# Welcome to The Program

Created by big league veteran Gary Roberts and pro trainer Matt Nichol, The Program gives you the tools to crush anyone who stands in your way. It focuses on building a solid foundation of speed, strength, agility and quickness, and adds explosiveness to your game. Your coaches and teammates will take notice, and you’ll earn that extra time on the ice.

Be The One.

**Next season starts now.**

The Program is divided into three main parts designed to take you from this season to the next. Each day is broken down into warm ups and drills. These 45 minute training sessions are designed to give you the edge on the ice. Weeks 5 and 10 are active recovery weeks—which allow you to customize your workout schedule.

<table>
<thead>
<tr>
<th>Week 1-4</th>
<th>Week 5</th>
<th>Week 6-9</th>
<th>Week 10</th>
<th>Week 11-12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Speed &amp; Power</td>
<td>Active Recovery</td>
<td>Explosiveness</td>
<td>Active Recovery</td>
<td>Training Camp</td>
</tr>
</tbody>
</table>

**Weeks 1-4**

This is the beginning of your journey. Here we take the momentum you have from finishing off last season, and push it to another level in the gym. You’ll have two days of Active Recovery every week, and that’s your chance to get out of the gym and play any sport you want.

**Week 5**

This is an Active Recovery week. It’s not a week off. Customize your workout schedule by playing sports or doing other workouts you enjoy. Take your bike, rollerblade, or go for a sustained run. Get out there every day of the week. Try to break a sweat.

**Weeks 6-9**

You will be feeling stronger and quicker. And it’s time to push even harder. We’ve added field exercises to a more intense gym workout. Weeks 6-9 are where we work on the explosiveness and quickness you’ll need when you’re back on the ice. These are the most intense weeks.

**Week 10**

Once again, this is a recovery week. It’s not a week off. There are plenty of other exercises outside of your normal schedule that will really enhance your performance. Try quick reaction games like soccer or basketball which balance lateral movement and power. Keep pushing.

**Weeks 11-12**

The drills you’ll find here will complement your Training Camp on-ice workouts you’re already getting. You can work out any two days of the week, but try to keep 48 hours between The Program workouts. If you’ve come this far, your coaches and teammates will definitely notice.
### WEEKS 1-4: SPEED & POWER

#### WARMUPS

<table>
<thead>
<tr>
<th>Drill</th>
<th>Sets</th>
<th>Reps</th>
<th>Rests</th>
<th>Superset</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Three Position Wall Stretch</td>
<td>6 each leg</td>
<td></td>
<td></td>
<td></td>
<td>5</td>
</tr>
<tr>
<td>Side Leg Lifts on Wall</td>
<td>5 each leg</td>
<td></td>
<td></td>
<td></td>
<td>5</td>
</tr>
<tr>
<td>Glute Bridge</td>
<td>15-30 s</td>
<td></td>
<td></td>
<td></td>
<td>5</td>
</tr>
<tr>
<td>Glute Bridge Marching</td>
<td>60 s</td>
<td></td>
<td></td>
<td></td>
<td>5</td>
</tr>
<tr>
<td>Wall Squats</td>
<td>60 s</td>
<td></td>
<td></td>
<td></td>
<td>5</td>
</tr>
<tr>
<td>Wall Side Lunges</td>
<td>5 steps each way</td>
<td></td>
<td></td>
<td></td>
<td>5</td>
</tr>
<tr>
<td>Prone Cobra</td>
<td>10 each side</td>
<td></td>
<td></td>
<td></td>
<td>6</td>
</tr>
<tr>
<td>Swiss and Med Ball Rotations</td>
<td>10 each side</td>
<td></td>
<td></td>
<td></td>
<td>9</td>
</tr>
<tr>
<td>Inch Worms</td>
<td>20 metres</td>
<td></td>
<td></td>
<td></td>
<td>6</td>
</tr>
</tbody>
</table>

#### DRILLS

### Day 1: Gym

<table>
<thead>
<tr>
<th>Drill</th>
<th>Sets</th>
<th>Reps</th>
<th>Rests</th>
<th>Superset</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>One Leg Squat Box Jump</td>
<td>3</td>
<td>8-12</td>
<td>60 s</td>
<td>A</td>
<td>8</td>
</tr>
<tr>
<td>One Leg Russian Dead Lift</td>
<td>3</td>
<td>0-12</td>
<td>60-90 s</td>
<td>A</td>
<td>8</td>
</tr>
<tr>
<td>Swiss Ball Hip Ext. &amp; Hamstring Curl</td>
<td>2</td>
<td>10-15</td>
<td>30 s</td>
<td>B</td>
<td>9</td>
</tr>
<tr>
<td>Swiss Ball Crunch</td>
<td>2</td>
<td>15-30 s</td>
<td>60 s</td>
<td>B</td>
<td>9</td>
</tr>
<tr>
<td>Wall Squats</td>
<td>2</td>
<td>Max time</td>
<td>30 s</td>
<td>C</td>
<td>9</td>
</tr>
<tr>
<td>Side Planks</td>
<td>2</td>
<td>Max time</td>
<td>30 s</td>
<td>C</td>
<td>9</td>
</tr>
</tbody>
</table>

### Day 2: Active Recovery

<table>
<thead>
<tr>
<th>Drill</th>
<th>Sets</th>
<th>Reps</th>
<th>Rests</th>
<th>Superset</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pause Push-Ups</td>
<td>3</td>
<td>12-15</td>
<td>60 s</td>
<td>A</td>
<td>9</td>
</tr>
<tr>
<td>Horizontal Pull-Ups</td>
<td>3</td>
<td>12-15</td>
<td>60-90 s</td>
<td>A</td>
<td>9</td>
</tr>
<tr>
<td>One Arm Dumbbell Row</td>
<td>3</td>
<td>0-12</td>
<td>60 s</td>
<td>B</td>
<td>9</td>
</tr>
<tr>
<td>Rear Delt Lateral Raises</td>
<td>3</td>
<td>12-15</td>
<td>60-90 s</td>
<td>B</td>
<td>9</td>
</tr>
<tr>
<td>Front Plank Push-Ups</td>
<td>2</td>
<td>Max</td>
<td>30 s</td>
<td>C</td>
<td>10</td>
</tr>
<tr>
<td>Sprinter’s Sit-Ups</td>
<td>2</td>
<td>Max</td>
<td>30 s</td>
<td>C</td>
<td>10</td>
</tr>
</tbody>
</table>

