

Warm up

About 30 min

Clockwise motion will be referred as CW, anticlockwise - ACW

Run 4.5 circles around the rink, last 0.5 circle is finished by walk.

Neck 5 x full circles CW and ACW
5 x ear touching shoulder (left shoulder, straight, right shoulder, straight etc.)

Shoulders 5 x circles forwards and backwards, left and right shoulder (20 in total)

Stretching routine. steps 1-3 (each step is done for 10 seconds)

Waist + back 5 x full circles CW and ACW. (Reaching the ground in front of you, going max to the side, going as low as you can behind you etc.)
5 x (each side) Touching opposite toe with hand. (Arms up horizontal, legs on shoulder level, knees straight)
5 x (each side) Touching opposite foot with elbow. (Arms crossed, legs on shoulder level, knees straight)

Hip 5 x big circles with hip CW and ACW, standing by the wall (left and right)

Knees 10 x knee circles CW and ACW. (A bit sitting position, on 2 feet, ankles put together)
10 x drawing big circles with toe, moving only knee, standing by the wall on one leg (left and right)

Stretching routine. steps 4-6 (each step is done for 10 seconds)

Leg muscles 10 x front leg swings, standing by the wall on full foot (left and right)
10 x back leg swings, standing by the wall on full foot (left and right)
10 x side leg swings standing by the wall on full foot (left and right)

Ankle 5 x ankle circles, standing by the wall, on one foot. CW and ACW (left and right)

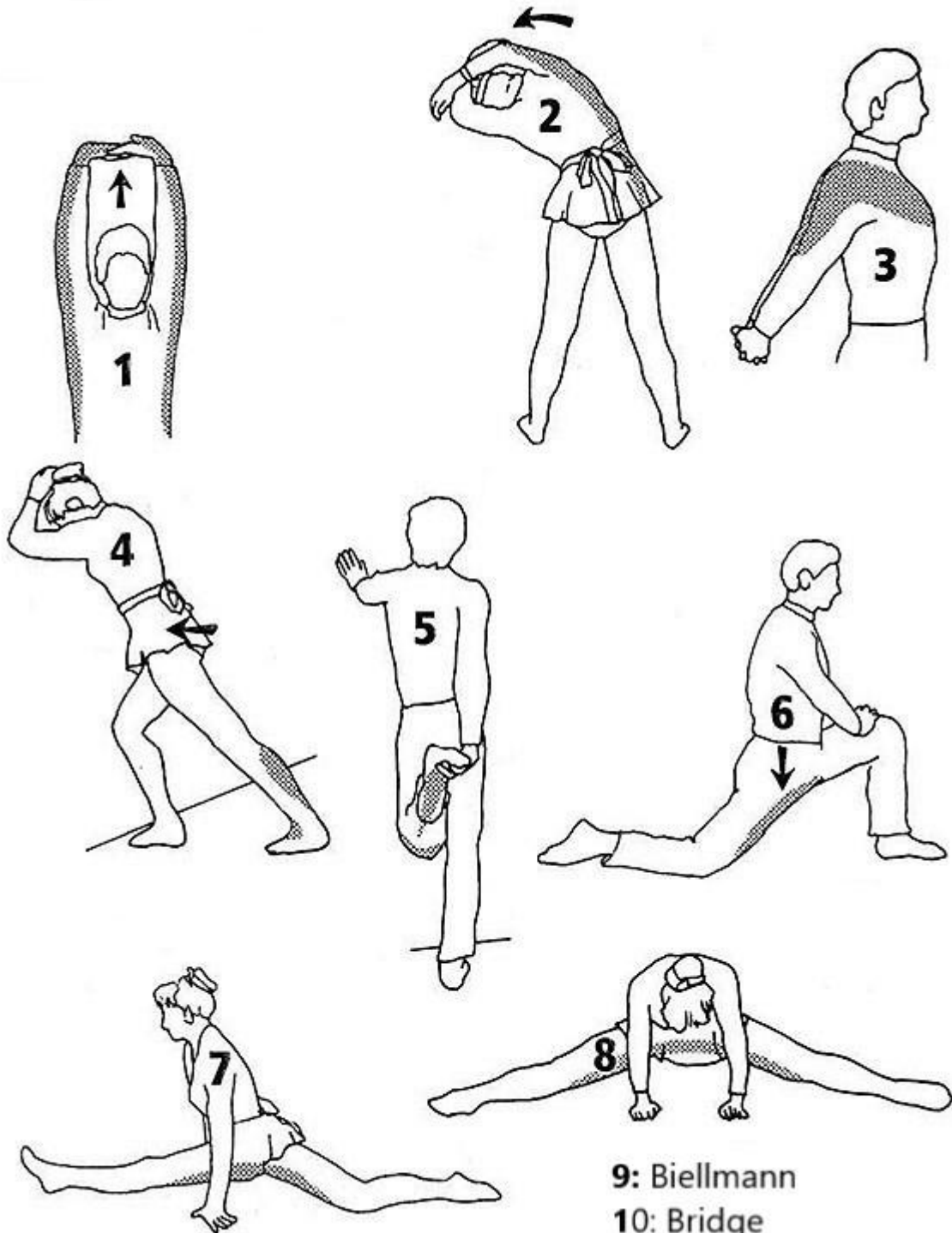
Skipping rope 10 x running jumps
10 x very high single jumps
50 x double jumps

Jumps 3 x 3 repetitive jumps (without rotation). (starting from 2 feet, 2 feet, 2 feet, landing)
3 x single jumps with landing (with rotation)
5 x double jumps
3-4 times Axel (start with skøjte spring if needed)
3-4 times double loop (warm up with single if needed)
3-4 times double salchow (warm up with single if needed)
3-4 times double toeloop (warm up with single if needed)
3-4 times single, very high flip
3-4 times single, very high lutz

Finish up with stretching. Steps 7-11 (all splits are done for 1 minute, bridge is done 3-5 times)

Stretching exercises

Also, to do after practice.



- 9: Biellmann
- 10: Bridge
- 11: I position