mins dynamic mobility; 1-2 sets of 3 activation exercises.	10 min active recovery (HR ~130 bpm) + target rolling/stretching <u>Optional</u> : NormaTec if you know how to use it.	Pre-Competition Plan: execute the physical & mental plan that you have created. Debrief and plan for next competition.	a) Main meals should be 3-4 hrs before skate b) 2-3 hrs before aim for small amounts of easily digested foods / beverages that have carbs and protein i.e. smoothie, hummus/pita, fruit/yogurt c) 1 hr out pick liquid form carbs or high-water fruit (orange, grapes, melon)
 Dryland Training Strength	10 mins track drills; 5-10 mins dynamic mobility; 3 sets 3 activation exercises.	5-10 min active recovery (HR below 130 bpm) + rolling / stretching	Mental preparation for session may include: goal setting, imagery & energy management (+ or -).  Debrief and plan for next session.	Choose whole food options to provide fuel and key nutrients required before and recovery of these sessions. Aim for foods that have both carbs and protein. Athlete goals will dictate specific nutrition amounts and combination.
 Dance Training (Ballet, ballroom, other)	Class specific warm up	Class specific active recovery	Mental preparation for session may include: goal setting, imagery & energy management (+ or -).  Debrief and plan for next session.	Choose whole food options to provide fuel and key nutrients required before and recovery of these sessions. Aim for foods that have both carbs and protein. Athlete goals will dictate specific nutrition amounts and combination.
 Aerobic Training	Warm up built into aerobic session OR optional dynamic mobility & activation.	5-10 min active recovery built into aerobic program. <u>Optional</u> : NormaTec if you know how to use it.	Mental preparation for session may include: goal setting, imagery & energy management (+ or -).  Debrief and plan for next session.	Lower intensity aerobic sessions will allow for a greater variety of food choices before. Allow for at least 2 hrs to digest a meal for higher intensity sessions. Higher fat foods take the longest to digest.

**END OF DAY RECOVERY & REGENERATION:** ≥8 hours of sleep



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<h1>Warm-Up and Cool Down</h1>				
Type of Training	PRE		DURING - needs to be individualized	POST
	Track Drills & Dynamic Mobility (examples)	Activation (examples)		
 <div style="margin-left: 10px;">ON-ice training</div>	<p><b>Track drills: <i>10 mins drills, 20m drill, jog back</i></b>            Fwd/bkws walk/skip/run            3-step high knees, butt kicks            Side skipping, carioca            Walking hams, walking lunges w/reach,</p>	<p>2-3 sets of:            Banded toe taps <b>8/side</b>            Dead bugs <b>8/side</b>            Banded jumps</p> <ul style="list-style-type: none"> <li>• 2 foot landing <b>5</b></li> <li>• 1 foot landing <b>3/side</b></li> </ul>	<p>Multiple sessions with a break(s):            If break from ice is <b>&gt;2 hr</b>: full re-warm/activation            If <b>&lt;2 hr</b> break, shortened re-warm; full activation.</p>	<p>10 min active recovery. HR ~130 bpm (or 70 bpm below HRmax). Plus large muscle stretch / roll.</p>
 <div style="margin-left: 10px;">Short / Free Competitions</div>	<p>Inchworms, fwd/bkwd/sideways crawling            Sumo squats            Power skips            Alternating airplanes</p> <p><b>Dynamic mobility: <i>~10 motions per mobe</i></b></p>	<p>1-2 sets of:            Banded toe taps <b>8/side</b>            Dead bugs <b>8/side</b>            Banded jumps</p> <ul style="list-style-type: none"> <li>• 2 foot landing <b>5</b></li> <li>• 1 foot landing <b>3/side</b></li> </ul>	<p>Skate position dependent:  <b>If skates on:</b> Stay warm/loose  <b>If skates come off:</b> 10 mins before skates back on, 5 mins track drills, 1-2 sets of 1-2 activation exercises (to include jumps)</p>	<p>10 min active recovery (HR ~130 bpm) + target rolling / stretching.  <u>Optional:</u> NormaTec if you know how to use it.</p>
 <div style="margin-left: 10px;">Dryland Training Strength</div>	<p>Ankle circles            Kneeling hip flexor            Kneeling hamstring/adductor            T-spine rolling            Chest openers</p> <p style="text-align: center;"><i>Static stretching target muscle groups if individually required, 30s holds max.</i></p>	<p>2-3 sets of:            Banded toe taps <b>8/side</b>            Dead bugs <b>8/side</b>            Banded jumps</p> <ul style="list-style-type: none"> <li>• 2 foot landing <b>5</b></li> <li>• 1 foot landing <b>3/side</b></li> </ul>	<p>5-10 min active recovery (HR below 130 bpm) + rolling / stretching.</p>	<p>5-10 min active recovery (HR below 130 bpm) + rolling / stretching.</p>
 <div style="margin-left: 10px;">Aerobic Training</div>	<p style="text-align: center;"><i>Foam rolling if needed, 10-60s max per muscle group.</i></p>	<p><u>Optional:</u> dynamic mobility &amp; activation prior to aerobic session to optimize MSK function.</p>	<p>5-10 min active recovery built into aerobic program.  <u>Optional:</u> NormaTec if are experienced w/ it.</p>	<p>5-10 min active recovery built into aerobic program.  <u>Optional:</u> NormaTec if are experienced w/ it.</p>

