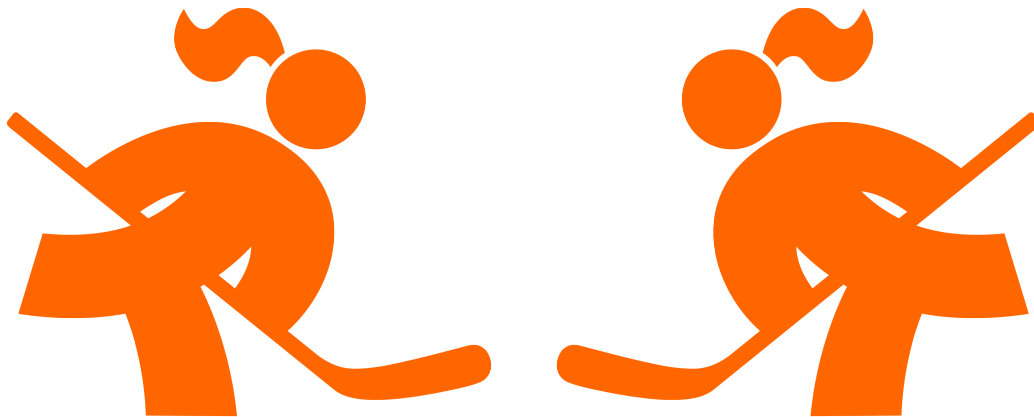


Your Complete Training System Quick Start Guide Elite Edition

All the Details of the First Four Weeks of
Your Elite Complete Training Program



Welcome To The Total Female Hockey Complete Training System Elite Edition Quick Start Guide.

To get you started, I'm going to walk you through the first four weeks of the program.

Test First:

The first thing you are going to do is your **off-ice testing**. Go through the four tests included in this guide and record your scores. Now you've got your starting point.

Off-Ice Workout Outline:

You will do **4 workouts per week**, for a total of **16 workouts in the first 4 weeks**.

Each workout has 5 different components:

- 1) **Warm-up**
- 2) **Speed**
- 3) **Strength**
- 4) **Conditioning**
- 5) **Stretching**

- Your **Warm-up** program will remain the same throughout the program.
- Your **Speed** program will begin with the introductory exercises for Balance, Power and Quickness. The exercises will change every two weeks.
- Your **Strength** program has two different workouts per week. You will do Workout #1 twice per week and Workout #2 twice per week. You will use the same exercises for each of these workouts for the first 4 weeks - but the exercises will increase in intensity as you go from week to week.
- Your **Conditioning** workouts will include both *Tempo Running & Skating Imitations*. You will do the Tempo Running and the Skating Imitations twice per week each.
- Your **Stretching** program will remain the same throughout the program. I have included the quick 10 minute stretching program here. For more detailed stretching programs, you can refer to *Total Female Hockey Stretching* manual.

After each workout, you will fill out your **Workout Logbook** for that day. You will record all the exercises you do, rate your level of fatigue for that particular training session and mark it down on your training chart. You will find workout logs at the end of this guide.

If you are confused at any point about how to perform the exercises properly or how to progress between levels, feel free to send me an email for clarification at kim@totalfemalehockey.com. When your DVDs arrive in the mail, they will help to clarify any questions you might have along the way.

Disclaimer

These recommendations are intended for educational purposes only and are not medical guidelines.

All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their athlete's safety. Before performing the exercises in this book, be sure that the area in which your child is training is safe, and you and your child do not take risks beyond your level of experience, aptitude, training and fitness.

Do not have your child or athletes perform any exercises until they have been instructed on proper technique by yourself or a certified fitness professional. Always act as a spotter for the athletes to ensure that they are performing the exercises safely and properly. Do not allow them to perform any exercises if they are alone, injured or fatigued. Always have them do a warm-up prior to strength training, speed training or conditioning.

Athletes must have a complete physical evaluation if there are any pre-existing injuries or ailments that they have not yet had checked out or if they have not received clearance to resume activity. The exercises in this program are not intended as a substitute for any exercise routine or treatment that may have been prescribed by your child's/athlete's physician. If a physician recommends that your child/athlete should not use this program, please follow the Doctor's orders.

Copyright © 2009 The Young Athlete & Total Female Hockey

Total Female Hockey Testing Test Descriptions

The four tests in this program have been chosen for two main reasons:

- **Relevance:** They assess four critical athletic abilities of female hockey players
- **Ease of Use:** These tests can be *easily set-up* by the testers (requiring a very minimal amount of equipment) and can be *easily understood and performed* by players (who may have very little experience performing these specific tests).

Standing Long Jump: Lower Body Power

Why Test the Standing Long Jump?

Measuring a player's standing long jump performance allows us to evaluate their ability to generate and produce lower body power. This test specifically assesses the amount of power that the athlete can generate through their muscles of the legs and hips (glutes, quadriceps, hamstrings and calves).

What Is Being Measured?

You will be evaluating how far players can jump from a standing, static position. In addition to being able to *quantify* the distance the athlete jumps to measure their performance, you can also assess the *quality* of their performance. Although the standing long jump is a movement that most young athletes are familiar with from their experience in gym class, they may not have learned the proper jumping technique. In general, players who test better on the standing long jump test are said to exhibit more overall athletic ability because of their ability to coordinate the total body generation of power effectively.

How To Perform the Test?

Set-up

First, make sure that the area you are using to perform the test is flat and free of debris. Mark a line on the ground to designate the take-off area. Measure the distance the players jump by taping down a measuring tape extending away from the take-off line.

Movement

Players will start with their toes behind the take-off line with feet between hip and shoulder width apart. To jump effectively, players should sit their hips back and bend their knees, while keeping their chest up and swinging the arms back behind their body. They will push away from the ground with their legs and swing their arms forward to propel themselves as far forward as possible.

Measurement

You will measure the distance from the take-off line to the point on the player's body that is closest to that line. For example, if a player jumps forward but falls back when they land, you will measure from that point back to the start line. Ideally, players will land on their feet and you will measure from the back of their heel to the start line.

Push-ups: Upper Body Strength

Why Test Push-ups?

There are numerous ways that we can go about evaluating the upper body strength of young hockey players. Push-ups are a great way to measure upper body strength as they can be done anywhere and players are familiar with the movement. Although push-ups are typically categorized as an upper body exercise, they also require a tremendous amount of core stability in order to be performed properly. Therefore, push-ups allow you to get an idea of a player's core stability while assessing their upper body strength.

What Is Being Measured?

In this test, you will be recording the maximum number of push-ups that the athlete can perform consecutively in one minute. In addition to being able to *quantify* the number of push-ups a player completes, you can also assess the *quality* of their performance. Every young athlete is familiar with push-ups, they may not have learned the proper push-up technique. Young athletes often have difficulty keeping their body in a perfectly straight line while doing push-ups - either letting their hips drop towards the ground causing their lower back to sag or by lifting their hips too high in the air. The general rule of thumb with form when it comes to push-ups is that if it doesn't look right, it probably isn't right.

