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In-Season Training For Hockey

Weeks 1-4
Day 1

General Warm Up

Choose One:
Bicycle – 3 to 5 Minutes
Light Jogging – 3 to 5 Minutes

Specific Warm Up

Piston Squat – 7 reps each
4-Way Ankle Kicks – 5 reps each direction
Cuban Press Figure 8 – 7 reps
Lateral Deltoid Rebound – 5 reps each

Strength Training *If injured, see end of page

Back Squat Tempo: 3:1:0:0

- **5 reps, 3 reps, 1 rep – Warm Up**
- **5 Sets of 3 Reps – Work Sets**

REST 2:00 BETWEEN SETS

Dumbbell Incline Press – 3 sets of 8 reps
PAIR WITH
Clap Push Up – 3 sets of 5 reps
PAIR WITH
Lat Pull Down – 3 sets of 8 reps
REST 2:00 BETWEEN SETS

Dumbbell RDL – 3 sets of 6 reps
PAIR WITH
Ankle Band Work – 3 sets of 10 reps each
REST 2:00 BETWEEN SETS

Zottman Curls – 3 sets of 8 reps
PAIR WITH
JM Dumbbell Press – 3 sets of 8 reps
REST 2:00 BETWEEN SETS

Full Bench Curl Up – 3 sets of 10 reps
PAIR WITH
Prone Forearm Bridge – 3 sets of 1:00
PAIR WITH
Bam Bams – 3 sets of 10 reps each
REST 1:30 BETWEEN SETS

Prehab – Rotator Cuff

Complete one circuit from this sheet:
Shoulder Prehab Circuits

Post-Workout Recovery

Isometric Split – 2 sets of 1:00 each leg
Laying Wall Shakes – 1:00
Glute Ham Hang – 2:00
Foam Roller Work – Quads & IT Band
Band Stretching

Injury Workouts

If injured, complete one of the following workouts instead:
Injured Hand & Wrist Workout
Injured Knee - Limited Bending Workout
Lower Body Injury Workout
Upper Body Injury Workout

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In-Season Training For Hockey

Weeks 1-4
Day 2

General Warm Up

Choose One:
Bicycle – 3 to 5 Minutes
Light Jogging – 3 to 5 Minutes

Specific Warm Up

Overhead Squat – 5 reps empty bar
3-Way Hamstring Press – 5 reps each
Chest Band Adduction – 5 reps each
Cuban Press Incline – 7 reps

Strength Training *If injured, see end of page

Dumbbell Walking Lunge – 4 sets of 6 reps
PAIR WITH
Power Step Up – 4 sets of 3 reps each
REST 2:00 BETWEEN SETS

Bench Press Tempo: 3:1:0:0

- **5 reps, 3 reps, 1 rep – Warm Up**
- **5 Sets of 3 Reps – Work Sets**

REST 2:00 BETWEEN SETS

Dumbbell Curl To Press – 3 sets of 8 reps
PAIR WITH
Rear Deltoid – 3 sets of 8 reps
REST 2:00 BETWEEN SETS

Dynamic Lat Pull Down – 3 sets of 8 reps
PAIR WITH
Ball Leg Curls – 3 sets of 8 reps
REST 2:00 BETWEEN SETS

Gopher U Abs – 3 sets of 8 reps each
PAIR WITH
Side Bridge – 3 sets of 30 seconds each
PAIR WITH
Thors Hammer – 3 sets of 10 reps each
REST 1:30 BETWEEN SETS

Prehab – Hip Flexor or Groin

Complete one circuit from this sheet:
Hip Flexor Prehab Circuits
Groin Prehab Circuits

Post-Workout Recovery

Isometric Chest Hold – 2 sets of 1:00 each
Laying Wall Shakes – 1:00
Glute Ham Hang – 2:00
Foam Roller Work – Quads & IT Band
Band Stretching

Injury Workouts

If injured, complete one of the following workouts instead:
Injured Hand & Wrist Workout
Injured Knee - Limited Bending Workout
Lower Body Injury Workout
Upper Body Injury Workout

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In-Season Training For Hockey

Weeks 1-4
Day 3

General Warm Up

Choose One:
Bicycle – 3 to 5 Minutes
Light Jogging – 3 to 5 Minutes

Adaptability Training

Choose and complete a circuit from ONE of the following sheets:

Adaptability Training

Or

Iso-Adaptability Training

Prehab – Knee

Complete the circuit from this sheet:

Knee Prehab Circuits

Prehab - Shoulder

Complete the circuit from this sheet:

Shoulder YTWL Circuit

Post-Workout Recovery

Laying Wall Shakes – 1:00

Glute Ham Hang – 2:00

Foam Roller Work – Quads & IT Band

Band Stretching

Injury Workouts

If injured, complete one of the following workouts instead:

Injured Hand & Wrist Workout

Injured Knee - Limited Bending Workout

Lower Body Injury Workout

Upper Body Injury Workout

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In-Season Training For Hockey

