



Off Season Training - June



Preseason

1. Ensure proper eating - eliminate "junk food". Balance caloric intake to whether weight gain, loss or maintenance required.
2. Stretch after every session, holding each stretch for at least 30 seconds. Work on problem areas first.
3. Do active warmups, not static stretching as in after practice.
4. Perform a non-hockey related recreational activity twice a week.

FIRST 3 WEEKS

Mondays			
	Reps	Sets	Rest
Dumbbell Bench Press	12	3	90
Dumbbell Bent Over Rows	12	3	90
Barbell Push Press	12	3	90
Squats	12	3	90
Dumbbell Lunges	15	3	90
Stretch			

Tuesdays	
Foot Speed Drills	
Run	25 minutes at 80% intensity
Stretch	

Wednesdays			
	Reps	Sets	Rest
Narrow Grip Push Ups	12	3	90
Chin Ups or Pull Downs	12	3	90
Lateral Dumbbell Raise	12	2	90
Rear Dumbbell Raise	12	2	90
Romanian Deadlift (Dumbbell)	12	3	90
Sideways Lunges with Dumbbell	12	3	90
Stretch			

Thursdays	
Foot Speed Drills	
Bike Intervals	15 minutes of 1 minute 50%, 30 seconds 80%, 30 seconds 90%
Stretch	

Fridays			
	Reps	Sets	Rest
One Legged Dumbbell Squat	10	3	90
Lunges with Dumbbell	10	3	90
Chest Dumbbell Flyes	10	3	90
Seated Dumbbell Press	10	3	90
Narrow Grip Bent Over Barbell Row	10	3	90
Shoulder Shrugs (Dumbbell)	10	3	90
Stretch			

Saturdays		
	Reps	Sets
Sissel Ball Crunches	25	4
Sissel Reverse Back Extension	15	4
Sissel Ball Side Crunches	20	3
Side Bends with Weight	12	3
Left Bridge - One Foot	45 sec	3
Right Bridge - One Foot	45 sec	3
Run - 25 minutes at 80% intensity		
Stretch		

Sundays
REST !!

LAST WEEK

Mondays	
Foot Speed Drills	
Vertical Jumps	3 sets of 5 reps (max height)
Horizontal Maximal Jumps	3 sets of 5 reps (max length)
Bike	15 minutes of 1minute 50%, 30 seconds 80%, 30 seconds 100%
Stretch	

Tuesdays
Rest - Skills Training

Wednesdays	
Foot Speed Drills	
Run Intervals - Run along	20 minutes of 2 poles easy pace, 1 pole sprint

telephone / power poles	
Stretch	

Thursdays
Rest - Skills Training

Fridays		
	Reps	Sets
Sissel Ball Crunches	25	4
Sissel Reverse Back Extension	15	4
Sissel Ball Side Crunches	20	3
Side Bends with Weight	15	3
Left Bridge - One Foot	45 sec	3
Right Bridge - One Foot	45 sec	3
Run - 25 minutes at 80% intensity		
Stretch		

Saturdays
Rest - Skills Training

Sundays
REST !!