



Off Season Training - May



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.

Mondays	
Vertical Jumps	3 sets of 5 reps (max height)
Run	30 minutes at 75% intensity
Stretch	

Tuesdays			
	Reps	Sets	Rest
Push Ups	15	3	60
Dumbbell Bent Over Rows	15	3	60
Lateral Dumbbell Raise	15	3	60

Anterior Dumbbell Raise	15	3	60
Squats	15	3	60
Good Mornings	15	3	60
Dumbbell Lunges	15	3	60
Stretch			

Wednesdays	
Horizontal Maximal Jumps	3 sets of 5 reps (max length)
Bike Intervals	15 minutes of 1 minute 50%, 1 minute 80%
Stretch	

Thursdays			
	Reps	Sets	Rest
Wide Grip Push Ups	15	3	60
Chin Ups or Pull Downs	15	3	60
Seated Dumbbell Press	15	3	60
Romanian Deadlift (Dumbbell)	15	3	60
Dumbbell Lunges	15	3	60
Stretch			

Fridays		
	Reps	Sets
Sissel Ball Crunches	25	3
Sissel Reverse Back Extension	15	3
Sissel Ball Side Crunches	20	3
Side Bends with Weight	12	3
Left Bridge - One Foot	30 sec	3
Right Bridge - One Foot	30 sec	3
Stretch		

Saturdays	
Vertical Jumps	3 sets of 5 reps (max height)
Run	25 minutes at 80% intensity
Stretch	

Sundays	
REST !!	