

WEEK 13

8 WEEKS OUT

PHASE 4

POWER 3 DAY -- 2 Day MVT <<OMIT OFF-ICE SPRINT WORK and INCREASE ON-ICE MET-CON>>

	Day 1-- SEPT 2ND 2013	Day 2--SEPT 3RD 2013	Day 3--SEPT 4TH 2013	Day 4--SEPT 5TH 2013	Day 5--SEPT 6TH 2013	REOPEN DAY REOPEN DAY
Warm-Up	JUMP ROPE ROLLER Hug to Backward Lunge IT. Band reach Spiderman Turns Stationary Inch Worm x4	LADDER ROLLER Quad and Reach Lateral Squat Rotation Lunge to Hami to Reach Warrior Reaches	JUMP ROPE ROLLER HURDLE SEQUENCE Band Hip MOB Band Lat MOB Quad Smash Gastroc Mash	JUMP ROPE ROLLER Hug to Backward Lunge IT. Band reach Spiderman Turns Stationary Inch Worm x4	LADDER ROLLER Quad and Reach Lateral Squat Rotation Lunge to Hami to Reach Warrior Reaches	ROLLER DYNAMIC: Hug to Lunge Lateral Squat Spiderman Turns Leg Swings LADDER JUMP ROPE 200 touches 5 different patterns POOL Perform Full Dynamic warm-up SWISS WING YOGA HYDRO THERAPY Hot-cold Contrast Tub 1min each x8min SOFT TISSUE Deep Tissue Massage
Corrective EX Days 1--3--5 OH SQUAT SLR SHOULDER MOB	OH Squat 3x8 with stick and Bar SUPINE 1 Leg Hip extension off bench 3x6ea ALSR band lowering 2x6ea Tennis ball rolls scap 3x20ea	Cervical Supine // Prone Raises 3x15s ea Turkish Get-Up 2x3ea Side Bridge Top leg Adductor HOLD 3x3(5sec ea)	Quadrant Tests KB Rib Cage Stabe reach 3x10 Gymnastics Rolling?????	OH Squat 3x8 with stick and Bar SUPINE 1 Leg Hip extension off bench 3x6ea ALSR band lowering 2x6ea Tennis ball rolls scap 3x20ea	Cervical Supine // Prone Raises 3x15s ea Turkish Get-Up 2x3ea Side Bridge Top leg Adductor HOLD 3x3(5sec ea)	
Hip/ Groin Glute		Leaning Tower Falls 2x8ea X band ALT Side Steps 2x8each side Slideboard DOUBLE adduction Core-X 3x8ea		Leaning Tower Falls 2x8ea X band ALT Side Steps 2x8each side Slideboard DOUBLE adduction Core-X 3x8ea		
Plyos		Depth-Jump (18in) into Hurdle Jump 4x6 w/ Box Hip flexor MOB x8ea w/ Spiderman Turns x8ea		Rotational Broad Jump W/ Band 4x3ea w/ Lying 90 Periformis glute MOB x10ea w/ Snider Box Step x5ea		
Speed Work						
Core ** POST STR **	Wheel Reach 3x8 WK7--3X10 Cook Pressout ISO and squat 2x8 ea Cook Lift ISO w/ squat 2x10ea	Core Board Standing Turn w/ MB 4x8ea WK7--Core Board Floor Turning 3x8ea WK7--Core Board Rotations 3x4ea HOLDS	FULL Body Saw 3x8ea TRX Rotations 3x8ea Home Plate ISO Turn with HIP turns 3x8ea	Core Board Standing Turn w/ MB 4x8ea WK7--Core Board Floor Turning 3x8ea WK7--Core Board Rotations 3x4ea HOLDS	Wheel Reach 3x8 WK7--3X10 Cook Pressout ISO and squat 2x8 ea Cook Lift ISO w/ squat 2x10ea	
Strength Training	SEE SHEET	OFF	SEE SHEET	OFF	SEE SHEET	
Conditioning	ALACTIC SPRINT WORK	LACTATE TRN BATTLE DRILLS	OFF FROM CONDITIONING	ALACTIC SPRINT WORK	LACTATE TRN	
	ON-ICE CONDITIONING X12 ACCELERATIONS DRILS Flying, Skill combo, BackCheck, Lateral	ON-ICE CONDITIONING BATTLE DRILLS (LACT)	ON-ICE CONDITIONING SKILL WORK	ON-ICE CONDITIONING X8 STOPS n' STARTS X8 TIGHT TURNING	ON-ICE CONDITIONING BATTLE DRILLS (LACT)	
Stretching	Post Workout Mobility 1. A) Roll--Lateral Quad x15ea//Reach & Touch Stretch x6ea B) Roll--Quad Pumps x15 ea//Quad Table Stretch :20sec C) Roll High Hami x15ea//Rope Hami x10ea D) Roll Upper Back x20//Seated Lat Stretch :20sec 2. A) Calf/Soleus :20sec B) Bretzel Quad :20sec C) Press-up stretch :20sec D) Hamstring turns x10ea E) Quadruped Hip Stretch x10ea F) Dynamic Hugs x10ea G) Ball-Lat Stretch :20sec					