How To Perform the Test?

Set-up

Make sure that the area where the players are doing the push-ups is free of debris. You should have a coach or parent count the repetitions for the players - making sure that you instruct them on the proper push-up form prior to starting the test. Make sure that you have a stopwatch so that you can accurately time one minute for the players.

Movement

Players must start at the top of a push-up position with their feet together and body in a straight line. You can allow players to choose what width they want to put their arms at - although it is most efficient for them to place their hands slightly wider than shoulder width apart. The player's lower their body towards the floor until their elbows reach 90 degrees of flexion (or below) and then push back up to the start position.

Measurement

Remember that you are evaluating how many push-ups players can do in a row for a maximum of 1 minute. Players cannot 'rest' after doing 20 push-ups and then start again. All of the push-ups must be done consecutively. In this test, you have to be very strict about proper form. A push-up will only be counted if the athlete's elbows reach 90 degrees or below. If they are not getting low enough or they are not keeping their body in a straight line, give them one warning and then stop the test.

Tennis Ball Agility Drill: Agility

Why Test Agility?

The tennis ball agility test allows us to get a great idea of a player's overall athleticism. It allow us to evaluate a player's ability to sprint and change direction effectively, as well as to see how well they can combine this high-intensity movement with the hand-eye coordination needed to pick up and place the tennis balls properly. This high-level combination of agility and hand-eye coordination is not only critical to perform the test properly, but is a requirement for achieving a high level of performance on the ice.

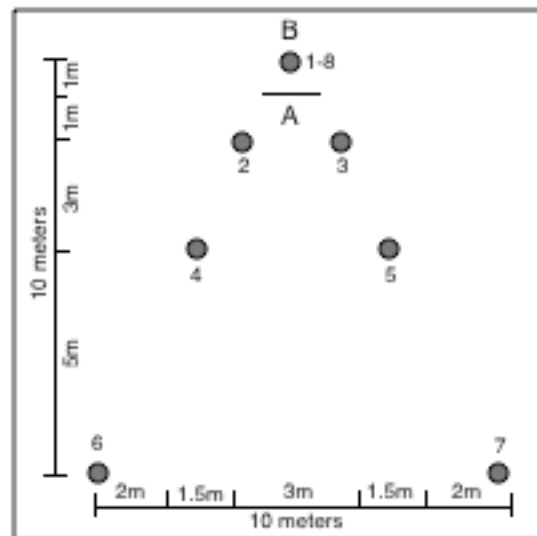
What Is Being Measured?

In this test, you are measuring the player's ability to complete the agility drill as quickly as possible. In addition to being able to *quantify* their movement time, you will also get an idea of the *quality* of the athlete's movement. Your best athletes are going to change direction the most effectively while coordinating the placement of the tennis balls most effortlessly. In many cases, these athletes almost seem to be moving more slowly through the drill simply because they are able to move so efficiently.

How To Perform the Test?

Set-up

The set-up of the agility course requires a 10 by 10 meter area that is clear of debris and 4 tennis balls. Place flat cones with the holes cut out of the top (that can hold tennis balls) at the points indicated by the small round circles (1 through 8). You will need to tape down a start line indicated by line A. There are two start set-ups for this drill: *right* (with balls placed on cones 1, 3, 5 & 7) and *left* (with balls placed on cones 1, 2, 4 & 6).



Movement

Start behind line A facing towards B. Time starts when the athlete picks up the ball from cone 1 with their right hand. They then sprint to cone 2 and place the ball down with their left hand. They then sprint to cone 3 to pick up another ball (with right hand) and sprint across to place it on cone 4 (with left hand). They sprint to 5 and pick up with the right, then sprint to 6 and place with left. Finally, they sprint to cone 7 to pick up the last ball with the right and sprint back and place it on cone 1 to finish the drill which stops the time. The tennis balls have to stay on the cone in order for the drill to count.

Measurement

You will test athletes going once with the tennis balls on the left side of the cones (1, 2, 4, 6) and then again with the tennis balls on the right side (1, 3, 5, 7) allowing them at least 2 minutes rest in between trials.

300 meter Repeated Shuttle Run: Anaerobic Conditioning

Why Test the Shuttle Run?

There are a variety of ways to measure an athlete's anaerobic capacity. The 300 meter repeated shuttle run is an excellent way to not only assess a player's anaerobic ability but also incorporates changes of direction similar to the kind players will have to do on the ice. It is also easy to execute from a logistical perspective because it can be performed anywhere that you can find a 25 meter straightaway, is easy to set-up for the tester and is easy to for the athlete to understand.

What Is Being Measured?

The 300m repeated shuttle test is used to assess a player's anaerobic capacity, their ability to change direction efficiently, as well as their ability to recover from repeated high intensity efforts. This last point is a critical one as you want to know not only how well your players can perform for 1 shift, but how quickly they can recover and perform at a similar intensity on the next shift. You will also notice that your most athletic players will change direction most easily, increasing their efficiency and saving them time.

How To Perform the Test?

Set-up

This test requires a 25 meter straightaway in order to be run properly. Make sure that the ground is level and free of debris. Place cones to mark the 2 end points 25 meters apart. You can test multiple players at one time if you have enough testers to measure their running and resting times and enough space. I would suggest you try to run as many players at the same time as you can as it will push players to work harder when they are competing against others.

Movement

Players will run 2 shuttle runs, each being a total of 300 meters in length, made up of 12 short sprints of 25 meters. The goal is for players to run all shuttles as fast as possible, trying to get a similar run time for each. Players line up with their feet behind the starting line to start the test. When the tester says 'Go', players will sprint 25 meters to the opposite cone. They do NOT need to touch down with their hand, but they DO need to get their foot even with the cone. They sprint back to the original cone. This counts as 1 repetition - players will perform 6 repetitions for a total of 300 meters. Once the first athlete crosses the finish line, the tester starts their rest time for the group which is 2 minutes in length. Therefore the fastest players are rewarded with getting more rest time before performing the 2nd sprint. After the 2 minute rest, players line up again a perform another 300 meter shuttle run.

Measurement

Record the sprint times for the 1st and 2nd shuttle run of each player. If testing a whole team, try to have as many testers as possible to help out recording the sprint times, timing the 2 minute rest period and ensuring that players are reaching the end line on each sprint. Depending on the age and fitness of your players, it should take them between 50-80 seconds to complete each shuttle.