### Day 4: Active Recovery

<table>
<thead>
<tr>
<th>Drill</th>
<th>Sets</th>
<th>Reps</th>
<th>Rests</th>
<th>Superset</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wall Squats</td>
<td>3</td>
<td>Max time</td>
<td>30 s</td>
<td>A</td>
<td>5</td>
</tr>
<tr>
<td>Dumbbell Squat &amp; Press</td>
<td>3</td>
<td>10-12</td>
<td>60 s</td>
<td>A</td>
<td>10</td>
</tr>
<tr>
<td>Med Ball Sumo Squat &amp; Overhead Reach</td>
<td>3</td>
<td>10-12</td>
<td>60-90 s</td>
<td>A</td>
<td>10</td>
</tr>
<tr>
<td>Med Ball Wood Chop</td>
<td>3</td>
<td>10-12</td>
<td>60-90 s</td>
<td>B</td>
<td>11</td>
</tr>
<tr>
<td>Med Ball Alternating Lunges</td>
<td>3</td>
<td>10-12</td>
<td>60-90 s</td>
<td>B</td>
<td>11</td>
</tr>
</tbody>
</table>

**Superset:** For increased difficulty, complete sets of drills with the same letter [e.g. A, A] as a circuit.
## Weeks 6-9: Explosiveness

### Warmups

<table>
<thead>
<tr>
<th>Gym Warmup</th>
<th>Reps</th>
<th>Page</th>
<th>Field Warmup</th>
<th>Reps</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Three Position Wall Stretch</td>
<td>6 each leg</td>
<td>5</td>
<td>Side Shuffle with Arm Crosses</td>
<td>20 metres</td>
<td>6</td>
</tr>
<tr>
<td>Side Leg Lifts on Wall &amp; Over</td>
<td>5 each leg</td>
<td>5</td>
<td>Carioca</td>
<td>20 metres</td>
<td>6</td>
</tr>
<tr>
<td>Side Bridge</td>
<td>15-30 sec</td>
<td>5</td>
<td>Leg Swings</td>
<td>20 metres</td>
<td>6</td>
</tr>
<tr>
<td>Elite Bridge Marching</td>
<td>10 sec</td>
<td>5</td>
<td>High Kneet March</td>
<td>20 metres</td>
<td>7</td>
</tr>
<tr>
<td>Wall Squats</td>
<td>80 sec</td>
<td>5</td>
<td>Jogging Butt Kickers</td>
<td>20 metres</td>
<td>7</td>
</tr>
<tr>
<td>Wall Side Lunges</td>
<td>5 steps each way</td>
<td>5</td>
<td>Walking Lunges</td>
<td>20 metres</td>
<td>7</td>
</tr>
<tr>
<td>Prone Cobra &amp; Over</td>
<td>10 each side</td>
<td>6</td>
<td>Alternating Side Lunges</td>
<td>20 metres</td>
<td>7</td>
</tr>
<tr>
<td>Swiss and Med Ball Rotations</td>
<td>10</td>
<td>6</td>
<td>Spiderman Stretch</td>
<td>20 metres</td>
<td>7</td>
</tr>
<tr>
<td>Inch Worms</td>
<td>20 metres</td>
<td>6</td>
<td>Carioca Squats</td>
<td>20 metres</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Ladder Crossover</td>
<td>2x starting with each foot</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Frankenstein Walk</td>
<td>20 metres</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Speed Play: buildups</td>
<td>100 metres at 50% speed</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>100 metres at 75% speed</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>100 metres at 90% speed</td>
<td>8</td>
</tr>
</tbody>
</table>

### Drills

#### Day 1: Gym

<table>
<thead>
<tr>
<th>Drills</th>
<th>Sets</th>
<th>Reps</th>
<th>Rests</th>
<th>Superset</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>One and One Quarter Skater’s Squats</td>
<td>3</td>
<td>0-10</td>
<td>60-90 s</td>
<td>A</td>
<td>11</td>
</tr>
<tr>
<td>Side Bridge Hip Extension Side Planks</td>
<td>2</td>
<td>0-12 each leg</td>
<td>60 s</td>
<td>B</td>
<td>11</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>0-12</td>
<td>60 s</td>
<td>B</td>
<td>11</td>
</tr>
<tr>
<td>Side Planks</td>
<td>2</td>
<td>0-12 each side, Hold for 5 sec</td>
<td>60 s</td>
<td>B</td>
<td>9</td>
</tr>
</tbody>
</table>

#### Day 2: Field

<table>
<thead>
<tr>
<th>Drills</th>
<th>Sets</th>
<th>Reps</th>
<th>Rests</th>
<th>Superset</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pyramid Sprints</td>
<td>1</td>
<td>1x100</td>
<td>60 s</td>
<td>Jog at 50% for the remainder of the track</td>
<td>12</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1x200</td>
<td>60 s</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>1x300</td>
<td>60 s</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>1x400</td>
<td>60 s</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>1x600</td>
<td>60 s</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Day 3: Gym

<table>
<thead>
<tr>
<th>Drills</th>
<th>Sets</th>
<th>Reps</th>
<th>Rests</th>
<th>Superset</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Incline Dumbbell Bench Press Horizontal Pull-Up</td>
<td>3</td>
<td>8-10</td>
<td>60-90 s</td>
<td>A</td>
<td>12</td>
</tr>
<tr>
<td></td>
<td></td>
<td>6-10</td>
<td>60-90 s</td>
<td>A</td>
<td>12</td>
</tr>
<tr>
<td>One Arm Dumbbell Row</td>
<td>3</td>
<td>10-12</td>
<td>30 s</td>
<td>B</td>
<td>9</td>
</tr>
<tr>
<td></td>
<td></td>
<td>15-12</td>
<td>60-90 s</td>
<td>B</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>6</td>
<td>8 each side</td>
<td>30 s</td>
<td>C</td>
<td>9</td>
</tr>
<tr>
<td>Side Planks</td>
<td>2</td>
<td>Max</td>
<td>60 s</td>
<td>C</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>10</td>
</tr>
<tr>
<td>Front Plank Push-Ups</td>
<td>2</td>
<td>Max</td>
<td>90 s</td>
<td></td>
<td>12</td>
</tr>
</tbody>
</table>

#### Day 4: Field

<table>
<thead>
<tr>
<th>Drills</th>
<th>Sets</th>
<th>Reps</th>
<th>Rests</th>
<th>Superset</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ladder Crossover</td>
<td>3</td>
<td>2x each foot</td>
<td>60 s</td>
<td></td>
<td>12</td>
</tr>
<tr>
<td>Agility Box Crossover</td>
<td>1</td>
<td>B</td>
<td>30 s</td>
<td></td>
<td>12</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>12</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>12</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>12</td>
</tr>
</tbody>
</table>

