

## **This is adapted from the Summer 2017 workout plan**

Meghan Johnson

Sean Joyce-Farley

Elizabeth Muirhead

**Full Body Strength Workout** (Pick 5+ exercises for each day; if you have access to a gym feel free to use weights or do strength machines)

Phase I. 3 sets of something reasonable or 3 sets for a reasonable number of seconds

Phase II. 3 sets of max reps or 3 sets for max time

Phase III. 3 sets of max reps or 3 sets for max time

- Squats
- Squat Jumps (<https://www.youtube.com/watch?v=U4s4mEQ5VqU>) (This video also explains how to do a basic squat)
- Bulgarian Split Squats (<https://www.youtube.com/watch?v=2C-uNgKwPLE>)
- Skater Walks (<https://www.youtube.com/watch?v=PTfuNW5cpkA>)
- Skater Strides (<https://www.youtube.com/watch?v=0ZOmOR-peSM>)
  - Be sure to pause with each landing between strides
- Skater Taps (I can't find the original video but it is similar to this. <https://www.youtube.com/watch?v=8NDkaWb1u4Y>)
- Push Ups (<https://www.popsugar.com/fitness/Push-Ups-Variations-Benefits-7501338>)
- Tricep Dips (<https://www.youtube.com/watch?v=6kALZikXxLc>)
- Pull Ups (assisted if necessary, this video gives ways to work up [https://www.youtube.com/watch?v=Ryk\\_1\\_WmG28](https://www.youtube.com/watch?v=Ryk_1_WmG28))
- Inchworms (<https://www.youtube.com/watch?v=VSp0z7Mp5IU>)
- Plank Ups (<https://www.youtube.com/watch?v=LICrkuVmD4M>)
- Lateral Plank Walks (<https://www.youtube.com/watch?v=H99I2WFXdE>)
- Burpees (<https://www.youtube.com/watch?v=dZgVxmf6jkA>)
- Single Leg Dead Lift (<https://www.youtube.com/watch?v=5oiKWA-K6-g>) (you don't need to do it with weights but you always can)
- Calf Raises ([https://www.youtube.com/watch?v=TMIV8JN5\\_kE](https://www.youtube.com/watch?v=TMIV8JN5_kE))
- Donkey Kicks (<https://www.youtube.com/watch?v=SJ1Xuz9D-ZQ>)
- Spiderman Lunges ([https://www.youtube.com/watch?v=3dgNcNU74\\_w](https://www.youtube.com/watch?v=3dgNcNU74_w))
- Glute Bridge ([https://www.youtube.com/watch?v=O9j\\_DU\\_4KXs](https://www.youtube.com/watch?v=O9j_DU_4KXs) this has options so adjust where needed)
- Planks (<https://www.youtube.com/watch?v=pSHjTRCQxIw>)
- Side Lunges (<https://www.youtube.com/watch?v=koOIMPoa9SE>)
- Split Squat ([https://www.youtube.com/watch?v=9Sk\\_yZ2DQY](https://www.youtube.com/watch?v=9Sk_yZ2DQY))
- Box Jump (<https://www.youtube.com/watch?v=hxldG9FX4j4>)

**Stamina/Cardio** (30-45 minutes; steady but hard)

Phase I. Get your body used to moving again. Pay attention to form and try and make good habits.

Phase II. This is where you push yourself to increase speed. Try to get faster every two weeks or so.

Phase III. Still be working to increase your speed.

- Running
- Biking
- Swimming
- Rowing

- Hiking
- Roller Blading
- High Intensity Interval Training (once a week if you're comfortable)
- Skating (if you have access to a rink!!)

**Mobility** (15 minutes; do each for 45 seconds to a minute each day; or do Yoga)

Phase I, II, & III. Do this each time you workout. You should get more flexible over time.

Flexibility is hella important for hockey, so don't just give up after a week.