Testing Equipment

Here is a list of all the equipment you will need in order to perform the tests:

- *Standing Long Jump:*
 - Tape to mark take-off line
 - Measuring tape to record distance jumped
- *Agility:*
 - 7 short cones (with hole in the top to hold tennis ball)
 - 4 tennis balls
 - Stopwatch to record testing time
- *Push-ups:*
 - Stopwatch to record testing time
- *Shuttle Run:*
 - Pylons or tape to mark start and finish lines
 - Stopwatches to record testing time

Record Your Test Scores

Testing Date:

Long Jump (in cm)	Agility Test (in seconds)		Push-ups (#/minute)	Shuttle Run (in seconds)	
	Left	Right		1st	2nd
198	13.6	14.1	28	64	69

PHASE 1 OVERVIEW

Frequency: You will do **4 workouts per week**, for a total of **16 workouts in Phase 1**.

WEEK 1 WORKOUTS

Day 1:	Warm-up:	10 minutes
	Speed - Week 1 Workout:	15 minutes
	Strength - Week 1 Workout 1:	30 minutes
	Conditioning - Tempo Runs 10:	10 minutes
	Stretch - 4 stretches:	10 minutes
	Total Training Time:	75 minutes
Day 2:	Warm-up:	10 minutes
	Speed - Week 1 Workout:	15 minutes
	Strength - Week 1 Workout 2:	30 minutes
	Conditioning - Skating Imitations Week 1:	24 minutes
	Stretch - 4 stretches:	10 minutes
	Total Training Time:	90 minutes
Day 3:	DAY OFF - do some kind of cross-training activity.	
Day 4:	Warm-up:	10 minutes
	Speed - Week 1 Workout:	15 minutes
	Strength - Week 1 Workout 1:	30 minutes
	Conditioning - Tempo Runs 10:	10 minutes
	Stretch - 4 stretches:	10 minutes
	Total Training Time:	75 minutes
Day 5:	Warm-up:	10 minutes
	Speed - Week 1 Workout:	15 minutes
	Strength - Week 1 Workout 2:	30 minutes
	Conditioning - Skating Imitations Week 1:	24 minutes
	Stretch - 4 stretches:	10 minutes
	Total Training Time:	90 minutes

Complete Training System Elite Edition Quick Start Guide

WEEK 2 WORKOUTS

Day 1:	Warm-up:	10 minutes
	Speed - Week 2 Workout:	15 minutes
	Strength - Week 2 Workout 1:	30 minutes
	Conditioning - Tempo Runs 12:	12 minutes
	Stretch - 4 stretches:	10 minutes
	Total Training Time:	77 minutes
Day 2:	Warm-up:	10 minutes
	Speed - Week 2 Workout:	15 minutes
	Strength - Week 2 Workout 2:	30 minutes
	Conditioning - Skating Imitations Week 2:	20 minutes
	Stretch - 4 stretches:	10 minutes
	Total Training Time:	85 minutes
Day 3:	DAY OFF - do some kind of cross-training activity.	
Day 4:	Warm-up:	10 minutes
	Speed - Week 2 Workout:	15 minutes
	Strength - Week 2 Workout 1:	30 minutes
	Conditioning - Tempo Runs 12:	12 minutes
	Stretch - 4 stretches:	10 minutes
	Total Training Time:	77 minutes
Day 5:	Warm-up:	10 minutes
	Speed - Week 2 Workout:	15 minutes
	Strength - Week 2 Workout 2:	30 minutes
	Conditioning - Skating Imitations Week 2:	20 minutes
	Stretch - 4 stretches:	10 minutes
	Total Training Time:	85 minutes

Complete Training System Elite Edition Quick Start Guide

WEEK 3 WORKOUTS

Day 1:	Warm-up:	10 minutes
	Speed - Week 3 Workout:	15 minutes
	Strength - Week 3 Workout 1:	30 minutes
	Conditioning - Tempo Runs 14:	14 minutes
	Stretch - 4 stretches:	10 minutes
	Total Training Time:	79 minutes
Day 2:	Warm-up:	10 minutes
	Speed - Week 3 Workout:	15 minutes
	Strength - Week 3 Workout 2:	30 minutes
	Conditioning - Skating Imitations Week 3:	24 minutes
	Stretch - 4 stretches:	10 minutes
	Total Training Time:	90 minutes
Day 3:	DAY OFF - do some kind of cross-training activity.	
Day 4:	Warm-up:	10 minutes
	Speed - Week 3 Workout:	15 minutes
	Strength - Week 3 Workout 1:	30 minutes
	Conditioning - Tempo Runs 14:	14 minutes
	Stretch - 4 stretches:	10 minutes
	Total Training Time:	79 minutes
Day 5:	Warm-up:	10 minutes
	Speed - Week 3 Workout:	15 minutes
	Strength - Week 3 Workout 2:	30 minutes
	Conditioning - Skating Imitations Week 3:	24 minutes
	Stretch - 4 stretches:	10 minutes
	Total Training Time:	90 minutes

Complete Training System Elite Edition Quick Start Guide

WEEK 4 WORKOUTS

Day 1:	Warm-up:	10 minutes
	Speed - Week 4 Workout:	15 minutes
	Strength - Week 4 Workout 1:	30 minutes
	Conditioning - Tempo Runs 16:	16 minutes
	Stretch - 4 stretches:	10 minutes
	Total Training Time:	81 minutes
Day 2:	Warm-up:	10 minutes
	Speed - Week 4 Workout:	15 minutes
	Strength - Week 4 Workout 2:	30 minutes
	Conditioning - Skating Imitations Week 4:	20 minutes
	Stretch - 4 stretches:	10 minutes
	Total Training Time:	85 minutes
Day 3:	DAY OFF - do some kind of cross-training activity.	
Day 4:	Warm-up:	10 minutes
	Speed - Week 4 Workout:	15 minutes
	Strength - Week 4 Workout 1:	30 minutes
	Conditioning - Tempo Runs 16:	16 minutes
	Stretch - 4 stretches:	10 minutes
	Total Training Time:	81 minutes
Day 5:	Warm-up:	10 minutes
	Speed - Week 4 Workout:	15 minutes
	Strength - Week 4 Workout 2:	30 minutes
	Conditioning - Skating Imitations Week 4:	20 minutes
	Stretch - 4 stretches:	10 minutes
	Total Training Time:	85 minutes

PHASE 1 WARM-UP

- There are 2 parts to your warm-up - General & Dynamic.
- Each is 5 minutes in length for a total of 10 minutes.

Part 1) General Warm-Up

- Perform **3 minutes of easy jogging** to get the blood flowing and muscles warmed up.
- Perform the following **four movements** - forward jogging, back-pedaling, side shuffling and carioca one after the other.
- Perform each movement 4 times over the course of 10 meters.