#### Day 5: Gym

<table>
<thead>
<tr>
<th>Drills</th>
<th>Sets</th>
<th>Reps</th>
<th>Rests</th>
<th>Superset</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>One and One Quarter Skater’s Squats</td>
<td>3</td>
<td>0-10</td>
<td>60-90 s</td>
<td>A</td>
<td>8</td>
</tr>
<tr>
<td>Alternating Lunge</td>
<td>3</td>
<td>0-10</td>
<td>60-90 s</td>
<td>A</td>
<td>12</td>
</tr>
<tr>
<td>Med Ball Sumo Squats &amp; Overhead Reach</td>
<td>3</td>
<td>0-12</td>
<td>60-90 s</td>
<td>B</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td></td>
<td>0-12</td>
<td>60-90 s</td>
<td>B</td>
<td>10</td>
</tr>
<tr>
<td>Med Ball Wood Chop</td>
<td>3</td>
<td>0-12</td>
<td>60-90 s</td>
<td>B</td>
<td>13</td>
</tr>
<tr>
<td></td>
<td></td>
<td>0-12</td>
<td>60-90 s</td>
<td>B</td>
<td>13</td>
</tr>
<tr>
<td>Med Ball Jump Squats</td>
<td>3</td>
<td>0-12</td>
<td>60-90 s</td>
<td>B</td>
<td>13</td>
</tr>
</tbody>
</table>

Superset: For increased difficulty, complete sets of drills with the same letter (e.g. A, A) as a circuit.
**WEEKS 11-12: TRAINING CAMP**

### WEEK 11

**Day 1**
- GYM WARM UP
- DRILLS
  - Med Ball Alternating Lunges
  - Med Ball Wood Chop
  - Med Ball Sumo Squats & Overhead Reach
  - Med Ball Split Jump & Twist
  - Med Ball Push-Ups
  - Med Ball Toe Touches
  - Side Planks
  - Front Plank Push-Ups

**Day 2**
- TEAM TRAINING

**Day 3**
- TEAM TRAINING

**Day 4**
- GYM WARM UP
- DRILLS
  - Skater’s Squats
  - Horizontal Pull-Up
  - One Leg Russian Dead Lift
  - Dumbbell Curl & Press
  - Reverse Lunge & Step-Up

**Day 5**
- TEAM TRAINING

### WEEK 12

**Day 1**
- GYM WARM UP
- DRILLS
  - Med Ball Alternating Lunges
  - Med Ball Wood Chop
  - Med Ball Sumo Squats & Overhead Reach
  - Med Ball Split Jump & Twist
  - Med Ball Push-Ups
  - Med Ball Toe Touches
  - Side Planks
  - Front Plank Push-Ups

**Day 2-3**
- TEAM TRAINING

**Day 4**
- TEAM TRAINING

**Day 5**
- TEAM TRAINING

---

**WARMUPS**

<table>
<thead>
<tr>
<th>Drills</th>
<th>Sets</th>
<th>Reps</th>
<th>Rests</th>
<th>Superset</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Three Position Wall Stretch</td>
<td>3</td>
<td>6 each leg</td>
<td>60s</td>
<td>A</td>
<td>5</td>
</tr>
<tr>
<td>Side Leg Lifts on Wall</td>
<td>3</td>
<td>6 each leg</td>
<td>60s</td>
<td>A</td>
<td>11</td>
</tr>
<tr>
<td>Glute Bridge</td>
<td>3</td>
<td>15-30 sec</td>
<td>60 sec</td>
<td>A</td>
<td>5</td>
</tr>
<tr>
<td>Glute Bridge Marching</td>
<td>3</td>
<td>60 sec</td>
<td></td>
<td>A</td>
<td>5</td>
</tr>
<tr>
<td>Wall Squats</td>
<td>3</td>
<td>5 steps each way</td>
<td>60 sec</td>
<td>A</td>
<td>5</td>
</tr>
<tr>
<td>Prone Cobra</td>
<td>3</td>
<td>10 each side</td>
<td>30 s</td>
<td>A</td>
<td>6</td>
</tr>
<tr>
<td>Swiss and Med Ball Rotations</td>
<td>3</td>
<td>6 each side</td>
<td>Hold for 6 sec</td>
<td>Max</td>
<td>6</td>
</tr>
<tr>
<td>Inch Worms</td>
<td>3</td>
<td>20 metres</td>
<td></td>
<td></td>
<td>6</td>
</tr>
</tbody>
</table>

**DRILLS**

<table>
<thead>
<tr>
<th>Drills</th>
<th>Sets</th>
<th>Reps</th>
<th>Rests</th>
<th>Superset</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Med Ball Alternating Lunges</td>
<td>3</td>
<td>8-12</td>
<td>60s</td>
<td>A</td>
<td>12</td>
</tr>
<tr>
<td>Med Ball Wood Chop</td>
<td>3</td>
<td>8-12</td>
<td>60s</td>
<td>A</td>
<td>11</td>
</tr>
<tr>
<td>Med Ball Sumo Squats &amp; Overhead Reach</td>
<td>3</td>
<td>8-12</td>
<td>60s</td>
<td>A</td>
<td>10</td>
</tr>
<tr>
<td>Med Ball Split Jump &amp; Twist</td>
<td>3</td>
<td>8-12</td>
<td>60s</td>
<td>A</td>
<td>13</td>
</tr>
<tr>
<td>Med Ball Push-Ups</td>
<td>3</td>
<td>8-12</td>
<td>60s</td>
<td>A</td>
<td>13</td>
</tr>
<tr>
<td>Med Ball Toe Touches</td>
<td>3</td>
<td>8-12</td>
<td>60s</td>
<td>A</td>
<td>13</td>
</tr>
<tr>
<td>Side Planks</td>
<td>6</td>
<td>6 each side</td>
<td>Hold for 6 sec</td>
<td>Max</td>
<td>B</td>
</tr>
<tr>
<td>Front Plank Push-Ups</td>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Superset:** For increased difficulty, complete sets of drills with the same letter [e.g., A, A] as a circuit.

---

**WEEKS 11-12: TRAINING CAMP**

*Keep 48 hours between Program training sessions. Team training is on-ice training.*
**GYM WARM UP**

**THREE POSITION WALL STRETCH**
1. Use a wall or a post for stability.
2. Kick your leg forwards, sideways and backwards.
3. Each kick should get progressively higher.

