

Off-Season Program- Darryl Nelson, USA Hockey HockeyStrengthandConditioning.com

	BENCH 100	CLEAN 100	SQUAT 100												
Day 1	tempo	WK1	REPS	WK2	REPS	WK3	REPS	Day 3	tempo	WK1	REPS	WK2	REPS	WK3	REPS
DB Snatch			x5		x5		x5	DB Push Jerk			x5		x5		x5
			x3		x3		x3				x3		x3		x3
			x5		x5		x5				x5		x5		x5
			x3		x3		x3				x3		x3		x3
RFES	2/0/1	62.5	x10	65	x10	67.5	x10	1 leg squat	2/0/1		x10		x10		x10
		70	x7	72.5	x7	75	x7				x7		x7		x7
		77.5	x5	80	x5	82.5	x5				x5		x5		x5
pair w/			x10		x10		x10	pair w/			x10		x10		x10
1 leg pronated row	2/0/1		x10		x10		x10	TRX row	2/0/1		x10		x10		x10
			x7		x7		x7				x7		x7		x7
			x5		x5		x5				x5		x5		x5
			x10		x10		x10				x10		x10		x10
reverse lunges	2/0/1		x10		x10		x10	lateral squat	2/0/1		x10		x10		x10
			x7		x7		x7				x7		x7		x7
Tri set w/			x5		x5		x5	Tri set w/			x5		x5		x5
			x10		x10		x10				x10		x10		x10
pull up	2/0/1		x10		x10		x10	TRX chin up			x10		x10		x10
			x7		x7		x7				x7		x7		x7
			x5		x5		x5				x5		x5		x5
			x10		x10		x10				x10		x10		x10
Quadruped T spine mobility			x10		x10		x10	Thoracic wall slides			x10		x10		x10
			x10		x10		x10				x10		x10		x10
Day 2	tempo	WK1	REPS	WK2	REPS	WK3	REPS	Day 4	tempo	WK1	REPS	WK2	REPS	WK3	REPS
Clean		77.5	x5	80	x5	82.5	x5	Jump squats			x5		x5		x5
		82.5	x3	85	x3	87.5	x3				x3		x3		x3
			x5		x5		x5				x5		x5		x5
			x3		x3		x3				x3		x3		x3
Bench	2/0/1	62.5	x10	65	x10	67.5	x10	DB incline	2/0/1	25	x10	26	x10	27	x10
		70	x7	72.5	x7	75	x7			28	x7	29	x7	30	x7
pair w/		77.5	x5	80	x5	82.5	x5	pair w/		31	x5	32	x5	33	x5
			x10		x10		x10				x10		x10		x10
SB leg curl	2/0/1		x10		x10		x10	airex 1 leg SLDL	2/0/1		x10		x10		x10
			x7		x7		x7				x7		x7		x7
			x5		x5		x5				x5		x5		x5
			x10		x10		x10				x10		x10		x10
1 leg SLDL	2/0/1		x10		x10		x10	Hypers	2/0/1		x10		x10		x10
			x7		x7		x7				x7		x7		x7
Tri set w/			x5		x5		x5	Tri set w/			x5		x5		x5
			x10		x10		x10				x10		x10		x10
MB push ups	2/0/1		x10		x10		x10	DB press	2/0/1		x10		x10		x10
			x7		x7		x7				x7		x7		x7
			x5		x5		x5				x5		x5		x5
			x10		x10		x10				x10		x10		x10
side lying glute wall slides			x10		x10		x10	cook hip lift			x10		x10		x10
			x10		x10		x10				x10		x10		x10