GENERAL WARM-UP		
Movement	Description	Distance
Forward Jogging	I don't need to explain this one!	4 x 10 meters
Back-Pedaling	Start in an athletic position with your weight on the balls of your feet. Reach one leg back and pull yourself back until you are on the ball of that foot. Repeat on the opposite leg as though you are running backwards. Make sure that you keep your chest up throughout and focus on pulling your leg back as far as possible.	4 x 10 meters
Side Shuffling	The athlete moves laterally - maintaining a low athletic position - while shuffling sideways. The feet should always be positioned underneath the hips (without touching in the middle) and the toes point straight ahead throughout.	4 x 10 meters each way
Carioca	The athlete moves laterally crossing one foot in front of the other and turning their hips in the direction of movement. They then cross that same foot behind the lead leg, turning their hips back in the direction they came from and repeat that pattern as they continue to move laterally.	4 x 10 meters each way

PHASE 1 WARM-UP


Part 2) Dynamic Warm-Up:

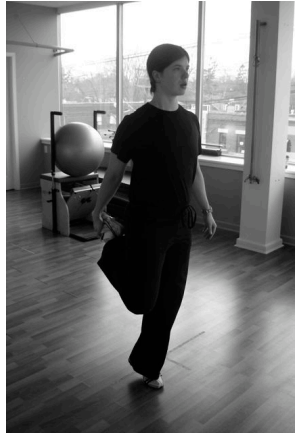
- 1) Leg Swings
 - Front-to-Back: 10 each leg
 - Side-to-Side: 10 each leg
- 2) High Knee Walk: 5 each leg
- 3) Quad Pull Back: 5 each leg
- 4) Cradle Walk: 5 each leg
- 5) Straight Leg Kick: 5 each leg
- 6) Overhead Lunge: 5 each leg
- 7) Side Lunge with Spin: 5 each leg
- 8) Reverse Lunge with Twist: 5 each leg
- 9) Spiderman: 5 each leg
- 10) Inchworm: 5 repetitions
- 11) Squat to Stand: 5 repetitions

Movement Descriptions


LEG SWINGS		
Muscles Addressed	<i>Front:</i> Hamstrings and Hip flexors <i>Side:</i> Groin and Glutes	
Description	<p><i>Front to Back Leg Swings</i> (above) - Hold onto a stationary object and swing the leg closest to the support forward and backward while maintaining good posture. Let the leg swing forward (to stretch the hamstrings) and back (to stretch the hip flexors).</p> <p><i>Side to Side Leg Swings</i> (below) – Hold onto a stationary object and swing the leg side to side while maintaining good posture. Avoid lateral tilting of the torso. Let the leg swing through the middle (to stretch the abductors) and out to the side (to stretch the adductors).</p>	
Number	10 leg swings in each direction	
Technique Tips	1) Motion should occur strictly through the hip 2) Body should remain perfectly upright throughout - no tilting	


Complete Training System Elite Edition Quick Start Guide

HIGH KNEE WALK		
Muscles Addressed	Glutes and Hip Flexors	
Description	Take a step forward and raise one knee. Grab on just below the knee to pull it up towards your chest and simultaneously rise up onto the opposite toe. Repeat on the opposite side.	
Number	5 repetitions on each leg	
Technique Tips	1) Don't lean back when pulling knee in 2) Stay perfectly upright throughout	
		

QUAD PULL BACK		
Muscles Addressed	Quadriceps and Hip Flexors	
Description	Take one step forward and curl one heel up towards your butt. Grab the foot with the hand on the same side and pull it in towards your butt. As you are pulling the leg in, lift up on the opposite toe. Return to the starting position and repeat on the opposite leg.	
Number	5 repetitions on each leg	
Technique Tips	1) Keep the knee pointing straight down 2) Keep body perfectly upright - try not to reach down to grab foot but bring it up to meet your hand instead	
		

Complete Training System Elite Edition Quick Start Guide

CRADLE WALK		
Muscles Addressed	Glutes	
Description	Take a step forward and think about pulling the heel of your foot up towards your belly button. Use one hand to grab your foot and the other to grab your shin and pull up. Return to starting position and repeat on the opposite leg.	
Number	5 repetitions on each leg	
Technique Tips	1) Focus on pulling heel up while simultaneously pushing the knee down to get a better stretch in the glute.	

STRAIGHT LEG KICK		
Muscles Addressed	Hamstrings	
Description	Lift both arms out in front of you and kick one foot up towards your hands. Your 'kicking' leg must stay straight – just kick as high as you can while keeping your leg straight.	
Number	5 repetitions on each leg	
Technique Tips	1) Do not lean back to try and get the leg higher - stay upright throughout 2) Only kick as high as you can while keeping the kicking leg completely straight	


Complete Training System Elite Edition Quick Start Guide


OVERHEAD LUNGE WALK	
Muscles Addressed	Hips Flexors and Quadriceps
Description	Reach your arms up over your head, holding your hands together. Take a large step forward with one leg and lower your back knee down towards the ground until it reaches a 90-degree angle, keeping your chest up and arms overhead. Push up through the front heel and step your back leg forward into the starting position. Repeat on the opposite leg.
Number	5 repetitions on each leg
Technique Tips	<ol style="list-style-type: none"> 1) Keep reaching your arms up straight to increase the effectiveness of the stretch 2) Always keep the front heel in contact with the ground - do not push up through the toes.




SIDE LUNGE WITH SPIN	
Muscles Addressed	Groin
Description	Take a big step out to the side with your right leg keeping your toes in line and pointing straight ahead. Sit back into a squat on your right leg, keeping your left leg completely straight and your chest up. Straighten the right leg and spin your body 180 degrees while simultaneously taking a big step out with the left foot so that you are facing the opposite direction. Sit back into a squat on the left leg and keep the right leg completely straight. Continue this lunge to spin sequence until you have finished all the repetitions.
Number	5 repetitions on each leg
Technique Tips	<ol style="list-style-type: none"> 1) Toes must stay pointing straight ahead 2) Keep the chest up while sitting back




REVERSE LUNGE WITH TWIST		
Muscles Addressed	Hip flexors and Quadriceps	
Description	Take a big step backwards with the right foot and drop into a lunge position - with both knees bent to 90 degrees and the upper body completely upright. Take the right arm and reach it up and across the body while simultaneously reaching down towards the right foot with the left hand. Finish the movement by driving off the left heel to push back and bring the feet back together.	
Number	5 repetitions on each leg	
Technique Tips	1) Take a long enough step back to ensure both knees are bent to a 90 degree angle, keeping the back knee two inches above the ground.	

SPIDERMAN		
Muscles Addressed	Groin	
Description	Start in the top of a push-up position. Swing your left foot up to rest just outside your left hand. Hold this position for one second to feel a stretch on the inside of the left thigh. Walk your hands forward and drag the right leg behind (keeping it straight) until you are back in the top of the push-up position. Now swing the right foot forward to stretch out the inside of the right leg.	
Number	5 repetitions on each leg	
Technique Tips	1) Focus on bringing the swinging leg as far forward as possible. 2) Don't let the hips creep up towards the ceiling - keep them low to the ground.	

