

# HEELCURVE HOCKEY

## STEADY-STATE CARDIO - CONTINUOUS SKATING (CONVERSATIONAL PACE)

### EXERCISE MECHANICS

#### WHAT IT IS

Low to moderate intensity cardio on the ice at a steady, controlled pace that builds aerobic base, improves recovery, and supports overall conditioning. You should be able to hold a conversation.

#### 1 WARM UP

Skate easy for 5–10 minutes to mobilize and get your body ready. Focus on smooth, relaxed strides.



#### 2 STEADY PACE

Maintain a steady, conversational pace throughout. Use long, efficient strides and stay relaxed.



#### 3 DURATION

Keep this pace for 20–60 minutes (or as prescribed). Consistency is key.



#### 4 COOL DOWN

Skate easy for 5–10 minutes to bring your heart rate down and promote recovery.



#### 5 RECOVER

Focus on hydration, nutrition, and rest to support recovery and build endurance.



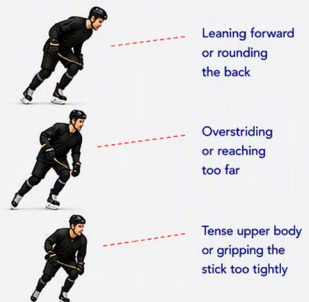
#### KEY POINTS

- Keep your pace easy and conversational.
- Breathe through your nose when possible.
- Stay relaxed in your upper body.
- Build time gradually each week.
- Hydrate before, during, and after.

#### CORRECT FORM



#### COMMON MISTAKES



#### MUSCLES WORKED



- Quadriceps
- Hamstrings
- Glutes
- Calves
- Hip Flexors
- Core
- Cardiovascular System

#### TRAINING TIPS



Aim for 20–60 minutes at a steady, conversational pace.



Use this as a base-building workout or an active recovery day.



Keep rest periods short and quality high to maintain intensity.



Include in lower body or hockey-specific training.

SKATE FASTER. MOVE BETTER. PLAY HARDER.