



The Burning River Roller Derby 9-Week Challenge for Potential Fresh Meat

By *BRRD Recruiting Director, Soul Eater* copyright 2013

What can you do to get ready for tryouts? Instead of making all of you sort through the sea of workout magazines, videos, and fads yourself, I've created this 9-week program to take out the guesswork! If you're doing something else already that is working for you, especially if it's more intense, by all means stick with it! Quick note, this program was created for the OFF-SEASON tryouts, so skills needed for an in-season tryout will exceed those that are focused on in this program!

There are 3 important aspects to derby:

1. **Skating Skill**
2. **Strength**
3. **Endurance/Cardio.**

The most successful skaters have all 3 things. I've incorporated all 3 into the program. If you have a routine already but want to make sure all 3 things are included, or would like to substitute for something suggested below, please let me know what you plan to do and I'd be happy to make suggestions in order to make sure you're getting all 3 in there.

The 3 aspects above can easily be combined into one workout! Going to an open skate or somewhere else to skate? Get there 30 minutes early and do the Cardio and Strength portions, then go on and do your skating. Bam! Right there you've got all 3 aspects crammed all in one session! This is something many of our team and league practices do anyways, so this would be a great way to prepare for BRRG practices.

Week 1

Skating: Skate MINIMUM 2 hours total for the week (get in as much skating as possible if you can though), work on *Skating Posture*, *Stride*, *Crossovers*, and *Standing/Stepping from a Standstill* portions of the [BRRD Minimum Skills Requirement](#).

Focus on just being comfortable on your skates with doing stepping, work on your stride, crossovers, getting low (90 to 120 degree bent knee and holding it). Tight on time? Make just one 2-hour skating session at the rink, then spend 10 minutes a day on your skates at home doing chores, out in the driveway working on just getting low and stepping, on a side street near your home working on stride or crossovers, etc.

Endurance/Cardio: [20 minutes of Couch to 5k week 1](#)

3 times a week, do the following: Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.

Strength: Do the below [strength routine](#) at least 3 times a week, do it every day if you can. It's only 10 minutes! Go to the link for video demonstrations.

Body Weight Squat x as many reps as you can

Body Weight Glute Bridge x max reps

Push Up (from your knees, or with your hands placed on a step) x max reps

Single-Arm Row (with a Kettlebell, Dumbbell, Sandbag) x max reps each side

Front Plank x as many seconds as possible

Week 2

Skating: Skate MINIMUM 2 hours total for the week (or more!) and work on skills under *Starts*, *Stops*, and *Transitions* of the [BRRD Minimum Skills Requirement](#).

This week focus on all starts, stops and transitions. Stops are important, because skating skills are great, but you have to keep yourself from running into people and walls once you get rolling! Running into people uncontrollably will easily get you sent to the box, and hurt yourself or others.

Endurance/Cardio: [Couch to 5k week 2](#)

Do this 3x this week: Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.

Strength: Do the below [strength routine](#) at least 3 times a week, do it every day if you can. It's only 10 minutes! Go to the link for video demonstrations.

Body Weight Reverse Lunge (either alternating or right side first then left) x max reps

Deadlift (please have someone watch your form if you're unfamiliar with it!) x max reps

Military Press x max reps

Either Single-Arm Row OR Bent Over Row x max reps

Side Plank Hold (right and left) x max time

Week 3

Skating: Skate MINIMUM 3 hours total for the week (or more if you can, this will prepare you for the 2-hour BRRD practices that are 3 times a week) and work on skills under *Other Skating Skills* of [BRRD Minimum Skills Requirement](#).

This week build up that ankle strength and general balance by focusing on one foot glides and other skating skills such as backwards skating and lateral cuts (aka sharp turns).

Strength: Do [this 7-minute workout](#) 3 times this week. It's 12 exercises that you do for 30 seconds each, with a 10 second rest in between:

1. jumping jacks
2. wall sit
3. push up
4. abdominal crunch
5. step-up onto chair

6. squat
7. triceps dip on chair
8. plank
9. high knees running in place
10. lunge
11. push-up and rotation
12. side plank

Endurance/Cardio: [Couch to 5k week 3](#)

Do this 3x this week: Brisk five-minute warmup walk, then do two repetitions of the following:

- Jog 200 yards (or 90 seconds)
- Walk 200 yards (or 90 seconds)
- Jog 400 yards (or 3 minutes)
- Walk 400 yards (or three minutes)

Week 4

Skating: Skate MINIMUM 3 hours total for the week (or more if you can, this will prepare you for the 2-hour BRRD practices that are 3 times a week) and work on skills under *Speed & Endurance* of [BRRD Minimum Skills Requirement](#).

