

These programs are designed to act as the foundation of an athlete's strength and conditioning training, to be followed between training and game-day exercise. An effective athlete will adjust this program to include any exercises they feel are valuable to their specific game, goals and position. The recommended sets and reps may also be adjusted once an athlete becomes accustomed to these programs, to ensure enduring performance progression.

OFF SEASON

TRAINING GOAL - SPORT SPECIFIC STRENGTH

DAY 1

Exercise Name	Purpose of Exercise	Sets	Reps
Paced Jog	Endurance	1	15 min
Tibialis Raises	Lower Strength	3	25
Half Squat	Lower Strength	4	8
Forward Lunge	Lower Strength	4	8
Reverse Lunge Knee Drive	Balance	3	12
Paced Jog	Endurance	1	15 min

DAY 2

Exercise Name	Purpose of Exercise	Sets	Reps
Glute Bridge Bench Press	Upper Strength	5	12
Banded Single Arm Press Left	Upper Power	3	6
Banded Single Arm Press Right	Upper Power	3	6
Single Arm Plank Left	Core Strength	3	30 secs
Single Arm Plank Right	Core Strength	3	30 secs
Push Ups	Upper Strength	3	Amap

DAY 3

Exercise Name	Purpose of Exercise	Sets	Reps
Trap Bar/Barbell Deadlift	Full Body Strength	5	12
Banded Rows	Upper Power	4	8
Step Back Banded Row	Upper Strength	3	8
Single Leg Shoulder Press Left	Upper Strength	2	6
Single Leg Shoulder Press Right	Upper Strength	2	6
Upright Row	Upper Strength	3	8

PRE SEASON

TRAINING GOAL - POWER & EXPLOSIVENESS

DAY 1

Exercise Name	Purpose of Exercise	Sets	Reps
Split Squat	Lower Strength	5	8
Kneeling Sprint Start Left	Acceleration	3	3
Kneeling Sprint Start Right	Acceleration	3	3
Lateral Skater Deceleration	Lateral Movement	3	30 secs
Triple High Knee Skater	Speed Mechanics	3	30 secs
Box Jumps	Vertical	3	6

DAY 2

Exercise Name	Purpose of Exercise	Sets	Reps
Rotational Med Ball Slams	Rotational Power	3	6
Glute Bridge Bench Press	Upper Strength	5	8
Plyo Bench Push Ups	Upper Power	2	6
Med Ball Throw Kneeling Left	Functional Power	3	6
Med Ball Throw Kneeling Right	Functional Power	3	6
Med Ball Push Ups Swap Hands	Upper Strength	3	AMAP

DAY 3

Exercise Name	Purpose of Exercise	Sets	Reps
Single Leg Deadlift Left	Lower Strength	4	6
Single Leg Deadlift Right	Lower Strength	4	6
Skater Ball Slam	Lateral Movement	3	30 secs
Glute Bridge Bench Press	Full Body Strength	3	12
Glute Bridge Pullover	Full Body Strength	3	12
Bulgarian Jumps	Lower Power	3	6

DURING SEASON

TRAINING GOAL - ENDURANCE & MOVEMENT

DAY 1

Exercise Name	Purpose of Exercise	Sets	Reps
15 Min Jog	Endurance	1	1
3 Min Run	Endurance	1	1
5 Min Jog	Endurance	1	1
2 Min Run	Endurance	1	1
5 Min Jog	Endurance	1	1
1 Min Run	Endurance	1	1

DAY 2

Exercise Name	Purpose of Exercise	Sets	Reps
Box Jumps	Lower Power	3	3
Zercher Squats	Lower Strength	4	5
Chin Ups	Upper Strength	4	AMAP
Bulgarian Jumps Side To Side	Lateral Movement	3	6
Step Up Jumps	Speed	3	4
Burpee Side Shuffle	Endurance	3	1 min

DAY 3

Exercise Name	Purpose of Exercise	Sets	Reps
Fast Feet On Plate	Agility	3	30 secs
Side To Side Plate Agility	Agility	3	30 secs
Hip Switches	Lateral Movement	3	1 min
Lunge KB Under Swings Left	Balance	3	12
Lunge KB Under Swings Right	Balance	3	12
Burpee Side Roll	Movement Patterns	4	1 min