



# January 2025

## LAKEWOOD CLUB ICE SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1  <b>HAPPY NEW YEAR</b>	2	3	4
5 <b>CLUB PRACTICE 7:00-8:30PM Winterhurst Ice Rink</b>	6	7	8 <b>CLUB PRACTICE 7:00-8:00PM Winterhurst Ice Rink</b>	9	10	11
12 <b>CLUB PRACTICE 7:00-8:30PM Winterhurst Ice Rink</b>	13	14	15 <b>CLUB PRACTICE 7:00-8:00PM Winterhurst Ice Rink</b>	16	17	18
19 <b>NO SKATING HOCKEY TOURNAMENT</b>	20 <b>Martin Luther King Day</b> 	21	22 <b>CLUB PRACTICE 7:00-8:00PM Winterhurst Ice Rink</b>	23	24	25
26 <b>CLUB PRACTICE 7:00-8:30PM Winterhurst Ice Rink</b>	27	28	29 <b>CLUB PRACTICE 7:00-8:00PM Winterhurst Ice Rink</b>	30	31	



# JANUARY 2025 CALENDAR NOTES

"I think goals should never be easy, they should force you to work, even if they are uncomfortable at the time."

- Michel Phelps, Olympic Swimmer

Winner of 28 Olympic Medals



**Goal: I will set goals that I can work towards, including some that are a stretch but achievable.**



## FEBRUARY LAKEWOOD CLUB PRACTICE TIMES

- Sunday, Feb. 2, 9, 23 – 7:00-8:30PM
- Wednesday, Feb. 5, 12, 19, 26 - 7:00-8:00PM
- NO PRACTICE Sunday, Feb. 16.

**MARK YOUR CALENDARS – MEET TO ATTEND:**


- Feb. 22nd OHIO STATE ST CHAMPIONSHIPS CLEVELANDS HTS. OH





# LAKWOOD CLUB TRAINING PROGRAM

## JANUARY 2025

Wednesday January 1	
Thursday January 2	
Friday January 3	
Saturday January 4	
Sunday January 5	<b>ICE</b> Short Tempos: 15 laps warm up, 3 laps BU, 2 laps BU, 2 x 50m CS, 2 x 50m SS, 1 x 1 lap SS, 6-5-4-5-6- laps tempos, warm down.
Monday January 6	
Tuesday January 7	
Wednesday January 8	<b>ICE</b> Variable Intervals: 20 laps warm up, 2 x 2 laps BU, 12-16-20-16-12 (2 slow, 1 medium, 1 fast, repeat until done), R5', warm down.





# **LAKEWOOD CLUB TRAINING PROGRAM**

## **JANUARY 2025**


<b>Thursday January 9</b>	
<b>Friday January 10</b>	
<b>Saturday January 11</b>	
<b>Sunday January 12</b>	<b>ICE</b> Short Intervals: 15 laps warm up, 2 x 2 laps BU, 2 x 50m CS, 1 lap timed, 2 sets – 3 x 8 laps {6} laps, 15 laps warm down.
<b>Monday January 13</b>	
<b>Tuesday January 14</b>	
<b>Wednesday January 15</b>	<b>ICE</b> Short Intervals: Warm up 15 laps, 2 x 2 laps BU, 2 x 50m SS, 2 sets – 5-6-7 (10.8 {13.0}), R5' between sets, warm down.





# LAKWOOD CLUB TRAINING PROGRAM

## JANUARY 2025

Thursday January 16	
Friday January 17	
Saturday January 18	
Sunday January 19	<b>NO SKATING HOCKEY TOURNMENT</b>
Monday January 20	<b>Martin Luther King Day</b> 
Tuesday January 21	
Wednesday January 22	<b>ICE</b> Short Intervals: 15 laps warm up, 2 x 2 laps BU, 2 x 50m CS, 2 sets of 3 x 9 {7} laps, warm down.





# LAKWOOD CLUB TRAINING PROGRAM

## JANUARY 2025

<b>Thursday January 23</b>	
<b>Friday January 24</b>	
<b>Saturday January 25</b>	
<b>Sunday January 26</b>	<b>ICE</b> Fartlek: 15 laps, 2x2 laps BU, 2x50m CS, 2x10 {8} laps 2x12 laps {2x2 easy, 2 moderate, 2 fast}, 10 laps double corner, 15 laps warm down.
<b>Monday January 27</b>	
<b>Tuesday January 28</b>	
<b>Wednesday January 29</b>	<b>ICE</b> Variable Intervals: 10 laps warm-up, 2 x 2 laps BU, 2 x 15 laps (3 x 1 lap slow, 3 laps medium, 1 lap fast), R6', 2 x 10 laps (2 x 1 lap slow, 3 laps medium, 1 lap fast), R6', warm down
<b>Thursday January 30</b>	
<b>Friday January 31</b>	