For this week, let's test your speed! Make it out to Brunswick Skate Station this week to get on their derby track and see if you can accelerate from a standstill to complete one lap within 13 seconds, as well as do 27 laps in 5 minutes. If you don't make it right now, no worries. Record how many laps you can get in 5 minutes and retest them every few weeks to track your progress until tryouts. The 3 aspects of this PFM Challenge - strength, cardio, and skating - all contribute to building your speed, so keep up the hard work and you'll get there!

Strength: Complete the following [Bodyweight Circuit](#) a MINIMUM of 3 times a week (go to the link for video demonstrations):

For each workout, repeat the following circuit 3 times with NO REST in between the different exercises, however give yourself 30 seconds of rest between each circuit:

- 1 min. jogging
- 8 squats
- 8 pushups
- 8 lunges
- 8 burpees

Endurance/Cardio: [Couch to 5k week 4](#)

Do this routine 3 times a week:

- Brisk five-minute warmup walk
- Jog 1/4 mile (or 3 minutes)
- Walk 1/8 mile (or 90 seconds)
- Jog 1/2 mile (or 5 minutes)
- Walk 1/4 mile (or 2-1/2 minutes)

- Jog 1/4 mile (or 3 minutes)
- Walk 1/8 mile (or 90 seconds)
- Jog 1/2 mile (or 5 minutes)

Week 5

Skating: Skate MINIMUM 4 hours total for the week (or more if you can, this will prepare you for the 2-hour BRRD practices that are 3 times a week) and work on skills under *Hopping* of [BRRD Minimum Skills Requirement](#).

The focus: Time to get jumping! Find something 6 inches tall, a hand towel rolled up or some short cones works well, and take them to where you skate. Practice leaping and jumping over it, as described on the BRRD skills requirements.

Strength: It's time to ramp these workouts up a bit and learn that [plyometrics](#) are your friend! [This article by Bont has pictures and video of skater-specific plyos](#) that are part of this strength training circuit. The key to these exercises is quality, not quantity, so don't worry about how fast, or even how many, you do. If that means you only do a few of each but do them well, that is better than doing a bunch half-heartedly.

- 5 minutes jogging (unless you are completing this after skating or other activity, just DO NOT START THIS COLD!), then do the following circuit 1 to 3 times, depending on the time you have available and the challenge you want:
 - 10 Tuck Jumps
 - 12 1-Leg Jumps (6 per leg)
 - 12 Split Jumps (6 per leg)
 - 12 Crossovers (6 per leg)
 - 10 Leg Lifts (Leg Lifts are on [page 2 of the Bont article](#))
 - 20 Side Leg Lifts (10 per leg)

Endurance/Cardio: [Couch to 5k week 5](#)

- 1st session of the week:
 - Brisk five-minute warmup walk
 - Jog 1/2 mile (or 5 minutes)
 - Walk 1/4 mile (or 3 minutes)
 - Jog 1/2 mile (or 5 minutes)
 - Walk 1/4 mile (or 3 minutes)
 - Jog 1/2 mile (or 5 minutes)
- 2nd session of the week:
 - Brisk five-minute warmup walk
 - Jog 3/4 mile (or 8 minutes)
 - Walk 1/2 mile (or 5 minutes)
 - Jog 3/4 mile (or 8 minutes)
- 3rd session of the week:
 - Brisk five-minute warmup walk
 - jog two miles (or 20 minutes) with no walking.

Week 6

Skating: Skate MINIMUM 4 hours total for the week (or more if you can, this will prepare you for the 2-hour BRRD practices that are 3 times a week) and work on *Speed & Endurance, Focus, and Weaving of [BRRD Minimum Skills Requirement](#)*.

A reminder, it's time to retest your timed laps to see your progress to see if you're on target for tryouts! Also be aware of your focus and find a way to set up cones to do the weaving requirements.

Strength: Less than a month until tryouts! Let's keep up the intensity with the [plyometrics](#) this week. [This article by Bont has pictures and video of skater-specific plyos](#) that are part of this strength training circuit. The key to these exercises is quality, not quantity, so don't worry about how fast, or even how many, you do. If that means you only do a few of each but do them well, that is better than doing a bunch half-heartedly.

