

In-Season Programming Ideas

Here is a sample of our in-season program for the month of February and March. I did not have specific dates which we performed these workouts due to the volatility of the Schedule. Over the course of FEB and MAR we rotated through the workouts with the following emphasis:

1. Perform Upper Body pulling and pushing movements
2. Perform Knee Dominant and Hip Dominant movements
3. Perform Anti Rotation, Anti flexion/extension, and Core stability movements
4. Potentiate Strength movements with a plyometric type movement
5. Volume is tapered down from the first pairing of exercises (3-4 sets) to the last pairing (2-3 sets)

Our situation in the NHL is very unique. To implement this type of exercise strategy you have to understand your schedule, practice volume/intensity and most of all the athletes training level. There are multiple parts of this in-season training sample that are critical for all levels, such as: proper warm-up, core control exercises, jump control and exercise technique. As the coach you must decide what fits in and what to work towards.

Enjoy,
Mike Potenza

DAY ONE	DAY TWO	DAY THREE
<u>Warm-Up:</u> Roller, Jump rope, Hurdles, Spiderman Turn x5ea, Press-up inchworm x4, Quadraped rocking x6ea, Adductor Rocking x6ea, Lat Descent x4ea	<u>Warm-Up:</u> Roller, Jump rope, Hurdles, Spiderman Turn x5ea, Press-up inchworm x4, Quadraped rocking x6ea, Adductor Rocking x6ea, Lat Descent x4ea	<u>Warm-Up:</u> Roller, Jump rope, Hurdles, Spiderman Turn x5ea, Press-up inchworm x4, Quadraped rocking x6ea, Adductor Rocking x6ea, Lat Descent x4ea
DB Incline 4x5 Lying Med Ball Drop 3x6 Slideboard Leg Curl 3x6	High Pull From Blocks Below Knee Position (BBK) 4x5 Cook Kneeling Lift 3x8ea 3 Point reach 3x5ea	Hurdle Hops 4x5 Kneeling Hip Flexor stretch4x:20sec TRX Row 3x8 with vest
Hyper Hold Band Scap Raise 2x5ea TRX Lateral Line 2x8ea Vertimax Jumps 3x6	RFE 3x6ea moderate load Heavy DB Row 3x5ea Vertimax Jumps 3x5	8 sec Box Jump x3 sets 1 Leg Hip Ext off bench 3x6ea weighted
		Wheel Reach 2x8 Homeplate Turns 3x5ea