Complete Training System Elite Edition Quick Start Guide

INCHWORM		
Muscles Addressed	Hamstrings	
Description	Start in the top of a push-up position and push your hips back so that your butt is up in the air. Keeping your legs straight, inch your feet in towards your hands. Only walk your feet in as far as you can while keeping the legs straight. Once you have walked in as far as you can, walk your hands back out until you are in the top of a push-up position again.	
Number	5 repetitions	
Technique Tips	<ol style="list-style-type: none"> 1) Feet and hands should never be moving at the same time. 2) Legs must stay straight on the 'walk-in' in order to get the maximum benefit 	

SQUAT TO STAND		
Muscles Addressed	Groin and Hamstrings	
Description	With your feet at a slightly wider than shoulder width stance, bend over and grab the bottom of your shoes. Pull yourself down into a deep squat position keeping the chest up and elbows inside knees. The goal is to pull yourself lower with each repetition while keeping the chest up. Hold for 2 seconds at the bottom before standing back up.	
Number	5 repetitions	
Technique Tips	<ol style="list-style-type: none"> 1) Get as low as possible while keeping heels down, back arched (not rounded) and chest up throughout. 	

10 minutes later and the Total Hockey Warm-up is complete!

PHASE 1 SPEED: Speed Basics

- There are 3 parts to your speed program - Balance, Power and Quickness.
- Each is 5 minutes in length for a total of 15 minutes.

Weeks 1 & 2:

Balance - Stationary

Week 1 - Eyes Open with Arms Free: 2 sets of **15** seconds on each leg

Week 2 - Eyes Open with Arms Free: 2 sets of **30** seconds on each leg

Power - Stair-Based

Week 1 & 2:

- **Two-Foot Jump Up with Hold (linear):** 2 sets of 5 jumps
- **One-Foot Jump 'In' & 'Out' with Hold (lateral):** 2 sets of 5 jumps each way/leg

Quickness

Week 1 & 2:

- **Two Foot Bunny Hop:** a) forwards, b) backwards
- **Two Foot Hopscotch:** a) forwards, b) backwards
- **Two In Quick Feet:** a) forwards, b) backwards, c) left, d) right
- **In-In-Out-Out:** a) forwards, b) backwards

Weeks 3 & 4:

Balance - Stationary

Week 3 - Eyes Open with Arms Behind: 2 sets of **15** seconds on each leg

Week 4 - Eyes Open with Arms Behind: 2 sets of **30** seconds on each leg

Power - Stair-Based

Week 3 & 4:

- **Two-Foot Jump Up without Hold (linear):** 2 sets of 5 jumps
- **One-Foot Jump Up with Hold (linear):** 2 sets of 5 jumps each leg

Quickness

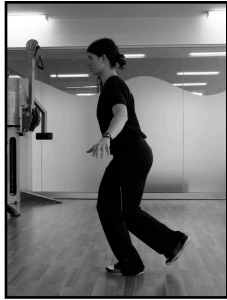
Week 3 & 4:

- **Two Foot Bunny Hop:** a) left, b) right
- **One Foot Hopscotch:** a) forwards, b) backwards
- **Two In High Knees:** a) forward, b) backwards, c) left, d) right
- **In-In-Out-Out:** a) left, b) right

Phase 1 Speed - Exercise Descriptions

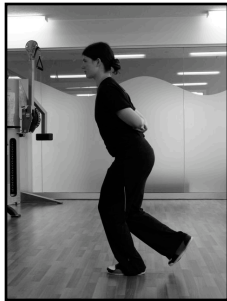
BALANCE

Eyes Open with Arms Free



Stand on one foot with your knee slightly bent, hips back and chest up. Keep your arms out to your sides for extra balance. Hold this low balanced position for the required amount of time and then switch legs.

Eyes Open with Arms Behind



Stand on one foot with your knee slightly bent, hips back and chest up. Place your arms behind your back so that you can't use them to assist you in balancing. Hold this low balanced position for the required amount of time and then switch legs.

POWER

Two-Foot Jump Up with Hold (linear)

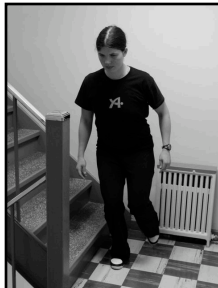


Start off in a low athletic position at the bottom of a staircase that is at least 8-10 stairs long. Jump up 2 or 3 stairs and land as softly & quietly as possible with your head and chest up. Hold this position for 1 second and then jump up another 2 or 3 stairs. It is critical that you take off from your landing position instead of standing up straight in between each jump. Perform 5 jumps in a row with a 1 second pause in between each. Walk back to the bottom of the staircase and rest for 1 minute before starting your second set of jumps.

One-Foot Jump 'In' & 'Out' with Hold (lateral)



Jump 'In': Start off standing in a low athletic position on one leg at the bottom of a staircase that is at least 8-10 stairs long. You should be standing on the leg that is furthest away from the stairs. Jump up 1 or 2 stairs and land as softly as possible. Hold this position for 1 second and then jump another 1 or 2 stairs. Perform 5 jumps in a row with a 1 second pause between each. Walk back to the bottom & repeat the 5 jumps 'in' on the other leg.



Jump 'Out': Start off standing in a low athletic position on one leg at the bottom of a staircase that is at least 8-10 stairs long. You should be standing on the leg that is closest to the stairs. Jump up 1 or 2 stairs and land as softly as possible. Hold this position for 1 second and then jump another 1 or 2 stairs. Perform 5 jumps in a row with a 1 second pause between each. Walk back to the bottom & repeat the 5 jumps 'out' on the other leg. Walk back to the bottom of the staircase and rest for 1 minute before starting your second set of jumps.

One-Foot Jump Up with Hold (linear)



Start off in a low athletic position on one leg at the bottom of a staircase that is at least 8-10 stairs long. Jump up 1 or 2 stairs and land as softly as possible with your head and chest up. Hold this position for 1 second and then jump up another 1 or 2 stairs. It is critical that you take off from your landing position. Perform 5 jumps in a row with a 1 second pause in between each. Repeat this sequence on the opposite leg and then walk back to the bottom and rest for 1 minute before repeating the entire sequence again.

NOTE: For All Jump Up Without Hold Variations

All of the above exercises will be performed without holding for 1 second after each jump. As soon as you land, you will immediately jump up again - minimizing the amount of time you are on each stair. When performing these jumps without the hold, it is very important to remain focused on being as quiet as possible on each landing and maintaining a low balanced position with your head and chest up. You may not be able to jump as many stairs initially with this 'non-pausing' variation, but you should be able to do so as you become more comfortable with these variations.

QUICKNESS

Two Foot Bunny Hop:



Forwards & Backwards:

Start with both feet together behind the ladder. Hop forward through all of the squares keeping both feet together and staying up on your toes throughout. Try to minimize the amount of time you are on the ground and get through the ladder as quickly as possible. Once you get all the way through the ladder, walk back to the start and repeat the drill. After you have gone through twice 'forwards', repeat the same drill hopping backwards through the squares.

