

SUMMER 2011- PHASE 2 (COMPLEX TRAINING)

Sean Skahan HockeyStrengthandConditioning.com																	
	Tempo	Rest	WK1	Reps	WK2	Reps	WK3	Reps		Tempo	Rest	WK1	Reps	WK2	Reps	WK3	Reps
Day 1 Core Activation, Movement Prep, Speed									Day 3 Core Activation, Movement Prep, Speed								
DB Snatch	Exp	3min		x3		x3		x3	Hang Clean	Exp	3min		x3		x3		x3
Tri Set w/Hip Flexor Stretch				x3		x3		x3	Tri Set w/Hip Flexor Stretch				x3		x3		x3
AND Quad Bent Knee Hip Ext- 2x5/8/10ea				x3		x3		x3	AND Quad Bent Knee Hip Ext- 2x5/8/10ea				x3		x3		x3
						x3									x3		
Front Squat	2/0/2	1 min		x5+5		x5+5		x5+5	Front Split Squat		1 min		x6+5		x6+5		x6+5
Quad Set W/				x5+5		x5+5		x5+5	Quad Set W/				x6+5		x6+5		x6+5
Hurdle Jump W/				x5+5		x5+5		x5+5	1-Leg Hurdle Hop w/				x6+5		x6+5		x6+5
Stabilization x5						x5+5		x5+5	Stabilization				x6+5		x6+5		x6+5
Weighted Pull Up	2/0/2	1 min		x5		x5		x6	Alt. Grip Chin Up	2/0/2	1 min		x6		x6		x6
and				x5		x5		x6	and				x6		x6		x6
				x5		x5		x6					x6		x6		x6
					BW	xmax	BW	xmax					x6		x6		x6
Stability Ball Roll Out L/M/R				x5ea		x8ea		x10ea	Plate Crunch				x15		x18		x20
And Chest Stretch				x5ea		x8ea		x10ea	And Chest Stretch				x15		x18		x20
S.L.D.L.	2/0/2	1 min		x6		x6		x6	Ball-Leg Curl	2/0/2			x8		x8		x8
Quad Set W/				x6		x6		x6	Quad Set W/				x8		x8		x8
				x6		x6		x6					x8		x8		x8
						x6		x6	Upper Back DB Row				x6		x6		x6
1-Arm DB Row				x6		x6		x6	And				x6		x6		x6
And				x6		x6		x6					x6		x6		x6
Turkish Get Up To Hand				x6		x6		x6	Turkish Get Up To Hand		1 min		x5ea.		x5ea.		x5ea.
And		1 min		x5ea.		x5ea.		x5ea.	And				x5		x5		x5
Hamstring Stretch				x5		x5		x5	Hamstring Stretch								
Day 2 Core Activation, Movement Prep, Speed									Day 4 Core Activation, Movement Prep, Speed								
Bench Press	4/0/X	1 min		x5+10		x5+10		x5+10	Incline Press	4/0/X	1 min		x5+10		x5+10		x5+10
Quad Set w/				x5+10		x5+10		x5+10	Quad Set w/				x5+10		x5+10		x5+10
Med Ball Chest Pass x10				x5+10		x5+10		x5+10	Med Ball Chest Pass x10				x5+10		x5+10		x5+10
						x5+10		x5+10							x5+10		x5+10
Plank w/leg				x5 ea.		x8 ea.		x10ea	Plank w/leg				x5 ea.		x8 ea.		x10ea
Extension				x5 ea.		x8 ea.		x10ea	Extension				x5 ea.		x8 ea.		x10ea
And Lat Stretch									And Lat Stretch								
Wt. Dips + Scap Dips	2/0/2	1 min		x5+5		x5+5		x5+5	Wt. Dips + Scap Dips	2/0/2	1 min		x5+5		x5+5		x5+5
Tri Set W/				x5+5		x5+5		x5+5	Tri Set W/				x5+5		x5+5		x5+5
Side Bridge				x5+5		x5+5		x5+5	Side Bridge				x5+5		x5+5		x5+5
And				:30		:45		1:00	And				:30		:45		1:00
Quad Stretch				:30		:45		1:00	Quad Stretch				:30		:45		1:00
Half Kneel DB	2/0/2	1 min		x6ea.		x6ea.		x6ea.	Half Kneel DB	2/0/2	1 min		x6ea.		x6ea.		x6ea.
Shoulder Press				x6		x6		x6	Shoulder Press				x6		x6		x6
Pair W/				x6		x6		x6	Pair W/				x6		x6		x6
External Rotation				x10ea		x10ea		x10ea	External Rotation				x10ea		x10ea		x10ea
				x10		x10		x10					x10		x10		x10
				x10		x10		x10					x10		x10		x10