



FLOORBALLING

OFF SEASON CARDIO

BY FLOORBALLING





FLOORBALLING

INTRODUCTION

In this Ebook we will try to explain in a simple and practical way how to approach the planning and training of cardio fitness. Since the professional planning and compilation of a program for the development of cardio requires a lot of testing, individual approach, technology, evaluation, the current level of the athlete, the state of health and many other sub-indicators, we do not make this Ebook the ambition to answer all players at all levels. Our ambition is to explain simply and practically how to look at cardio training and what tools exist for development.



FLOORBALLING

HEALTH AND SAFETY

This document is educational in nature. If you are going to work with this document, you must always base it on your current state of health.

Do not take the information in this document as individual medical advice or treatment. If you are not sure whether you can handle a particular training or exercise, seek the advice of a doctor or other expert.

The authors of this document bear no responsibility for damages and possible injuries that may arise from its use. Do not forget that you bear full responsibility for your health and handling of the information in this document.





FLOORBALLING

WHAT IS YOUR GOAL?

When planning and achieving fitness goals, you need to define well what level you are preparing for.

There will be different approach for an athlete in the U17 category who plays the 3 x 15 competition and there will be different requirements for players in the highest men's competition. Each category requires a level that is necessary to meet in order to play the given competition and a level that the given competition requires you to excel in. Since there is still not enough data and values to be known in floorball, we have prepared for you the requirements that must be met for the highest, international, male level.



FLOORBALLING

DATA

An example of an international level

In this table, we will show what the average values are at the highest, male, international level regarding the demands and requirements for cardio fitness.

Average number of meters run per match per player: 4000m

Average number of meters run per minute per player: 130m

Lower tempo then 4 km/h not counted

Average number of meters at a speed of 4-7.99 km/h per player: 1485m

Average number of meters at a speed of 8-11.99 km/h per player: 830m

Average number of meters at a speed of 12-16.99 km/h per player: 810m



FLOORBALLING

DATA

Average number of meters at a speed of 17-19.99 km/h per player: 300m

Average number of meters at a speed of 20+km/h per player: 285m

Average time spent at heart rate 50-59% per player: 11:35 min

Average time spent at heart rate 60-69% per player: 30:00 min

Average time spent at heart rate 70-79% per player: 22:00 min

Average time spent at heart rate 80-89% per player: 20:00min

Average time spent at heart rate 90-100% per player: 8:40min



FLOORBALLING

DATA

Now that we know what the average requirements are for running meters in combination with speed and heart rate, we can better define what the athlete needs to accomplish in training in order to survive at this level. The values themselves show absolute numbers, but do not clearly take into account the number of changes of direction which are very demanding on energy and fitness.

For our needs, we will be based on these core values:

At a heart rate of 80-100%, a player spends 28:40 min per match

At higher speeds of 12 km/h and more, a player will run 1395m per match



FLOORBALLING

CARDIO FITNESS PLAN

In our plan, we will start from the fact that you do not do any floorball training in the hall and you only prepare on the track.

This program is designed for the demands of the male representative level. Take this training program as inspiration and expansion of your knowledge.



FLOORBALLING

1ST. WEEK

1.practice

Warm-up: 20 min

Cardio: 4 x 10 min run, intensity: 60-69%, rest: 2 min of walking (after each set)

2.practice

Warm-up: 20 min

Cardio: 7 x 7 min run, intensity 60-69%, rest 2 min walking



FLOORBALLING

2ND. WEEK

1.practice

Warm-up: 20 min

Cardio: 4x5min run - 2x, 70-79%, rest: after each 5-minute run 90s of walking, after the whole set (4x5min) 5min rest

2.practice

Warm-up: 20 min

Cardio: 5x3min run - 2x, 70-79%, rest: after each 3-minute run 90s walk, after the whole set (5x3min) 5 min rest



FLOORBALLING

3RD. WEEK

1. practice

Warm-up: 20 min

Cardio: 3 x 12min run, each minute divided into 2x30-second periods: 30s 80-89% intensity: 30s 60-69% intensity, rest: after 12 minutes, 5min rest.