Weeks 5-8
Day 1

General Warm Up

Choose One:
Bicycle – 3 to 5 Minutes
Light Jogging – 3 to 5 Minutes

Specific Warm Up

Piston Squat – 7 reps each
4-Way Ankle Kicks – 5 reps each direction
Cuban Press Figure 8 – 7 reps
Lateral Deltoid Rebound – 5 reps each

Strength Training *If injured, see end of page

Back Squat Tempo: 1:3:0:0

- **5 reps, 3 reps, 1 rep – Warm Up**
- **5 Sets of 3 Reps – Work Sets**

REST 2:00 BETWEEN SETS

Dumbbell Bench Press With Bands – 3 sets of 8 reps
PAIR WITH
Clap Push Up – 3 sets of 5 reps
PAIR WITH
Lat Pull Down – 3 sets of 8 reps
REST 2:00 BETWEEN SETS

In Line RDL – 3 sets of 6 reps
PAIR WITH
Ankle Band Work – 3 sets of 10 reps each
REST 2:00 BETWEEN SETS

Reverse Curl – 3 sets of 8 reps
PAIR WITH
Tricep Push Down – 3 sets of 8 reps
REST 2:00 BETWEEN SETS

Full Bench Curl Up – 3 sets of 10 reps
PAIR WITH
Prone Forearm Bridge – 3 sets of 1:00
PAIR WITH
Bam Bams – 3 sets of 10 reps each
REST 1:30 BETWEEN SETS

Prehab – Rotator Cuff

Complete one circuit from this sheet:
Shoulder Prehab Circuits

Post-Workout Recovery

Isometric Split – 2 sets of 1:00 each leg
Laying Wall Shakes – 1:00
Glute Ham Hang – 2:00
Foam Roller Work – Quads & IT Band
Band Stretching

Injury Workouts

If injured, complete one of the following workouts instead:
Injured Hand & Wrist Workout
Injured Knee - Limited Bending Workout
Lower Body Injury Workout
Upper Body Injury Workout

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In-Season Training For Hockey

Weeks 5-8
Day 2

General Warm Up

Choose One:
Bicycle – 3 to 5 Minutes
Light Jogging – 3 to 5 Minutes

Specific Warm Up

Overhead Squat – 5 reps empty bar
3-Way Hamstring Press – 5 reps each
Chest Band Adduction – 5 reps each
Cuban Press Incline – 7 reps

Strength Training *If injured, see end of page

Dumbbell Walking Lunge – 4 sets of 6 reps
PAIR WITH
Alt. Split Lunge Jump – 4 sets of 3 each
REST 2:00 BETWEEN SETS

Bench Press Tempo: 1:3:0:0

- **5 reps, 3 reps, 1 rep – Warm Up**
- **5 Sets of 3 Reps – Work Sets**

REST 2:00 BETWEEN SETS

Dumbbell Curl To Press – 3 sets of 8 reps
PAIR WITH
Overhead Lateral Raise – 3 sets of 8 reps
REST 2:00 BETWEEN SETS

Dynamic Lat Pull Down – 3 sets of 8 reps
PAIR WITH
Ball Leg Curls – 3 sets of 8 reps
REST 2:00 BETWEEN SETS

Gopher U Abs – 3 sets of 8 reps each
PAIR WITH
Side Bridge – 3 sets of 30 seconds each
PAIR WITH
Thors Hammer – 3 sets of 10 reps each
REST 1:30 BETWEEN SETS

Prehab – Hip Flexor or Groin

Complete one circuit from this sheet:
Hip Flexor Prehab Circuits
Groin Prehab Circuits

Post-Workout Recovery

Isometric Chest Hold – 2 sets of 1:00 each
Laying Wall Shakes – 1:00
Glute Ham Hang – 2:00
Foam Roller Work – Quads & IT Band
Band Stretching

Injury Workouts

If injured, complete one of the following workouts instead:
Injured Hand & Wrist Workout
Injured Knee - Limited Bending Workout
Lower Body Injury Workout
Upper Body Injury Workout

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In-Season Training For Hockey

Weeks 5-8
Day 3

General Warm Up

Choose One:
Bicycle – 3 to 5 Minutes
Light Jogging – 3 to 5 Minutes

Adaptability Training

Choose and complete a circuit from ONE of the following sheets:

Adaptability Training

Or

Iso-Adaptability Training

Prehab – Knee

Complete the circuit from this sheet:

Knee Prehab Circuits

Prehab - Shoulder

Complete the circuit from this sheet:

Shoulder YTWL Circuit

Post-Workout Recovery

Laying Wall Shakes – 1:00

Glute Ham Hang – 2:00

Foam Roller Work – Quads & IT Band

Band Stretching

Injury Workouts

If injured, complete one of the following workouts instead:

Injured Hand & Wrist Workout

Injured Knee - Limited Bending Workout

Lower Body Injury Workout

Upper Body Injury Workout

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In-Season Training For Hockey

