

Saint John Amateur Speed Skating Club



Warm Up (10 min)

Active movement: jogging, ladder, skipping or steps for 8-10 minutes. To get the blood flowing in your muscles

Dynamic (moving) stretches (10-12 min):

Straight Leg Swing
(front and back)

Hip rotations (forward/ backwards
and both sides)

Kick up and to side
(opposite arm to foot)

Tea Cup

Lunges (front and side)

Good morning

IT Stretch (jog between stretches)

Quad (jog between stretches)

Truck Rotations

Whatever muscles feel tight.

Sport Specific Activation for pressure(10min)

Positioning:

Belts

Slide Board

Techni-Cords

Side to Side

Sumo

Baby Steps

Dry Skate