

Freshmen

Off Season P1-Home

Hockey

Day 1

Day 2

Day 3

Day 4



LIFT							LIFT							LIFT							LIFT							
								Bench	Clean	CMJ	RFE	Chin	Snatch		MAS RPM	110%	120%	130%	140%	150%								
								100	100	100.0	100	100	65		100	110	120	130	140	150								
								WEEK 1			WEEK 2				WEEK 3			WEEK 1										WEEK 2
EXERCISE	Vol-Int		Vol-Int		Vol-Int		EXERCISE	Vol-Int		Vol-Int		Vol-Int		EXERCISE	Vol-Int		Vol-Int		Vol-Int		EXERCISE	Vol-Int		Vol-Int		Vol-Int		
Hang Clean	5		5		5		Barbell Squat Jump	6		6		6		Trap Bar Squat Jump	6		6		6		Light Hang Clean	5		5		5		
	5		5		5			6		6		6			6		6		6			5		5		5		
	5		5		5			6		6		6			6		6		6			5		5		5		
	5		5		5			6		6		6			6		6		6			5		5		5		
Ball Rollout	6		8		10		Anti Rotation Press	3		4		5		Anti Rotation Press	3		4		5		Ball Rollout	6		8		10		
	6		8		10			3		4		5			3		4		5			6		8		10		
Foot Elevated Hip Flexor Stretch	2 Sets of Reach and Exhale, Inhale and Relax x5 Long Breaths						Foot Elevated Hip Flexor Stretch	2 Sets of Reach and Exhale, Inhale and Relax x5 Long Breaths						Foot Elevated Hip Flexor Stretch	2 Sets of Reach and Exhale, Inhale and Relax x5 Long Breaths						Foot Elevated Hip Flexor Stretch	2 Sets of Reach and Exhale, Inhale and Relax x5 Long Breaths						
Bench	10		10		10		Rear Foot Elevated Split Squat :6 Eccentric	2		2		2		Rear Foot Elevated Split Squat	8		8		8		Close Grip Bench	8		8		6		
	8		8		8			2		2		2			8		8		8			8		8		6		
	6		6		6			2		2		2			8		8		8			8		8		6		
	Mrep		Mrep		Mrep																							
	#		#		#																							
Cable Face Pull	8		8		10		1 Arm Cable Row	8		10		12		DB Row	8		10		12		1/2 Kneeling High Row to EXT Rotation	8		10		12		
	8		8		10			8		10		12			8		10		12			8		10		12		
from low to high																												
Band Lat Stretch	2 Sets of 5 Breath Cycles						Glute Stretch	2 Sets of 5 Breath Cycles						Glute Stretch	2 Sets of 5 Breath Cycles						Band Lat Stretch	2 Sets of 5 Breath Cycles						
Neutral Grip Chin Up- Med Width	4		4		5		2KB Rack Front Squat	6		8		10		:3 ISO 1 DB SLDL	3		4		5		Underhand Chin Ups	6		8		10		
	4		4		5			6		8		10			3		4		5			6		8		10		
	2 Hang/-Hold at top	4		4		5		must break parallel with top of thighs														6		8		10		
							wt. per KB																					
2 DB Single Leg Bench Squat	4		6		8		45 Degree Hip Flexor Stretch	2 Sets of 5 Breath Cycles						45 Degree Hip Flexor Stretch	2 Sets of 5 Breath Cycles						2 DB Skater Squat	4		6		8		
	4		6		8																		4		6		8	
:5 ISO Push Up w/ Foam Roll Squeeze	4		4		5		Tall Kneeling Chop	8		8		10		Tall Kneeling Lift	8		8		10		1/2 Kneeling Curl to Press- reps per side	8		8		10		
	4		4					8		8					8		8					8		8				

Freshmen
Off Season P2-Home
Hockey
Day 1

Day 3

Day 3

Day 4

							LIFT							LIFT							LIFT							
								Bench	Clean	CMJ	RFE	Chin	Snatch		MAS RPM	110%	120%	130%	140%	150%								
								265	245	38.1	465	70	160		68	75	82	88	95	102								
								WEEK 1		WEEK 2		WEEK 3			WEEK 1		WEEK 2		WEEK 3									
EXERCISE	WEEK 1		WEEK 2		WEEK 3		EXERCISE	Vol-Int		Vol-Int		Vol-Int		EXERCISE	Vol-Int		Vol-Int		Vol-Int		EXERCISE	WEEK 1		WEEK 2		WEEK 3		
EXERCISE	Vol-Int		Vol-Int		Vol-Int		EXERCISE	Vol-Int		Vol-Int		Vol-Int		EXERCISE	Vol-Int		Vol-Int		Vol-Int		EXERCISE	Vol-Int		Vol-Int		Vol-Int		
Hang Clean	3		3		3		Barbell Squat Jump	4		4		4		Trap Bar Squat Jump	4		4		4		Hang Clean	3		3		3		
	3		3		3			4		4		4			4		4		4			3		3		3		
	3		3		3			4		4		4			4		4		4			3		3		3		
	3		3		3			4		4		4			4		4		4			3		3		3		
Rollout	10		12		14		Standing Anti Rotation Press :3 ISO Hold	3		4		5		Standing Anti Rotation Press :3 ISO Hold	3		4		5		Rollout	10		12		14		
	10		12		14			3		4		5			3		4		5			10		12		14		
Foot Elevated Hip Flexor Stretch	2 Sets of Reach and Exhale, Inhale and Relax x5 Long Breaths						Foot Elevated Hip Flexor Stretch	2 Sets of Reach and Exhale, Inhale and Relax x5 Long Breaths						Foot Elevated Hip Flexor Stretch	2 Sets of Reach and Exhale, Inhale and Relax x5 Long Breaths						Foot Elevated Hip Flexor Stretch	2 Sets of Reach and Exhale, Inhale and Relax x5 Long Breaths						
Bench	6		6		6		Rear Foot Elevated Split Squat :3 ISO Hold	3		3		3		Rear Foot Elevated Split Squat	5		5		5		Close Grip Bench	6		4		4		
	4		4		4			3		3		3			5		5		5			6		4		4		
	2		2		2			3		3		3			5		5		5			6		4		4		
	Mrep		Mrep		Mrep																							
	#		#		#																							
Cable Face Pull	10		12		14		1 Arm Cable Row	12		14		16		DB Row	12		14		16		Keiser Draw the Sword	8		10		12		
	10		12		14			12		14		16			12		14		16			8		10		12		
from low to high																												
Band Lat Stretch	2 Sets of 5 Breath Cycles						Glute Stretch	2 Sets of 5 Breath Cycles						Glute Stretch	2 Sets of 5 Breath Cycles						Band Lat Stretch	2 Sets of 5 Breath Cycles						
Neutral Grip Chin Up- Med Width :2 Hang-/Hold at top	4		5		6		2KB Rack Front Squat	10		10		10		1 DB SLDL	4		6		8		Overhand Pull Ups	6		8		10		
	4		5		6			10		10		10			4		6		8			6		8		10		
	4		5		6																	6		8		10		
2 DB Single Leg Bench Squat	8		10		12		45 Degree Hip Flexor Stretch	2 Sets of 5 Breath Cycles						45 Degree Hip Flexor Stretch	2 Sets of 5 Breath Cycles						2 DB Skater Squat	8		10		12		
	8		10																			8		10		12		
:5 ISO Push Up w/ Foam Roll Squeeze	5		6		6		1/2 Kneeling Chop	8		8		10		1/2 Kneeling Lift	8		8		10		Standing ALT Curl to Press	8		8		10		
	5		6		6			8		8		10			8		8		10			8		8		10		