**SIDE LEG LIFTS ON WALL**
1. Start in a seated position with your back up against a wall and your knees bent at 90°.
2. Extend one leg and hold for 10 seconds.
3. Repeat with your other leg.

**GLUTE BRIDGE**
1. Lay flat on your back.
2. Lift your midsection, resting your weight only on your shoulders and heels.
3. Extend one leg at a time, pointing your foot to the ceiling.

**GLUTE BRIDGE MARCHING**
1. Lay flat on your back.
2. Lift your midsection, resting your weight only on your shoulders and heels.
3. Extend one leg at a time, pointing your foot to the ceiling.

**WALL SQUATS**
1. Start in a seated position with your back and shoulder blades against a wall and your knees bent at 90°.
2. Extend your legs and slide your torso up the wall, hold, and return to first position.

**WALL SIDE LUNGES**
1. Start in a seated position with your back up against a wall and your knees bent at 90°.
2. Use the wall as a guide (to hold this position).
3. Take 5 steps in each direction.
GYM / FIELD WARM UP

GYM WARM UP PRONE COBRA

1. Lay down on your stomach with your arms out to your sides.
2. Bring your left foot over your back and attempt to touch your left toe to your right hand. You will naturally roll to your left side.
3. Roll back to your stomach and attempt connecting the opposite foot and hand.

REPS: 10 each side

GYM WARM UP SWISS AND MED BALL ROTATIONS

This drill requires a swiss ball, a medicine ball and a partner.
1. Sit on a swiss ball holding a medicine ball at arm’s length.
2. Keeping your hands at eye level, pass a medicine ball to your partner on one side and pick it up on the other, creating a circle around your head.

SETS: 3 REPS: 10 each direction RESTS: 30 s

GYM WARM UP INCH WORMS

1. Start in a bridge position.
2. Without bending your legs, “walk” your feet in to meet your hands.
3. Without bending your arms “walk” your hands out until you are again in a bridge position.
4. Travel 20 metres.
5. Jog back to start.

REPS: 20 metres

FIELD WARM UP SIDE SHUFFLE WITH ARM CROSSES

1. Skip sideways by bringing your feet together and then apart. Do not cross your legs.
2. When in the open position (legs open) pivot on one foot and face the opposite direction. Continue direction of motion.
3. Swing your arms with a crossing motion each time you shuffle.
4. Travel 20 metres.
5. Jog back to the start.

REPS: 20 metres
Superset: Carioca—do one drill each direction for 20 metres

FIELD WARM UP CARIOCA

1. Start with your feet shoulder width or wider apart with your hands at your hips or ears.
2. Shuffle sideways, crossing your foot first in front and then behind the other.
3. Travel 20 metres.
4. Jog back to the start, or complete drill in the opposite direction.

REPS: 20 metres.
Superset: Side Shuffle with Arm Crosses—do one drill each direction for 20 metres

FIELD WARM UP LEG SWINGS

1. Start in a standing position with your arms extended in front of you.
2. Step forward in a kicking motion, attempting to touch your hand with the opposite foot.
3. Travel 20 metres.
4. Jog back to the start.

REPS: 20 metres

SUPERSET: For increased difficulty, complete sets of drills with the same letter (e.g. A, A) as a circuit.

NIKETRAINING.CA
FIELD WARM UP

**HIGH KNEE MARCH**

1. Using a sprinting motion, attempt to touch the ground as many times as possible within 20 metres.
2. Keep your elbows at 90 degrees and keep your knees as high as possible.
3. Travel 20 metres.
4. Jog back to the start.

**REPS:** 20 metres

**FIELD WARM UP**

**JOGGING BUTT KICKERS**

1. Start to jog.
2. Kick your feet backwards bringing your heels up to your butt, and attempt to touch the ground as many times as possible within 20 metres.
3. Jog back to the start.

**REPS:** 20 metres

**FIELD WARM UP**

**WALKING LUNGES**

1. Start with your hands on your hips or ears.
2. Lunge forward with a high step and end with your knees at 90° angles.
3. Follow with opposite leg.
4. Travel 20 metres.
5. Jog back to the start.

**REPS:** 20 metres

**FIELD WARM UP**

**ALTERNATING SIDE LUNGES**

1. Start in a standing position and lunge to the side, stretching the inside of your thigh.
2. Hold and return to starting position.
3. Repeat with the other leg.

**SETS:** 3  **REPS:** 6 each leg

**FIELD WARM UP**

**SPIDERMAN STRETCH**

1. Start on all fours, with your weight on your hands and feet.
2. Keeping your back parallel with the ground, move forward by crawling the floor, kicking your feet up and extending as far as possible with each motion for 20 metres.
3. Jog back to the start.

**REPS:** 20 metres

**FIELD WARM UP**

**CARIOCA SQUATS**

1. Start with your hands on your ears or hips.
2. Move sideways by crossing your foot first in front, then behind the other.
3. When in the open position, perform a deep squat.
4. Travel 20 metres.
5. Jog back to the start.

**REPS:** 20 metres

**NIKETRAINING.CA**
FIELD WARM UP / DRILLS

FIELD WARM UP Ladder Crossover

This drill requires a ladder or Agility Web.
1. Start at one end of the web beside the first box.
2. Step into the first box with your outside foot, crossing your body.
3. Next, bring your crossed foot to the other side of the box and bring your feet together on the other side.
4. Repeat the steps, alternating your feet until you reach the end of the web, and jog back to start.

Warmup: SETS: 1 REPS: 2X starting with each foot
Weeks 6-9 Day 4:
SETS: 3 REPS: 2X starting with each foot

FIELD WARM UP Frankensteinn Walk

This drill requires a SPARQ ankle band.
1. Attach the Ankle Band to each ankle.
2. Stretch the band as far apart as you can and walk, keeping one foot firmly planted at all times.
3. Walk 20 metres out, and back.

REPS: 20 metres

FIELD WARM UP Speed Play: Buildups

This drill requires a 100 yard field.
1. From a standing position, get up to speed with a steadily increasing pace in the first 20 metres.
   • First run = 50% speed
   • Second run = 75% speed
   • Third run = 90% speed
2. At the 20 metre mark, hold that pace.
   • First run = hold for 20 metres
   • Second run = hold for 20 metres
   • Third run = hold for 40 metres
3. Then, decelerate evenly for the remaining length of the field until you are at a standing position at 100 metres.
4. Jog back to starting position.