Two Foot Hopscotch:



Forwards & Backwards:

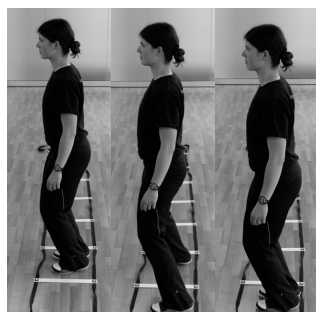
Start with both feet outside the first square of the ladder. Hop both feet into the first square and then hop back to the outside of the next square. Repeat this 'in and out' sequence on each square throughout the entire ladder. Once you get all the way through the ladder, walk back to the start and repeat the drill. After you have gone through twice 'forwards', repeat the same drill hopping backwards through the squares.

Two In Quick Feet:



Forwards & Backwards:

Start with both feet behind the ladder. Run forward through the ladder, getting two feet into each square and staying up on your toes. Once you get all the way through the ladder, walk back to the start and repeat the drill leading with the opposite foot going into the ladder first. After you have gone through twice 'forwards', repeat the same drill going backwards through the squares.



Left & Right:

Start with both feet beside the first square of the ladder. Shuffle sideways through the ladder, putting the 'lead' foot into the next square 1st and then matching with the 'trailing' foot. Shuffle all the way through the ladder and walk back to the start. Repeat the drill shuffling through in the opposite direction (leading with opposite foot and facing in the opposite direction).

In-In-Out-Out:



Forwards & Backwards:

Start with both feet outside the first square of the ladder (image 1). Step one foot inside the square (image 2) and then match with the other foot (image 3). Step back out with the same foot that came 'in' first (image 4) and then bring the trailing leg out (image 5). Repeat the sequence until you have moved all the way through

the ladder. Walk back to the start and repeat the drill again, leading with the other foot this time. Once you have completed the drill twice 'forwards', repeat the drill going backwards.

Two Foot Bunny Hop: Left & Right



Start with both feet beside the first square of the ladder. Hop sideways through the ladder. Hop all the way through the ladder and walk back to the start. Repeat the drill hopping through in the opposite direction (leading with opposite foot and facing in the opposite direction).

One Foot Hopscotch: Forwards & Backwards



Start with both feet outside the first square of the ladder. Hop your right foot into the first square and then hop back with both feet to the outside of the next square. When you hop into the next square, your left foot will go in to the square.

Repeat this sequence throughout the entire ladder. Once you get all the way through the ladder, walk back to the start and repeat the drill. After you have gone through twice 'forwards', repeat the same drill hopping backwards through the squares.

Two In High Knees: Forwards & Backwards



Start with both feet behind the ladder. Run forward through the ladder, getting two feet into each square, bringing your knees up to hip height and staying up on your toes. Once you get all the way through the ladder, walk back to the start and repeat the drill leading with the opposite foot going into the ladder first. After you have gone through twice 'forwards', repeat the same drill going backwards through the squares.

Two In High Knees: Left & Right



Start with both feet beside the first square of the ladder. Run sideways through the ladder bringing your knees up to hip height while putting the 'lead' foot into the next square 1st and then matching with the 'trailing' foot. Run all the way through the ladder and walk back to the start. Repeat the drill running through in the opposite direction (leading with opposite foot and facing in the opposite direction).

In-In-Out-Out: Left & Right



Start with both feet outside the first square of the ladder facing into the ladder (image 1,

shown here in the middle of the drill). Step one foot inside the square (image 2) and then match with the other foot (image 3). Step back out with the same foot that came 'in' first (image 4) and then bring the trailing leg out. Repeat the sequence until you have moved all the way through the ladder. Walk back to the start and repeat the drill in the opposite direction leading with the other foot this time.

PHASE 1 STRENGTH

Phase 1 - WEEK 1					
WORKOUT #1 and #3					
Core Training		Stability Training		Strength Training	
Exercise	Sets & Repetitions	Exercise	Sets & Repetitions	Exercise	Sets & Repetitions
1) Front Plank Hold	2 sets of 30 seconds hold	1) 2 Leg Glute Bridge	2 sets of 10 repetitions	1) Stationary Lunges	2 sets of 10 repetitions
2) Side Plank Hold (legs bent)	2 sets of 15 seconds each side	2) Y-T Arm Lift	2 sets of 8 repetitions each way	2) Band Overhead Pull Downs	2 sets of 15 repetitions
3) Reverse Crunch	2 sets of 10 repetitions	3) Leg Lift Circuit (toe down, leg under)	2 sets of 10 repetitions each	3) Two Leg Straight Leg Hip Lift on Bench	2 sets of 10 repetitions
				4) Pushups with Plus	2 sets of 5 repetitions
WORKOUT #2 and #4					
Core Training		Stability Training		Strength Training	
Exercise	Sets & Repetitions	Exercise	Sets & Repetitions	Exercise	Sets & Repetitions
1) Med Ball Overhead Throwdown	2 sets of 5 repetitions	1) One Leg Glute Bridge	2 sets of 10 repetitions each leg	1) Single Leg Squat to Bench	2 sets of 5 each leg
2) Med Ball Parallel Side Toss (1 at time)	2 sets of 5 repetitions each side	2) Wall Reaches (Stick Em Ups)	2 sets of 10 repetitions	2) Band In Front Pull Backs	2 sets of 15 repetitions
3) Two Arm Chest Pass	2 sets of 5 repetitions	3) All Fours Leg Lift a) bent, b) straight	2 sets of 10 repetitions each way	3) Single Leg Deadlift with arms in front	2 sets of 8 repetitions each leg
				4) Inverted Push-Up (off floor)	2 sets of 5 repetitions

PHASE 1 STRENGTH

Phase 1 - WEEK 2					
WORKOUT #1 and #3					
Core Training		Stability Training		Strength Training	
Exercise	Sets & Repetitions	Exercise	Sets & Repetitions	Exercise	Sets & Repetitions
1) Front Plank Hold	2 sets of 30 seconds hold	1) 2 Leg Glute Bridge	2 sets of 15 repetitions	1) Stationary Lunges	2 sets of 12 repetitions
2) Side Plank Hold (legs bent)	2 sets of 15 seconds each side	2) Y-T Arm Lift	2 sets of 10 repetitions each way	2) Band Overhead Pull Downs	2 sets of 15 repetitions
3) Reverse Crunch	2 sets of 12 repetitions	3) Leg Lift Circuit (toe down, leg under)	2 sets of 12 repetitions each	3) Two Leg Straight Leg Hip Lift on Bench	2 sets of 12 repetitions
				4) Pushups with Plus	2 sets of 10 repetitions
WORKOUT #2 and #4					
Core Training		Stability Training		Strength Training	
Exercise	Sets & Repetitions	Exercise	Sets & Repetitions	Exercise	Sets & Repetitions
1) Med Ball Overhead Throwdown	2 sets of 8 repetitions	1) One Leg Glute Bridge	2 sets of 12 repetitions each leg	1) Single Leg Squat to Bench	2 sets of 8 each leg
2) Med Ball Parallel Side Toss (1 at time)	2 sets of 8 repetitions each side	2) Wall Reaches (Stick Em Ups)	2 sets of 12 repetitions	2) Band In Front Pull Backs	2 sets of 15 repetitions
3) Two Arm Chest Pass	2 sets of 8 repetitions	3) All Fours Leg Lift a) bent, b) straight	2 sets of 12 repetitions each way	3) Single Leg Deadlift with arms in front	2 sets of 10 repetitions each leg
				4) Inverted Push-Up (off floor)	2 sets of 10 repetitions