Weeks 9-12
Day 1

General Warm Up

Choose One:
Bicycle – 3 to 5 Minutes
Light Jogging – 3 to 5 Minutes

Specific Warm Up

Piston Squat – 7 reps each
4-Way Ankle Kicks – 5 reps each direction
Cuban Press Figure 8 – 7 reps
Lateral Deltoid Rebound – 5 reps each

Strength Training *If injured, see end of page

Back Squat With Bands Tempo: 1:0:0:0

- **5 reps, 3 reps, 1 rep – Warm Up**
- **6 Sets of 2 Reps – Work Sets**

REST 2:00 BETWEEN SETS

Dumbbell Bench Press – 3 sets of 8 reps
PAIR WITH
Clap Push Up – 3 sets of 5 reps
PAIR WITH
Lat Pull Down – 3 sets of 8 reps
REST 2:00 BETWEEN SETS

RDL – 3 sets of 6 reps
PAIR WITH
Ankle Band Work – 3 sets of 10 reps each
REST 2:00 BETWEEN SETS

EZ Bar Curl – 3 sets of 8 reps
PAIR WITH
Floor Tricep Extension – 3 sets of 8 reps
REST 2:00 BETWEEN SETS

Full Bench Curl Up – 3 sets of 10 reps
PAIR WITH
Prone Forearm Bridge – 3 sets of 1:00
PAIR WITH
Bam Bams – 3 sets of 10 reps each
REST 1:30 BETWEEN SETS

Prehab – Rotator Cuff

Complete one circuit from this sheet:
Shoulder Prehab Circuits

Post-Workout Recovery

Isometric Split – 2 sets of 1:00 each leg
Laying Wall Shakes – 1:00
Glute Ham Hang – 2:00
Foam Roller Work – Quads & IT Band
Band Stretching

Injury Workouts

If injured, complete one of the following workouts instead:
Injured Hand & Wrist Workout
Injured Knee - Limited Bending Workout
Lower Body Injury Workout
Upper Body Injury Workout

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In-Season Training For Hockey

Weeks 9-12
Day 2

General Warm Up

Choose One:
Bicycle – 3 to 5 Minutes
Light Jogging – 3 to 5 Minutes

Specific Warm Up

Overhead Squat – 5 reps empty bar
3-Way Hamstring Press – 5 reps each
Chest Band Adduction – 5 reps each
Cuban Press Incline – 7 reps

Strength Training *If injured, see end of page

Dumbbell Walking Lunge – 4 sets of 6 reps
PAIR WITH
Alt. Split Lunge Jump – 4 sets of 3 each
REST 2:00 BETWEEN SETS

Bench Press With Chains Tempo: 1:0:0:0

- **5 reps, 3 reps, 1 rep – Warm Up**
- **5 Sets of 3 Reps – Work Sets**

REST 2:00 BETWEEN SETS

Dumbbell Curl To Press – 3 sets of 8 reps
PAIR WITH
Bicep Curl Shock – 3 sets of 5 reps
REST 2:00 BETWEEN SETS

Dynamic Lat Pull Down – 3 sets of 8 reps
PAIR WITH
Ball Leg Curls – 3 sets of 8 reps
REST 2:00 BETWEEN SETS

Gopher U Abs – 3 sets of 8 reps each
PAIR WITH
Side Bridge – 3 sets of 30 seconds each
PAIR WITH
Thors Hammer – 3 sets of 10 reps each
REST 1:30 BETWEEN SETS

Prehab – Hip Flexor or Groin

Complete one circuit from this sheet:
Hip Flexor Prehab Circuits
Groin Prehab Circuits

Post-Workout Recovery

Isometric Chest Hold – 2 sets of 1:00 each
Laying Wall Shakes – 1:00
Glute Ham Hang – 2:00
Foam Roller Work – Quads & IT Band
Band Stretching

Injury Workouts

If injured, complete one of the following workouts instead:
Injured Hand & Wrist Workout
Injured Knee - Limited Bending Workout
Lower Body Injury Workout
Upper Body Injury Workout

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In-Season Training For Hockey

Weeks 9-12
Day 3

General Warm Up

Choose One:
Bicycle – 3 to 5 Minutes
Light Jogging – 3 to 5 Minutes

Adaptability Training

Choose and complete a circuit from ONE of the following sheets:

Adaptability Training

Or

Iso-Adaptability Training

Prehab – Knee

Complete the circuit from this sheet:

Knee Prehab Circuits

Prehab - Shoulder

Complete the circuit from this sheet:

Shoulder YTWL Circuit

Post-Workout Recovery

Laying Wall Shakes – 1:00

Glute Ham Hang – 2:00

Foam Roller Work – Quads & IT Band

Band Stretching

Injury Workouts

If injured, complete one of the following workouts instead:

Injured Hand & Wrist Workout

Injured Knee - Limited Bending Workout

Lower Body Injury Workout

Upper Body Injury Workout