REPS: Three runs to start successively:
100 metres at 50% speed
100 metres at 75% speed
100 metres at 90% speed

DRILLS One Leg Squat Box Jump

This drill requires a platform 1-3 ft. in height.
1. Standing on one leg, squat, jump onto the platform, and hold.
2. Jump down, hold, and extend up to first position.

SETS: 3 REPS: 8-12 each leg. REST: 60 s
Superset: One Leg Russian Dead Lift

DRILLS One Leg Russian Dead Lift

This drill requires a dumbbell.
1. Standing on one leg, grab the dumbbell on the floor.
2. Pull up, across your body, raising the dumbbell over your head.
3. Reverse direction to finish just above the floor at the outside of your ankle.

Weeks 1-4 DAY 1: SETS: 3 REPS: 8-12 REST: 60 s
Superset: One Leg Squat Box Jump
Weeks 6-9 DAY 1: SETS: 3 REPS: 8-10 REST: 60-90 s
Superset: One & One Quarter Skater’s Squats
Weeks 11-12 DAY 2: SETS: 2 REPS: 7-10 REST: 60-90 s
Superset: Dumbbell Curl and Press

DRILLS Swiss Ball Hip Extension & Hamstring Curl

This drill requires a swiss ball.
1. Start with your heels on the ball.
2. Your back should be off the ground with your weight on your shoulders.
3. Roll the ball toward you to flex your hamstring and hold.
4. Roll the ball back to first position.

SETS: 2 REPS: 10-15 REST: 30 s
Superset: Swiss Ball Crunch

SUPERSET: For increased difficulty, complete sets of drills with the same letter (e.g. A, A) as a circuit.
DRILLS SWISS BALL CRUNCH

This drill requires a swiss ball.
1. Position the swiss ball in the small of your back. Your feet should be flat on the ground.
2. Balancing yourself on the ball, overextend backward and bring yourself to a crunch position.
3. Return to overextended position.

SETS: 2  REP: 10-15  REST: 15-30 s
Superset: Swiss Ball Hip Extension & Hamstring Curl

DRILLS WALL SITS

1. Start in a seated position with your back up against a wall and your knees bent at 90°.
2. Bring your arms up to your chest or ears to avoid resting them on your knees.
3. Hold this position for your maximum time.

SETS: 2  REP: Max time  REST: 30 s
Superset: Side Planks

DRILLS SIDE PLANKS

1. Begin on your side with your weight on your elbow and lower leg.
2. Extend your other arm straight out in a “T” position, keeping your core straight and your feet stacked on top of each other.
3. Hold this position.
4. Return to first position and switch to your other side.

Weeks 1-4  DAY 1:  SETS: 2  REP: 5 each side with 5 sec holds  Superset: Wall Sits
Weeks 6-9  DAY 1:  SETS: 6  REP: 8 each side with 5 sec holds  Superset: Swiss Ball Twisting Side Crunch
Weeks 6-9  DAY 3:  SETS: 6  REP: 8 each side with 5 sec holds  Superset: Front Plank Push-Ups
Weeks 11-12  DAY 1:  SETS: 6  REP: 8 each side with 6 sec holds  Superset: Front Plank Push-Ups

SUPERSET: For increased difficulty, complete sets of drills with the same letter [e.g. A, A] as a circuit.

DRILLS PAUSE PUSH-UPS

1. Start in a push-up position.
2. When you reach the down position, pause for 3 seconds before returning to the up position.

SETS: 3  REP: 12-15  REST: 60 s
Superset: Horizontal Pull-Ups

DRILLS HORIZONTAL PULL-UPS

This drill requires a suspended bar or rack.
1. Position the bar just above shoulder height and grip the bar like you were doing a bench press.
2. Straighten your core in a plank with your heels touching the floor.
3. Pull your body up to the bar in a reverse bench press.

SETS: 3  REP: 12-15  REST: 60 s
Superset: Pause Push-Ups

DRILLS ONE ARM DUMBBELL ROW

This drill requires a bench and dumbbell.
1. Place one arm and knee on a bench for support and keep your back straight and parallel to ground.
2. Lean over so the dumbbell hangs straight from your arm and lift the dumbbell to your chest.

SETS: 3  REP: 0-12  REST: 60 s
Superset: Rear Delt Lateral Raises

NIKETRAINING.CA
SUPERSET: For increased difficulty, complete sets of drills with the same letter (e.g. A, A) as a circuit.

**DRILLS REAR DELT LATERAL RAISES**

This drill requires a Swiss ball.

1. Position the Swiss ball under your hips and lean over the ball. You may need to anchor your heels under a bar or have a partner hold your feet.
2. With your arms behind your head, lift your torso upwards and overextend, hold, and return to first position.

**SETS:** 3  **REPS:** 12-15  **REST:** 60-90 s

Superset: One Arm Dumbbell Row

**DRILLS FRONT PLANK PUSH-UPS**

1. Start in a push-up position.
2. When you reach the down position, flex your ankles and push your body weight back, touching your elbows to the ground.
3. Push your weight forward with your feet to return to the down position and complete the push-up.

**SETS:** 2  **REPS:** Max  **REST:** 30 s

Superset: Sprinter’s Sit-Ups

**DRILLS SPRINTER’S SIT-UPS**

1. Lay flat on the ground with your legs extended. Your heels should touch the ground.
2. Bring your hands to your ears and complete a crunch, rotating your body to touch your elbow to your opposite knee, mimicking a sprinter’s movement.

**SETS:** 2  **REPS:** Max  **REST:** 30 s

Superset: Front Plank Push-Ups

**DRILLS DUMBBELL SQUAT AND PRESS**

This drill requires two dumbbells.

1. Hold a dumbbell in each hand at shoulder height.
2. Perform a squat.
3. When you return to first position, use your momentum to press the dumbbells above your head.

**SETS:** 3  **REPS:** 10-12  **REST:** 60 s

Superset: Wall Squats

**DRILLS MED BALL SUMO SQUATS WITH OVERHEAD REACH**

This drill requires a medicine ball.

1. Start in a standing position with your legs wider than shoulder width apart, holding the med ball over your head.
2. Drop to a squat position and hold.
3. Return to first position.

**SETS:** 3  **REPS:** 10-12  **REST:** 60-90 s

Superset (Med Ball Circuit Weeks 1-9):
- Overhead Twists, Side to Side Twists, Wood Chop, Alternating Lunges

Superset (Med Ball Power Circuit Weeks 11-12):
- Alternating Lunges, Wood Chop, Split Jump & Twist, Push-Ups, Toe Touches

**DRILLS MED BALL OVERHEAD TWISTS**

This drill requires a medicine ball.

