

WEEK 18 **MOVEMENT TRAINING**

PHASE 7 4 Day Program

work capacity circuits // increased on-ice conditioning // 3-Day off-ice conditioning // 2 Alactic days

	Day 1- Sep 3rd 2012	Day 2- Sep 4th 2012	Day 3- Sep 5th 2012	Day 4-Sep 6th 2012	Day 5- Sep 7th 2012	Day 6-Sept 8th 2012
Warm-Up	JUMP ROPE LADDER DYNAMIC: Lateral Squat Spiderman Turns Leg Swings ROLLER	JUMP ROPE LADDER DYNAMIC: Lateral Squat Spiderman Turns Leg Swings ROLLER	JUMP ROPE LADDER DYNAMIC: Lateral Squat Spiderman Turns Leg Swings ROLLER	JUMP ROPE LADDER DYNAMIC: Lateral Squat Spiderman Turns Leg Swings ROLLER	JUMP ROPE LADDER DYNAMIC: Lateral Squat Spiderman Turns Leg Swings ROLLER	REGEN DAY REGEN DAY 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	Day 1 ASLR,SM,RS,PUP,IL Days 3 ASLR,SM,RS,PUP,HS Days 2+4 Neck-Thoracic-Glute-ADDTR-Psoas ISO Ginead	Stick 1 Leg RDL with Cross-Grip 2x6ea Prone Floor Y Raise and Lift 2x8 Turkish Get-Up 2x3ea Partner feet hold ALT Leg march 2x6ea Calf and Soleus Stretch 2x10sec each	Supine // Prone Raises 2x15sec each Ball Thoracic EXT 2x10 Prone 1 Leg Hip Extension 2x10ea Side Lying Scissor 2x6ea Blue Band Kick-Out 2x5-.5sec each Side Lying High GM Hold 2x3-.5sec each	Stick 1 Leg RDL with Cross-Grip 2x6ea Prone Floor Y Raise and Lift 2x8 Turkish Get-Up 2x3ea Partner feet hold ALT Leg march 2x6ea Standing SLR 2x8ea HEAVY BAND!!!	Supine // Prone Raises 2x15sec each Ball Thoracic EXT 2x10 Prone 1 Leg Hip Extension 2x10ea Side Lying Scissor 2x6ea Blue Band Kick-Out 2x5-.5sec each Side Lying High GM Hold 2x3-.5sec each	
Hip/ Groin Glute						
Plyos		Vertimax Jumps 4x5 1 Leg Box Jumps (12-18in) 3x5ea Hip Flexor Box Stretch :20sec Serratus Stretch :20sec		Hurdle Box Jump 4x5 1 Leg lateral band jump 3x3ea Spiderman Turns x8ea Crossover stretch x:20sec		
Speed Work		SPRINT STARTS X10YARDS X8 WITH SLED (10%) Hop Back x2/ 1 leg hop back x2ea/ Medial hop Lateral x2		LATERAL SPEED: Lateral Sled Cross Run TO SPRINT x2ea/5yds+10YARDS 25lb Crossover Hold INTO SPRINT(3ea x 3sets)		
Core	Front Bridge Feedback Side Bridge Feedback 3 Pt. Reach Feedback (x2 Sets)	Crunch Feedback w/ Feet Off the Ground Flutter Position Feedback Side Bridge Leg Raise Feedback (x2 Sets)	1-Leg Glute Bridge Feedback TRX lateral Line 2x8ea Partner Push-up Bridge Feedback (x2 Sets)	Front Bridge Feedback Side Bridge Feedback 3 Pt. Reach Feedback (x2 Sets)	Crunch Feedback Feet Off the Ground Flutter Position Feedback Side Bridge Leg Raise Feedback (x2 Sets)	
Strength Training	SEE SHEET	OFF	SEE SHEET	OFF	SEE SHEET	OFF
Conditioning	EXS AIRDYNE SPRINTS x6 Sprints :15/45 Rest 2 minutes x4 Sprints :15/45	On-Ice Conditioning SPRINTS	TEMPO RUN :20/1:00 x7 @10-10 10/10 TEST Run	On-Ice Conditioning SPRINTS	12 MIN BIKE: DISTANCE TRIAL	AEROBIC VARIATION x25min MB turn // Chop // KB Swing x1:30 REST 2MIN REPEAT CYCLE X7times = 25min
Stretching	Post Workout Mobility 1. A) Roller- Lateral Quad 15x ea -- Reach & Touch Stretch x6 ea B) Roller- Quad Pumps x15 ea -- Quad Table Stretch 20 sec ea C) Roller High Hami 15x ea -- Rope Hami 10x ea D) Roller Upper Back 15x -- Seated Lat Stretch 20 sec ea 2. A) Calf/Soleus 20 sec B) Bretzel Quad 20 sec C) Press up stretch 20 sec D) Hamstring turns 10x ea E) Quadruped Hip Stretch 10x ea F) Dynamic Hugs 10x ea G) Ball Lat Stretch 20 sec					