- Quad Stretch (<https://www.youtube.com/watch?v=CZBKSOtyssM>)
- Hamstring Stretch (<https://www.youtube.com/watch?v=ki8ZaeXmkaM>)
- Hip Flexibility (<https://www.youtube.com/watch?v=NG9qbvAN3gQ> Stretch at 2:25, but this is a good video as a whole)
- Wrist Mobility (<https://www.youtube.com/watch?v=QmrAtWeWrqs> @ 0:55, go slow with this one and don't overextend)
- Ankle Mobility (<https://www.youtube.com/watch?v=RPa9-fpgnUE>, keep your feet flat on the ground)
- Pretzel/90-90 Stretch ([https://www.youtube.com/watch?v=XHq\\_VVJPBbU](https://www.youtube.com/watch?v=XHq_VVJPBbU))
- Thread the Needle (<https://www.youtube.com/watch?v=zMzr4CIJ60I>)
- Pigeon Stretch (<https://www.youtube.com/watch?v=FVIX5HNKamw>)
- Spiderman Stretch (<https://www.youtube.com/watch?v=83Jbooszajc>)
- Tricep Stretch (<https://www.youtube.com/watch?v=hSaqjF0dMMg>)
- Bicep Stretch (<https://www.youtube.com/watch?v=wnlcuZ0mJSU>)
- Calf Stretch (<https://www.youtube.com/watch?v=QFsuXuELFOA>)
- Downward Dog (<https://www.youtube.com/watch?v=rbJaj0Aqw5k>)
- Glute Stretch (<https://www.youtube.com/watch?v=BQsgkicBnck>)
- Cobra (<https://www.youtube.com/watch?v=JDcdhTuycOI>)

**Speed Training** (30-45 minutes; go hard & switch it up)

Phase I. Get your body used to moving again. Work on form and build up good habits.

Phase II. Really work to increase speed and explosiveness over time. Look online for tips on increasing speed.

Phase III. Again, keep working on increasing speed. Now that you're stronger and more flexible, you should be going much faster.

- Sprint, Rest (at least 10 times) (50 yards, 15-30 second rest)
- Other/any sprint circuits you know
- Agility Training (go page 83 labeled "Agility Training" and go wild!!  
[http://graphics.fansonly.com/photos/schools/saht/sports/m-hockey/auto\\_pdf/summer-training-manual.pdf](http://graphics.fansonly.com/photos/schools/saht/sports/m-hockey/auto_pdf/summer-training-manual.pdf))
- More agility: <https://drive.google.com/open?id=0B6wh1jKOSdnDajB6VjFsLUljQms>

## Other Resources

Sacred Heart University Offseason Workout:

[http://graphics.fansonly.com/photos/schools/saht/sports/m-hockey/auto\\_pdf/summer-training-manual.pdf](http://graphics.fansonly.com/photos/schools/saht/sports/m-hockey/auto_pdf/summer-training-manual.pdf)

Nike Hockey Offseason Guide:

[http://www.hockeyeasternontario.ca/docs/NIKE\\_offseason\\_program.pdf](http://www.hockeyeasternontario.ca/docs/NIKE_offseason_program.pdf)

High School Offseason Guide:

[http://www.baystatemassage.com/images/The\\_Sport\\_Conditioning\\_Guide\\_for\\_hockey\\_1\\_.pdf](http://www.baystatemassage.com/images/The_Sport_Conditioning_Guide_for_hockey_1_.pdf)

Body by Boyle Youtube Channel:

<https://www.youtube.com/user/mbscvideo/videos>

This guy trains a lot of the USA Women's team and has trained many of my friends and he is good. Use a bunch of his videos if you want.

GoalieTrainingPro Youtube Channel:

<https://www.youtube.com/channel/UC2WShVFdfP7drPc-iDgpssA>

I love this woman. Her workouts work for both skaters and goalies. These all have great plans with weights if that's what you got.

IPF Facebook

Walter trains Gigi Marvin and Megan Duggan

<https://www.facebook.com/InstituteOfPerformanceFitness/>