2. practice

Warm-up: 20 min

Cardio: 3 x 12 min run, each minute divided into 2x30-second periods: 30s 80-89% intensity: 30s 60-69% intensity, rest: after 12 minutes, 5 min rest.



FLOORBALLING

4TH. WEEK

1.practice

Warm-up: 20 min

Cardio: 4 x 400m - 2x, Intensity 80-89% (time 90s per 400m), rest: 180s, rest after 1 set (4x400) 5 min

2.practice

Warm-up: 20 min

Cardio: 4 x 400m - 2x, Intensity 80-89% (time 90s per 400m), rest: 180s, rest after 1 set (4x400) 5 min



FLOORBALLING

5TH. WEEK

1.practice

Warm-up: 20 min

Cardio: 8 x 200m (run 200m in 40s +- 5s) - 2x,
intensity: 80-89%, rest after every 200m: 90s, rest
between sets: 5min

2.practice

Warm-up: 20 min

Cardio: 8 x 200m (run 200m in 40s +- 5s) - 2x,
intensity: 80-89%, rest after every 200m: 90s, rest
between sets: 5min



FLOORBALLING

6TH. WEEK

1.practice

Warm-up: 20 min

Cardio:

3x 160m, intensity: 90-100%, rest: walking back to the start

3x 140m, intensity 90-100%, rest: walking back to the start

3x 120m, intensity 90-100%, rest: walk back to the start

3x 100m, intensity 90-100%, rest: walking back to the start

3x 80m, intensity 90-100%, rest: walk back to the start

Shuttle run: 15m – 15m – 15m – 15m - 4x, intensity: 90-100%. rest: 40s



FLOORBALLING

6TH. WEEK

2.practice

Warmup 20 min

Cardio:

5x 80m, intensity 90-100%, rest: walking back to the start

5x 60m, intensity 90-100%, rest: walk back to the start

5x 40m, intensity 90-100%, rest: walk back to the start

5x 20m, intensity 90-100%, rest: walk back to the start

Shuttle run: 15m – 15m – 15m – 15m, 4x, intensity 90-100%, rest 40s



FLOORBALLING

7TH. WEEK

1.practice

Warm-up: 20 min

Cardio:

8x 40m intensity 90-100%, rest: walk back to the start

8x 30m intensity 90-100%, rest: walk back to the start

8x 20m intensity 90-100%, rest: walking back to the start

Shuttle run: 10m – 10m – 10m – 10m - 6x, intensity 90-100%, rest: 40s

Lines: 10m, 45s run (running 10m 45 seconds there and back): 45s rest: 45s run (running 10m 45 second there and back)



FLOORBALLING

7TH. WEEK

2.practice

Warm-up: 20 min

Cardio:

7 x 20m intensity 90-100%, rest: walk back to the start

6 x 30m intensity 90-100%, rest: walk back to the start

5 x 40m intensity 90-100%, rest: walk back to the start

1 x 400m, intensity 90-100%, time: 1:20 +- 5s, rest 1:1
(resting time same as running time)

10 x 100m, intensity 90-100%, time 22s +- 2s per
100m, rest 1:1



FLOORBALLING

8TH. WEEK

1.practice

Warm-up: 20 min

Cardio:

4 x 20m intensity 90-100%, rest: walk back to the start

3 x 30m intensity 90-100%, rest: walking back to the start

2 x 40m intensity 90-100%, rest: walk back to the start

3 x 30m intensity 90-100%, rest: walking back to the start

4 x 20m intensity 90-100%, rest: walk back to the start



FLOORBALLING

8TH. WEEK

2.practice

Warm-up: 20min

Cardio:

Shuttle run: 8 x 10m – 10m – 10m – 10m, intensity 90-100%, rest: 3min

Shuttle run: 8 x 5m – 5m – 5m – 5m, intensity 90-100%, rest: 2min



FLOORBALLING

FINAL WORDS

Finally, we would like to thank you for the trust placed in us. This plan is a combination of the expertise and experience of the many coaches who have participated in this program.