1. Start in the pike or “V” position on the ground, with your heels off the ground, holding the med ball over your head.
2. Rotate the med ball side to side over your head.

**SETS:** 3  **REPS:** 10-12  **REST:** 60-90 s

Superset (Med Ball Circuit):
- Sumo Squat with Overhead Reach, Side to Side Twists, Wood Chop, Alternating Lunges

**NIKE TRAINING.CA**
DRILLS MED BALL SIDE TO SIDE TWISTS

This drill requires a medicine ball.
1. Start in an upright sit-up position, with your heels on the ground, holding the med ball at arm’s length in front of you.
2. Rotate it from one side of your body to the other.

SETS: 3  REPS: 10-12  REST: 60-90 s
Superset: Med Ball circuit weeks 1-9
Sumo Squat with Overhead Reach, Overhead Twists, Wood Chop, Alternating Lunge

DRILLS MED BALL WOOD CHOP

This drill requires a medicine ball.
1. Start in a standing position with feet shoulder width apart.
2. Hold the med ball in two hands and raise it over your shoulder.
3. Bring it down across your body in a chopping motion, stopping it at your hip.
4. From the bottom of your chop, raise the ball over your other shoulder.
5. Chop down to your opposite hip to complete a figure eight.

SETS: 3  REPS: 10-12  REST: 60-90 s
Superset: Med Ball circuit week 1-9
Sumo Squat with Overhead Reach, Overhead Twists, Wood Chop, Alternating Lunge
Sumo Squat with Overhead Reach, Overhead Twists, Wood Chop, Alternating Lunge

DRILLS MED BALL ALTERNATING LUNGES

This drill requires a medicine ball.
1. Start in a standing position holding the med ball at chest height.
2. Lunge forward on one leg, and hold.
3. Return to first position and lunge with the other leg.

SETS: 3  REPS: 10-12  REST: 60-90 s
Superset: Med Ball circuit week 1-9
Sumo Squat with Overhead Reach, Overhead Twists, Side to Side Twists, Wood Chop
Sumo Squat with Overhead Reach, Overhead Twists, Side to Side Twists, Wood Chop

DRILLS ONE AND ONE QUARTER SKATER’S SQUATS

1. Hold a bar with weight across your shoulders or a dumbbell in each hand.
2. Perform a full squat.
3. Rise up one quarter of the way, then down again into a full squat.
4. Return to first position.

SETS: 3  REPS: 8-10  REST: 60-90 s
Superset: One Leg Russian Dead Lift

DRILLS SIDE BRIDGE HIP EXTENSION

1. Start in a side bridge position with your weight resting on your elbow and the side of your foot.
2. Extend your outer arm at a right angle and raise your core up.
3. Raise your outer leg and scissors your leg forward and backward to flex your hip.

SETS: 2  REPS: 8-10  REST: 60-90 s
Superset: Swiss Ball Twisting Side Crunch

DRILLS SWISS BALL TWISTING SIDE CRUNCH

This drill requires a swiss ball.
1. Place the swiss ball in the small of your back and lean back with your feet flat on the floor.
2. Place hands at ear height and perform a sit-up.
3. At the top of your crunch, rotate to each side and return to center.
4. Lean back to first position.

SETS: 2  REPS: 8-10  REST: 60 s
Superset: Side Planks

SUPERSET: For increased difficulty, complete sets of drills with the same letter (e.g. A, A) as a circuit.

NIKE TRAINING.CA
DRILLS

**Python Sprints**

This drill requires a 400 metre track or field. These sprints run successively, with shorter periods of rest between them. You should always keep moving. When you reach the starting line, your next sprint begins. Try to push yourself faster each week.


**Chin-Up Test**

This drill requires an elevated bar or rack.

1. Grip the bar with palms facing you and extend your arms. Cross your feet to assure you don’t touch the floor.
2. Pull your chin above the bar.
3. Return to first position.

**Incline Dumbbell Bench Press**

This drill requires an incline bench at 30-45 degrees, and two dumbbells.

1. Press your back, shoulders and head firmly to the bench.
2. With your palms facing forward, press the dumbbells up from your chest and slightly inward, ending your motion just before your elbows lock. Hold.
3. Return to first position.

**Alternating Lunge**

1. Start in a standing position with hands at chest height.
2. Lunge forward on one leg, and hold.
3. Return to first position and with other leg lunge.

**Reverse Lunge & Step-Up**

This drill requires a 1-3 ft. platform.

1. Start one step behind the platform.
2. Lunge backward until your front leg is at 90 degree angle with your knee touching the ground.
3. Bring your back leg up to step onto the platform and bring your anchored leg up to a 90 degree angle.
4. Your raised leg now returns to first position and you step off the platform to first position.
5. Keep your arms in motion to mimic a sprinter’s stance throughout the steps.

**Pyramid Sprints**

This drill requires a 400 metre track or field. These sprints run successively, with shorter periods of rest between them. You should always keep moving. When you reach the starting line, your next sprint begins. Try to push yourself faster each week.


**Agility Box Crossover**

This drill requires four hurdles at least one foot in height.

1. Arrange the hurdles in a box formation about two feet square.
2. Stand outside the box and use a carioca movement to bring your outside foot inside the box.
3. Then uncross your feet bringing your crossed foot over to the other side of the box and bring your feet together.
4. Then the motion reverses, and you cross again, but instead of uncrossing to the opposite side, bring your other foot outside the rear of the box.
5. Your weight should shift from inside the box to the outside, and when you bring your feet together, plant your feet to sprint out of the opposite side of the box. Try to better your time with each set.

**Get Up Test**

This drill requires a 400 metre track or field.

1. Start on your stomach with your hands at your shoulder height, ready to push you up to a standing position.
2. Explode up to a sprinting position and race for the distance.

**Superset:**

For increased difficulty, complete sets of drills with the same letter (e.g. A, A) as a circuit.

**Sets:**

3

**Reps:**

6-8 each leg

**Rests:**

60-90 s
This drill requires a med ball.

1. Start in a lunge position with one foot in front of the other and hold the med ball with both hands at one side of your waist—opposite your lead leg.
2. In one fluid motion, jump up and switch legs, coming down in a flex position and ending at a lunge your opposite leg forward.
3. When in mid air, move the med ball to your front and cross your body to your opposite hip.

**Sets:** 3  
**Reps:** 9-12  
**Rests:** 60-90 s

---

This drill requires a med ball.

