

100%

In Season P1- Maximum Strength

Hockey



Day 1										Day 2										Day 3										Day 4 																								
LIFT										LIFT										LIFT										LIFT																								
					WT.					Bench					Clean					2LRP					RFE					Chin					Snatch																			
					100					100					100					100					100					65																								
					WEEK 1					WEEK 2					WEEK 3																																							
					Vol-Int					Vol-Int					Vol-Int																																							
EXERCISE										EXERCISE										EXERCISE										EXERCISE										EXERCISE														
Hang Clean					5 165 5 170 5 175					5 170 5 175 5 180					5 175 5 180 5 185																																							

100%

In Season P2- Maximum Strength

Hockey

Day 1

Day 2



LIFT										LIFT									
	MAS RPM		110%	120%	130%	140%	150%			Wt.	Bench	Clean	2LRP	RFE	Chin	Snatch			
	100	110	120	130	140	150			100	100	100	100	100	100	65				
	WEEK 1		WEEK 2		WEEK 3		WEEK 4		WEEK 1		WEEK 2		WEEK 3		WEEK 4				
EXERCISE	Vol-int		Vol-int		Vol-int		Vol-int			EXERCISE	Vol-int		Vol-int		Vol-int		Vol-int		
TBOL Jump Continuous	5	25	5	40	5	45	5	45		Hang Clean			3	75	3	80	3	80	
	5	25	5	40	5	45	5	45					3	80	3	85	3	85	
			5	40	5	45	5	45					3	85	3	85	3		
			5	40									3	80			3RM	95	
Rollout	6		8		10		10		T.K. Landmine total reps			8		10		10			
					10		10								10		10		
2 Sets of 4 Breath Cycles w/ Airex Pad										2 Sets of 4 Breath Cycles w/ Airex Pad									
L. Foot Step Back & Reach or Active 90/90										L. Foot Step Back & Reach or Active 90/90									
RFE	2	50	2	80	2	85	2	75		2LRP *perform 1-2 warm up sets 20-40lbs less than prescribed load			2	80	2	85	2	75	
	2	50	2	80	2	85	2	85					2	80	2	85	2	85	
			2	80	2	85		Mreps					2	80	2	85		Mreps	
			2	80				8-10 New 1RM					2	80				8-10 New 1RM	
Chin Up add as much wt. as you can...go up each week			Vert=		NCM=		4J=			DB Row			Vert=		NCM=		4J=		
	2	50	2	80	2	85	2	85					8	25	8	30	8	30	
	2		2		2		1						8		8		8		
					2										8		8		
2 Sets of 5 Breath Cycles										2 Sets of 5 Breath Cycles									
PRI Squat or Band Post. Hip Capsule										PRI Squat or Band Post. Hip Capsule									
Bench *perform 1-2 warm up sets 20-40lbs less than prescribed load	2	50	2	80	2	85	2	75		T.K. Landmine Press			8	15	8	15	8	15	
	2	50	2	80	2	85	2	85					8		8		8		
			2	80	2	85		Mreps											
Goblet Carry			2	80				8-10 New 1RM		Trap Bar Carry									
	1		1		1		1						1		1		1		
							1								1		1		
Slideboard Hamstring Curl	4		6		8		8		Single Leg Box Squat			6	20	6	25	6	25		
					8		8					6		6		6			
T.K. Chop	8		8		8		8		T.K. Lift			8		8		8			
					8		8							8		8			

Every action is an opportunity to get 1% closer to your goal, or 1% farther away

In Season P3- Maximum Strength



Day 2

Every action is an opportunity to get 1% closer to your goal, or 1% farther away

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In Season P4- Maximum Strength

Hockey

Day 1

LIFT										
	MAS RPM	110%	120%	130%	140%	150%				
		100	110	120	130	140	150			
		WEEK 1		WEEK 2		WEEK 3		WEEK 4		
EXERCISE		Vol-Int		Vol-Int		Vol-Int		Vol-Int		
Hang Clean	4	75	4	75	4	70				
	4	85	4	85	4	70				
	4	85	4	85						
Body Saw	8		10		12					
	8		10							
L. Foot Step Back & Reach or Active 90/90	2 Sets of 4 Breath Cycles w/ Airex Pad									
Safety Squat RFE	2	85	2	90	2	60				
	2	85	2	90	2	60				
	2	85	2	90						
	2	85								
			Vert=		NCM=		4j=			
Dead Stop DB Row	5	40	5	40	5	45				
	5	40	5	40						
2 Sets of 5 Breath Cycles										
PRI Squat or Band Post. Hip Capsule										
Bench *perform 1-2 warm up sets 20-40lbs less than prescribed load	5	85	5	85	5	80				
	5	85	5	85	5	80				
	5	85	5	85						
Fat Grip Band Suitcase Carry	1		1		1					
	1		1							
Slideboard Hamstring Curl	10	Band	12	Band	10	Band				
	10		12							
1/2 Kneeling Chop w :2 Hold	8		8		8					
	8		8							

