

HEELCURVE HOCKEY

STEADY-STATE CARDIO - RUNNING (CONVERSATIONAL PACE)

EXERCISE MECHANICS

WHAT IT IS

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

1 WARM UP

Start with 5–10 minutes of easy jogging. Gradually increase your pace and loosen up your muscles.



2 STEADY PACE

Maintain a steady, conversational pace. You should be able to talk in full sentences without getting out of breath.



3 DURATION

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



4 COOL DOWN

Slow down to an easy jog or walk for 5–10 minutes to bring your heart rate down.



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 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.