1. Start with your legs apart in a flex position, holding the med ball above your head.
2. Squat so your knees are at least 90 degrees.
3. Explode upward as high as you can, keeping your legs open and ready to transition to the next squat.

**Sets:** 3  
**Reps:** 10-12  
**Rests:** 60-90 s

---

This drill requires a med ball.

1. Begin in a pushup position with one hand on a med ball.
2. Complete pushup sets for each arm.

**Sets:** 3  
**Reps:** 10-12  
**Rests:** 60-90 s

---

This drill requires 2 dumbbells.

1. Start in a standing position with feet together, holding dumbbells in each hand, palms facing outward.
2. Holding upper arms steady, curl weight to shoulder height, and continue motion to press weight above the head until arms are fully extended.

**Sets:** 2  
**Reps:** 7-10  
**Rests:** 60-90 s
### THE PROGRAM: SUMMARY

#### WARMUPS

<table>
<thead>
<tr>
<th>Gym Warmup</th>
<th>Sets</th>
<th>Reps</th>
<th>Rests</th>
<th>Superset</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Three Position Wall Stretch</td>
<td></td>
<td>6 each leg</td>
<td>5</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Side Leg Lifts on Wall</td>
<td></td>
<td>5 each leg</td>
<td>5</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Glute Bridge</td>
<td></td>
<td>15-30 sec</td>
<td>5</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Glute Bridge Marching</td>
<td></td>
<td>60 sec</td>
<td>5</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Wall Squats</td>
<td></td>
<td>60 sec</td>
<td>5</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Wall Side Lunges</td>
<td></td>
<td>5 steps each way</td>
<td>5</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Prone Curves</td>
<td></td>
<td>10 each side</td>
<td>5</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Swiss and Med Ball Rotations</td>
<td>3</td>
<td>10</td>
<td>30 s</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>Inch Worms</td>
<td></td>
<td>20 metres</td>
<td>6</td>
<td>6</td>
<td>6</td>
</tr>
</tbody>
</table>

#### Field Warmup

<table>
<thead>
<tr>
<th>Side Shuffle with Arm Crosses</th>
<th>20 metres</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caricoca</td>
<td>20 metres</td>
<td>6</td>
</tr>
<tr>
<td>Leg Swings</td>
<td>20 metres</td>
<td>6</td>
</tr>
<tr>
<td>High Knee March</td>
<td>20 metres</td>
<td>6</td>
</tr>
<tr>
<td>Jogging Butt Kickers</td>
<td>20 metres</td>
<td>7</td>
</tr>
<tr>
<td>Walking Lunges</td>
<td>20 metres</td>
<td>7</td>
</tr>
<tr>
<td>Alternating Side Lunges</td>
<td>3 6 each leg</td>
<td>7</td>
</tr>
<tr>
<td>Spiderman Stretch</td>
<td>20 metres</td>
<td>7</td>
</tr>
<tr>
<td>Caricoca Squats</td>
<td>20 metres</td>
<td>7</td>
</tr>
<tr>
<td>Ladder Crossover</td>
<td>2X starting with each foot</td>
<td>8</td>
</tr>
<tr>
<td>Frankenstein Walk</td>
<td>20 metres</td>
<td>8</td>
</tr>
<tr>
<td>Speed Play: Buildups</td>
<td>100 metres at 75% speed</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td>100 metres at 95% speed</td>
<td>8</td>
</tr>
</tbody>
</table>

#### WEEKS 1-4

**Day 1: Gym**

| One Leg Squat Box Jump        | 3 | 8-10 | 60 s | A | 8 |
| Swiss Ball Hip Ext. & Hamstring Curl | 2 10-15 | 30 s | B | 8 |
| Swiss Ball Crunch             | 2 | 10-15 | 15-30 s | B | 9 |
| Wall Squats                   | 2 | Max time | 30 s | C | 10 |
| Side Planks                   | 2 | 5 each side. Hold for 5 sec | 6 |

**Day 2: Active Recovery**

| Pause Push-Ups                | 3 | 12-15 | 60 s | A | 9 |
| Horizontal Pull-Ups           | 3 | 12-15 | 60 s | A | 9 |
| One Arm Dumbbell Row          | 3 | 8-12 | 60 s | A | 9 |
| Rear Delt Lateral Raises      | 3 | 12-15 | 60 s | A | 9 |
| Front Plank Push-Ups          | 2 | Max time | 30 s | C | 10 |
| Sprinter’s Sit-Ups            | 2 | Max time | 30 s | C | 10 |

**Day 3: Gym**

| Wall Squats                   | 2 | Max time | 30 s | A | 5 |
| Dumbbell Squat & Press        | 3 | 10-15 | 60 s | A | 10 |
| Med Ball Sumo Squat & Overhead Reach | 3 | 10-15 | 60 s | B | 10 |
| Med Ball Overhead Twists      | 3 | 10-15 | 60 s | B | 10 |
| Med Ball Side to Side Twists  | 3 | 10-15 | 60 s | B | 11 |
| Med Ball Wood Chop            | 3 | 10-15 | 60 s | B | 11 |
| Med Ball Alternating Lunges   | 3 | 10-15 | 60 s | B | 11 |

**Day 4: Active Recovery**

**Day 5: Gym**

**Day 6: Active Recovery**

**Day 7: Gym**

**Day 8: Active Recovery**

**Day 9: Gym**

**Day 10: Active Recovery**

**WEEKS 6-9**

**Day 1: Gym**

| One and One Quarter Skater’s Squats | 3 | 6-8 | 60-90 s | B | A | 11 |
| One Leg Russian Dead Lift          | 3 | 8-10 | 60-90 s | A | 8 |
| Side Bridge Hip Extension          | 2 | 6-8 each leg | 60-90 s | B | 11 |
| Swiss Ball Twisting Side Crunch    | 2 | 8-12 | 60-90 s | B | 11 |
| Side Planks                       | 2 | 8 each side. Hold for 5 sec | 9 |

**Day 2: Field**

| Pyramid Sprints                 | 1 | 1x100 | 1x200 | 1x300 | 1x200 | 1x100 | Jag or walk for the 12 |
|                                |   |       |       |       |       |       | rest of the track. |