PHASE 1 STRENGTH

Phase 1 - WEEK 3					
WORKOUT #1					
Core Training		Stability Training		Strength Training	
Exercise	Sets & Repetitions	Exercise	Sets & Repetitions	Exercise	Sets & Repetitions
1) Front Plank Hold	2 sets of 45 seconds hold	1) 2 Leg Glute Bridge	2 sets of 30 seconds hold	1) Stationary Lunges	2 sets of 15 repetitions
2) Side Plank Hold (legs bent)	2 sets of 30 seconds each side	2) Y-T Arm Lift	2 sets of 12 repetitions each way	2) Band Overhead Pull Downs	2 sets of 20 repetitions
3) Reverse Crunch	2 sets of 15 repetitions	3) Leg Lift Circuit (toe down, leg under)	2 sets of 15 repetitions each	3) Two Leg Straight Leg Hip Lift on Bench	2 sets of 15 repetitions
				4) Pushups with Plus	2 sets of 12 repetitions
WORKOUT #2					
Core Training		Stability Training		Strength Training	
Exercise	Sets & Repetitions	Exercise	Sets & Repetitions	Exercise	Sets & Repetitions
1) Med Ball Overhead Throwdown	2 sets of 10 repetitions	1) One Leg Glute Bridge	2 sets of 15 repetitions each leg	1) Single Leg Squat to Bench	2 sets of 10 each leg
2) Med Ball Parallel Side Toss (1 at time)	2 sets of 10 repetitions each side	2) Wall Reaches (Stick Em Ups)	2 sets of 15 repetitions	2) Band In Front Pull Backs	2 sets of 20 repetitions
3) Two Arm Chest Pass	2 sets of 10 repetitions	3) All Fours Leg Lift a) bent, b) straight	2 sets of 15 repetitions each way	3) Single Leg Deadlift with arms in front	2 sets of 12 repetitions each leg
				4) Inverted Push-Up (off floor)	2 sets of 15 repetitions

PHASE 1 STRENGTH

Phase 1 - WEEK 4					
WORKOUT #1					
Core Training		Stability Training		Strength Training	
Exercise	Sets & Repetitions	Exercise	Sets & Repetitions	Exercise	Sets & Repetitions
1) Front Plank Hold	2 sets of 60 seconds hold	1) 2 Leg Glute Bridge	2 sets of 60 seconds hold	1) Stationary Lunges	2 sets of 20 repetitions
2) Side Plank Hold (legs bent)	2 sets of 45 seconds each side	2) Y-T Arm Lift	2 sets of 15 repetitions each way	2) Band Overhead Pull Downs	2 sets of 20 repetitions
3) Reverse Crunch	2 sets of 20 repetitions	3) Leg Lift Circuit (toe down, leg under)	2 sets of 20 repetitions each	3) Two Leg Straight Leg Hip Lift on Bench	2 sets of 20 repetitions
				4) Pushups with Plus	2 sets of 15 repetitions
WORKOUT #2					
Core Training		Stability Training		Strength Training	
Exercise	Sets & Repetitions	Exercise	Sets & Repetitions	Exercise	Sets & Repetitions
1) Med Ball Overhead Throwdown	2 sets of 12 repetitions	1) One Leg Glute Bridge	2 sets of 20 repetitions each leg	1) Single Leg Squat to Bench	2 sets of 12 each leg
2) Med Ball Parallel Side Toss (1 at time)	2 sets of 12 repetitions each side	2) Wall Reaches (Stick Em Ups)	2 sets of 20 repetitions	2) Band In Front Pull Backs	2 sets of 20 repetitions
3) Two Arm Chest Pass	2 sets of 12 repetitions	3) All Fours Leg Lift a) bent, b) straight	2 sets of 20 repetitions each way	3) Single Leg Deadlift with arms in front	2 sets of 15 repetitions each leg
				4) Inverted Push-Up (off floor)	2 sets of 20 repetitions

Phase 1 Strength - Workout 1 Exercise Descriptions

Front Plank Hold



Start lying on your stomach with your elbows directly underneath your shoulders and your feet hip width apart. Raise your body up parallel to the ground so that you are in a perfectly straight line. Your legs must be completely straight - squeeze the front of your thighs and your glutes. Make sure to keep your abdominals tight and pull your elbows towards your feet without moving them. Hold this position for the prescribed amount of time.

Side Plank Hold (legs bent)



Start lying on your side with your elbow directly underneath your shoulder and your forearm flat. Your legs should be bent at 90 degrees with the front of your thighs in direct line with your stomach. Raise your body up to form a perfectly straight line from shoulder to knee. Focus on contracting the side abdominals on the side closest to the floor. Hold this position for the prescribed amount of time and repeat on the other side.

Reverse Crunch



Start lying on your back with your knees bent, feet together, heels tucked in towards your butt and arms holding on to a bench/partner that is fixed and won't move if you pull on it. Squeeze your lower abdominals and lift your knees toward your head, ending when your knees are over your nose. Slowly lower back down to the starting position under complete control until your butt contacts the ground. Continue to pull your heels toward your butt throughout the entire movement. Repeat the movement until you

have completed the required number of repetitions.

2 Leg Glute Bridge

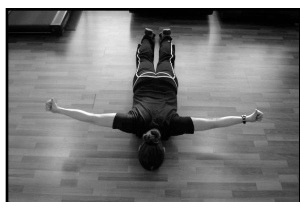


Start lying on your back with knees bent at 90 degrees, heels on the floor hip width apart and arms down by your sides. Push down into the ground with your heels and squeeze your glutes (butt) to lift your hips up until your stomach lines up flat with the front of your thighs. With control, lower your butt to lightly touch the floor and push right back up without relaxing the glutes or letting the knees move in or out during the movement. Repeat the movement until you have completed the required number of repetitions.