Day 2

LIFT										
Wt.	Bench	Clean	2LRP	RFE	Chin	Snatch				
	100	100	100	100	100	65				
	WEEK 1		WEEK 2		WEEK 3		WEEK 4			
EXERCISE	Vol-Int		Vol-Int		Vol-Int		Vol-Int			
Light Hang Clean	3	70	3	70	3	70				
	3	70	3	70	3	70				
	3	70	3	70						
Landmine total reps	10	12		14						
	10	12								
L. Foot Step Back & Reach or Active 90/90	2 Sets of 4 Breath Cycles w/ Airex Pad									
	1LRP	2	50	2	50	3	40			
	*perform 1-2 warm up sets 20-40lbs less than prescribed load	2	50	2	50	3	40			
		2	50	2	50					
			Vert=	NCM=		4j=				
	N. Grip Chin Ups add as much wt. as you can...go up each week	3	80	3	85	3	85			
		3	80	3	85					
		Mrep	BW	Mrep	BW	Mrep	BW			
		#		#		#				
2 Sets of 5 Breath Cycles										
PRI Squat or Band Post. Hip Capsule										
Standing Stable Landmine Press	8	20	8	20	8	20				
	8	20	8	20	8	20				
	reps per side									
Trap Bar Carry	1	1		1						
	1	1								
Single Leg Box Squat	4	30	4	30	4	30				
	4	30	4	30						
1/2 Kneeling Lift w :2 Hold	8	8		8						
	8	8								

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In Season P5- Maximum Strength

Hockey

Day 1

LIFT									
	MAAS BPM	110%	120%	130%	140%	150%			
	100	110	120	130	140	150			
	WEEK 1		WEEK 2		WEEK 3		WEEK 4		
EXERCISE	Vol-int		Vol-int		Vol-int		Vol-int		
Hang Clean	3	70	3	70	3	70	3	70	
	3	70	3	70	3	70	3	70	
	3	70	3	70	3	70	3	70	
Body Saw	8		10		12		14		
	8		10		12		14		
L. Foot Step Back & Reach or Active 90/90	2 Sets of 4 Breath Cycles w/ Airex Pad								
:3 ECC Safety Squat RFE	2		3		3	70	3	70	
	2	80	3	70	3	70	3	70	
			3	70	3	70	3	70	
			Vert=		NCM=		4j=		
Low Incline Bat Wing Row	2x:10	20	3x:10	20	4x:5	25	5x:5	25	
	2x:10	20	3x:10	20	4x:5	25	5x:5	25	
PRI Squat or Band Post. Hip Capsule	2 Sets of 5 Breath Cycles								
DB Bench	10	25	10	30	10	30	10	30	
	10	25	10	30	10	30	10	30	
			10	30	10	30	10	30	
Slideboard Hamstring Curl	8	Band	10	Band	12	Band	14	Band	
	8	Band	10	Band	12	Band	14	Band	
Split Stance Chop w :2 Hold	8		8		8		8		
	8		8		8		8		

Day 2



LIFT									
	Wt.	Bench	Clean	2LRP	RFE	Chin	Snatch		
		100	100	100	100	100	65		
		WEEK 1		WEEK 2		WEEK 3		WEEK 4	
EXERCISE		Vol-int		Vol-int		Vol-int		Vol-int	
Light Hang Clean	3	60	3	60	3	60	3	60	
	3	60	3	60	3	60	3	60	
	3	60	3	60	3	60	3	60	
	3	60	3	60	3	60	3	60	
Landmine	8		10		12		14		
	8		10		12		14		
total reps									
L. Foot Step	2 Sets of 4 Breath Cycles w/ Airex Pad								
Back & Reach or									
Active 90/90									
1LRP	3	40	3	40	3	40	3	40	
*perform 1-2 warm up sets 20-40% less than prescribed load	3	40	3	40	3	40	3	40	
			3	40	3	40	3	40	

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