**Day 3: Gym**

| Incline Dumbbell Bench Press     | 3 | 8-10 | 60-90 s | A | 12 |
| Horizontal Pull-Up              | 3 | 8-10 | 60-90 s | A | 12 |
| Med Ball Sumo Squats & Overhead Reach | 3 | 10-12 | 60-90 s | B | 12 |
| Med Ball Side to Side Twists    | 3 | 10-12 | 60-90 s | B | 10 |
| Med Ball Wood Chop              | 3 | 10-12 | 60-90 s | B | 10 |
| Med Ball Split Jump & Twist     | 3 | 10-12 | 60-90 s | B | 13 |
| Med Ball Jump Squats            | 3 | 10-12 | 60-90 s | B | 13 |

**Day 4: Field**

| Ladder Crossover                | 3 | 2x with each foot | 12 |
| Agility Box Crossover           | 1 | 6 | 30 s | 12 |
| Set-Up Tag                      | Wk1 | 13 yards | 12 |
|                                 | Wk2 | 15 yards | 12 |
|                                 | Wk3 | 20 yards | 12 |
|                                 | Wk4 | 15 yards | 12 |

**Day 5: Gym**

**Day 6: Active Recovery**

**Day 7: Gym**

**Day 8: Active Recovery**

**Day 9: Gym**

**Day 10: Active Recovery**

**WEEK 11-12**

Keep 48 hours between Program training sessions. Team training is on-ice training.

**Day 1: Gym**

| Med Ball Alternating Lunges     | 3 | 8-12 | 60 s | A | 12 |
| Med Ball Wood Chop             | 3 | 8-12 | 60 s | A | 11 |
| Med Ball Sumo Squats & Overhead Reach | 3 | 10-12 | 60 s | A | 13 |
| Med Ball Single Jump & Twist   | 3 | 8-12 | 60 s | A | 13 |
| Med Ball Push-Ups              | 3 | 8-12 | 60 s | A | 13 |
| Med Ball Toe Touches           | 3 | 8-12 | 60 s | A | 13 |
| Side Planks                    | 2 | 8 each side. Hold for 6 sec | 9 |
| Front Plank Push-Ups           | Max |       |       | B | 9 |

**Day 2-3: Team Training**

**Day 4: Gym**

**Day 5: Team Training**

Superset: For increased difficulty, complete sets of drills with the same letter (e.g., A, A) as a circuit.
# WEEKS 1-4: SPEED & POWER

<table>
<thead>
<tr>
<th>WEEK 1</th>
<th>WEEK 2</th>
<th>WEEK 3</th>
<th>WEEK 4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Day 1</strong></td>
<td><strong>Day 2</strong></td>
<td><strong>Day 3</strong></td>
<td><strong>Day 4</strong></td>
</tr>
<tr>
<td><strong>GYM WARM UP</strong></td>
<td><strong>ACTIVE RECOVERY</strong></td>
<td><strong>GYM WARM UP</strong></td>
<td><strong>ACTIVE RECOVERY</strong></td>
</tr>
<tr>
<td><strong>DRILL</strong></td>
<td><strong>ACTIVE RECOVERY</strong></td>
<td><strong>DRILL</strong></td>
<td><strong>DRILL</strong></td>
</tr>
<tr>
<td><strong>Day 5</strong></td>
<td><strong>Day 6</strong></td>
<td><strong>Day 7</strong></td>
<td><strong>Day 8</strong></td>
</tr>
<tr>
<td><strong>GYM WARM UP</strong></td>
<td><strong>ACTIVE RECOVERY</strong></td>
<td><strong>DRILL</strong></td>
<td><strong>DRILL</strong></td>
</tr>
</tbody>
</table>
### WEEKS 6-9: EXPLOSIVENESS

<table>
<thead>
<tr>
<th></th>
<th>WEEK 6</th>
<th>WEEK 7</th>
<th>WEEK 8</th>
<th>WEEK 9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1</td>
<td>GYM WARM UP</td>
<td>GYM WARM UP</td>
<td>GYM WARM UP</td>
<td>GYM WARM UP</td>
</tr>
<tr>
<td></td>
<td>DRILL</td>
<td>DRILL</td>
<td>DRILL</td>
<td>DRILL</td>
</tr>
<tr>
<td>Day 2</td>
<td>FIELD WARM UP</td>
<td>FIELD WARM UP</td>
<td>FIELD WARM UP</td>
<td>FIELD WARM UP</td>
</tr>
<tr>
<td></td>
<td>DRILL</td>
<td>DRILL</td>
<td>DRILL</td>
<td>DRILL</td>
</tr>
<tr>
<td>Day 3</td>
<td>GYM WARM UP</td>
<td>GYM WARM UP</td>
<td>GYM WARM UP</td>
<td>GYM WARM UP</td>
</tr>
<tr>
<td></td>
<td>DRILL</td>
<td>DRILL</td>
<td>DRILL</td>
<td>DRILL</td>
</tr>
<tr>
<td>Day 4</td>
<td>FIELD WARM UP</td>
<td>FIELD WARM UP</td>
<td>FIELD WARM UP</td>
<td>FIELD WARM UP</td>
</tr>
<tr>
<td></td>
<td>DRILL</td>
<td>DRILL</td>
<td>DRILL</td>
<td>DRILL</td>
</tr>
<tr>
<td>Day 5</td>
<td>GYM WARM UP</td>
<td>GYM WARM UP</td>
<td>GYM WARM UP</td>
<td>GYM WARM UP</td>
</tr>
<tr>
<td></td>
<td>DRILL</td>
<td>DRILL</td>
<td>DRILL</td>
<td>DRILL</td>
</tr>
</tbody>
</table>

**Superset:** For increased difficulty, complete sets of drills with the same letter (e.g., A, A) as a circuit.
## WEEKS 11-12: TRAINING CAMP

<table>
<thead>
<tr>
<th></th>
<th>WEEK 11</th>
<th>WEEK 12</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Day 1</strong></td>
<td>GYM WARM UP</td>
<td>GYM WARM UP</td>
</tr>
<tr>
<td></td>
<td>DRILLS</td>
<td>DRILLS</td>
</tr>
<tr>
<td><strong>Day 2</strong></td>
<td></td>
<td>TEAM TRAINING</td>
</tr>
<tr>
<td><strong>DAY 3</strong></td>
<td></td>
<td>TEAM TRAINING</td>
</tr>
<tr>
<td></td>
<td>GYM WARM UP</td>
<td>GYM WARM UP</td>
</tr>
<tr>
<td></td>
<td>DRILLS</td>
<td>DRILLS</td>
</tr>
<tr>
<td><strong>Day 5</strong></td>
<td></td>
<td>TEAM TRAINING</td>
</tr>
</tbody>
</table>

Keep 48 hours between Program training sessions. Team training is on-ice training.