- 5 minutes jogging (unless you are completing this after skating or other activity, just DO NOT START THIS COLD!), then do the following circuit 1 to 3 times, depending on the time you have available and the challenge you want:
- 10 Tuck Jumps
- 12 1-Leg Jumps (6 per leg)
- 12 Split Jumps (6 per leg)
- 12 Crossovers (6 per leg)
- 10 Leg Lifts (Leg Lifts are on [page 2 of the Bont article](#))
- 20 Side Leg Lifts (10 per leg)

Endurance/Cardio: [Couch to 5k week 6](#)

Brisk five-minute warmup walk, then:

- 1st session of the week:
 - Brisk five-minute warmup walk
 - Jog 1/2 mile (or 5 minutes)
 - Walk 1/4 mile (or 3 minutes)
 - Jog 3/4 mile (or 8 minutes)
 - Walk 1/4 mile (or 3 minutes)
 - Jog 1/2 mile (or 5 minutes)
- Session 2 of the week
 - Brisk five-minute warmup walk
 - Jog 1 mile (or 10 minutes)
 - Walk 1/4 mile (or 3 minutes)
 - Jog 1 mile (or 10 minutes)
- Session 3 of the week
 - Brisk five-minute warmup walk
 - jog 2-1/4 miles (or 22 minutes) with no walking

Week 7

Skating: Skate MINIMUM 5 hours total for the week (or more if you can, this will prepare you for the 2-hour BRRD practices that are 3 times a week) and work review the entirety of section 1 of [BRRD Minimum Skills Requirement](#).

Review all the skills under **Basic Skating Skills**, and if you're struggling with any of these items or need clarification, this is the time to ask for help! Contact a BRRD skater you know or the Recruiting Director to get answers and help, this is the time to refine your skills!

Strength: Back to the circuit training! Do the below routine a MINIMUM of once through and 3 times a week, however this workout can be done every day, and you will get more benefit if you do it 2-3 times through. Perform each exercise as intensively as possible and then rest for 30 seconds before moving on to the next one. Always ensure that you perform the exercises correctly, holding proper form, and remember to breathe. For the complete description of exercises, see [the Motley Health website here](#).

- Jog: 3 min (skip if you're doing this directly after jogging or skating or other activity that has warmed you up)
- Jumping Jacks: 25 reps
- Crunches: 15 reps
- Hip bridges: 10 reps
- Step ups: 1 min
- Reverse crunches: 15 reps
- Mountaing climbers: 1 min
- Pushups: 15 reps ([see this video for modified pushups if you're unable to do regular ones](#))
- Squat thrusts: 1 min

Endurance/Cardio: [Couch to 5k week 7](#)

Do this routine 3 times this week:

- Brisk five-minute warmup walk
- jog 2.5 miles (or 25 minutes)

Week 8

Skating: Skate MINIMUM 5 hours total for the week (or more if you can, this will prepare you for the 2-hour BRRD practices that are 3 times a week) and work review the entirety of the **Balance & Agility** section of [BRRD Minimum Skills Requirement](#).

A reminder, it's time to retest your timed laps to see your progress! Review everything under section 3, and if you're struggling with any of these items or need clarification, this is the time to ask for help! Contact a BRRD skater you know or the Recruiting Director to get answers and help, this is the time to refine your skills!

Strength: Skater's Choice! Pick from the strength section from weeks 1 through 7 of this program. Do a minimum of 3 strength workouts this week, but do more if you can!

Endurance/Cardio: [Couch to 5k week 8](#)

Do this routine 3 times a week:

- Brisk five-minute warmup walk
- jog 2.75 miles (or 28 minutes)

Week 9

Skating: Skate MINIMUM **6 hours** total for the week, ideally 3 2-hour sessions at a time (this is to prepare you for skating 3 2-hour BRRD practices a week) and work on all parts of **Basic Skating Skills** and **Balance & Agility** of [BRRD Minimum Skills Requirement](#)..

Review everything you have done for this program under 1 and 3 of the WFTDA Minimum Skills Requirements, and if you're struggling with any of these items or need clarification, this is the time to ask for help! Contact a BRRD skater you know or the Recruiting Director to get answers and help, this is the time to refine your skills and be ready to pass tryouts!

Strength: Skater's Choice! Pick from the strength section from weeks 1 through 7 of this program. Do a minimum of 3 strength workouts this week, but do more if you can!

Endurance/Cardio: [Couch to 5k week 9](#)

Do this routine 3 times a week:

- Brisk five-minute warmup walk
- jog 3 miles (or 30 minutes)

For those that have been doing this challenge from the beginning, CONGRATULATIONS!!!! At the end of this week, if you've completed this 9 week program and will attend our BRRD tryouts! You likely will now be able to competently demonstrate the skills required for tryouts, jog for 3 miles or 30 minutes in a row, and have a bit more overall strength and core stability than you did 2 months ago! If you're not able to do all these things or weren't able to do the entire program, *that's okay*. Different things work for different people, and any progress made past where you were 2 months ago is still progress! Feel free to start this program over from week 1 and see how well you do the next time around, I bet you'll find it at least a little easier. If you don't pass tryouts this time, we'd love to see you at the next one (Details on the next tryout TBD, stay on the email list for details)!!!