

HEELCURVE HOCKEY

SHIFT-SIMULATION INTERVALS- BIKE SPRINT FORMAT

EXERCISE MECHANICS

WHAT IT IS

A high-intensity cardio interval workout designed to replicate the demands of hockey shifts on the ice. It improves anaerobic capacity, repeat-sprint ability, and recovery between efforts.

1 WARM UP

Pedal easy for 5–10 minutes to build heat and prepare your body.



5–10 MIN
WARM UP

2 SPRINT

Sprint all-out for 20–30 seconds (simulating a hockey shift).



20–30 SEC
SPRINT

3 ACTIVE RECOVERY

Pedal easy for 40–60 seconds (simulating inter-shift recovery).



40–60 SEC
ACTIVE RECOVERY

4 REPEAT

Repeat the sprint and recovery intervals for the desired number of rounds.



REPEAT FOR 6–10 ROUNDS
SPRINT + RECOVERY

5 COOL DOWN

Pedal easy for 5–10 minutes to cool down and recover.



5–10 MIN
COOL DOWN

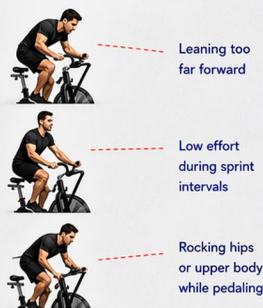
KEY POINTS

- Push all-out during sprints.
- Recover actively, not passively.
- Match the work-to-rest ratio to your position and conditioning.
- Maintain good posture and a strong core.
- Focus on quality reps, not just quantity.

CORRECT FORM



COMMON MISTAKES



MUSCLES WORKED



- Quadriceps
- Hamstrings
- Glutes
- Calves
- Core
- Hip Flexors
- Lower Back

TRAINING TIPS

- Use a work-to-rest ratio of 1:2 or 1:3 (e.g., 30 sec sprint / 60–90 sec recovery).
- 6–10 rounds is ideal for most athletes.
- Increase sprint time or rounds as your conditioning improves.
- Include 1–2 sessions per week during intense training phases.

SKATE FASTER. MOVE BETTER. PLAY HARDER.