Y-T Arm Lift

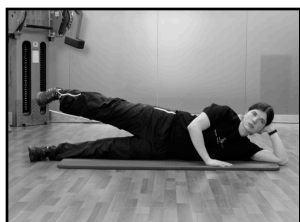


Y: Start lying on your stomach with your arms straight overhead, legs together and thumbs pointed towards the ceiling. Bring your arms down to a 45 degree angle so that your body forms a 'Y'. While keeping the arms perfectly straight, lift both arms off the ground by squeezing your shoulder blades together. Lower the arms to touch the ground and repeat until you have completed the required number of repetitions.



T: Start lying on your stomach with your arms straight out to the sides (thumbs pointed towards the ceiling) and legs together so that your body forms a 'T'. While keeping the arms perfectly straight, lift both arms off the ground by squeezing your shoulder blades together. Lower the arms to touch the ground and repetitions.

Leg Lift Circuit

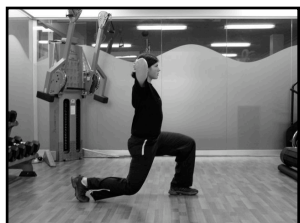


Start lying on your left side with your body in a straight line and your head resting on your hand. Make sure that both your shoulders and hips are stacked directly on top of each other.

a) Top Leg Lift: Turn the toe of your right leg down to point towards your left leg and lift your right leg up by squeezing the outside of your right glute. Make sure to keep the hips and shoulders stacked and really focus on using your glute only to lift your leg. Repeat for the required number of repetitions.

b) Bottom Leg Lift: Take your top leg and cross it over your bottom leg so that your right foot is flat on the ground. Point the toes of your left leg up towards your head and lift the bottom leg while keeping it completely straight. Repeat for the required number of repetitions. Complete both (a) and (b) lying on your left side and then flip over to do the two exercises on your opposite side.

Stationary Lunges



Step your right foot out in front of your left. Place your head behind your head which will help you to keep your chest up throughout the movement. Place your right foot flat on the floor and keep your left toe on the floor behind you. Slowly bend your right knee and lower your body down toward the floor. Keep your right knee in line with your right ankle. Don't let your knee move beyond the line of your foot. Your right leg should create a 90-degree angle. Once your back knee is one-inch away from the ground, push back up through the heel of your right foot until you are back up to standing. Keep your left toe on the floor throughout the movement. Move straight down, and then straight up as though you were a puppet with a string attached to the top of your head. Do all the repetitions on one side and then switch over to the other leg.

Band Overhead Pull Downs



Hold a piece of tubing overhead. The distance between your hands will depend on the strength of the band and your ability to keep perfect form. Squeeze your shoulder blades down and together to pull the tubing behind your head & across the back of your shoulders. Keep your arms completely straight throughout so that you don't use your triceps to pull down. Slowly return to the start position and repeat.

Two Leg Straight Leg Hip Lift on Bench



Start lying on your back and place your heels up on a bench or chair keeping your legs straight. Lift your hips up by squeezing your glutes. Hold for 1 second at the top of the movement and then lower down slowly. Continue lifting and lowering until you have completed all the repetitions.

Pushups with Plus



Start in the top of a pushup position: feet together, arms straight, hands placed just outside your shoulders and body in a perfectly straight line from the top of your head to your heels. Squeeze your abdominals and glutes while pulling your shoulder blades down and together to complete a full push-up (until your arms are at a 90 degree angle). Push back up until your arms are straight again. At the top of the movement, push your shoulder blades apart so that you round that part of your back slightly and then re-set your shoulder blades by pulling them back down and together before you drop down into the next push-up. Each full push-up, plus the shoulder movement at the top, equals one repetition. Complete all the required repetitions while maintaining perfect form throughout.

Phase 1 Strength - Workout 2 Exercise Descriptions

Med Ball Overhead Throwdown



Stand 2 meters (6 feet) away from a wall in an athletic position (knees slightly bent, hips back, chest up) with your hips parallel to the wall. Hold a medicine ball overhead with both hands with your arms straight. Forcefully bend forward from your hips, keeping your arms straight throughout and keeping your back straight. Aim to hit the wall 6 inches above the ground and then stand up to catch the ball. Repeat for the required number of repetitions.

Med Ball Parallel Side Toss (1 side at time)



your body for all the required reps and then switch over to the other side.

Stand 2 meters (6 feet) away from a wall in an athletic position (knees slightly bent, hips back, chest up) with your hips parallel to the wall. Hold a medicine ball on one side of your body keeping your arms straight. Rotate your hips away from the wall as you bring your arms back in preparation to throw the ball. To throw the ball, forcefully turn your hips back towards the wall while keeping your arms straight. Think of your hips doing most of the work instead of your arms. Throw the ball on one side of

Med Ball Two Arm Chest Pass



Stand 1 meter (3 feet) away from a wall in an athletic position (knees slightly bent, hips back, chest up) with your hips parallel to the wall. Hold a medicine ball at chest level with your hands on either side of the ball and your elbows tucked in tight to your sides. Forcefully throw the ball at the wall, straightening your arms completely, while maintaining the athletic position. Make sure that you do not let your elbows go out to the side as you throw - keep them tucked in throughout all repetitions.

One Leg Glute Bridge



Start lying on your back with knees bent, feet together and heels on the ground. Bend one knee and hold it in towards your chest. Push down through the heel of the leg on the ground and squeeze your glute to lift your hips off the ground. You want to lift as high as possible without arching your lower back. Lower under control and then push back up through the heel. Perform the required number of repetitions with one leg and then switch sides.

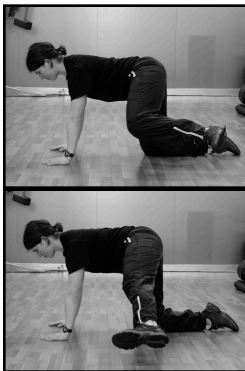
Wall Reaches (Stick Em Ups)



Stand with your back, heels and head touching a wall. Raise your hands up to shoulder height while keeping your arms down by your sides and keeping your arms against the wall. Slowly reach up towards the ceiling - keeping as much of your body against the wall as possible. To pull your elbows back down, squeeze your shoulder blades down and together. Repeat for the required number of repetitions.

All Fours Leg Lift

Start kneeling on the ground on all fours. Focus on keeping your abdominals tight and your back straight throughout the entire exercise.



(a) **Leg Bent:** Lift your left knee off the ground and raise it straight out to the side so that your knee stays in line with your hip and the position of your body does not change at all. Make sure that you do not shift your weight or let your hips move at all from the original position. Do all the required repetitions on one leg.

(b) **Leg Straight:** Straighten out your left leg and bring it up beside you so that your foot is even with your hip. Keep your leg completely straight and lift your left foot up off the ground without changing your body position at all. Do all the required repetitions. Once you have completed both exercise (a) and (b) on one leg, repeat the sequence on the opposite leg.

Single Leg Squat to Bench



Stand in front of a bench or chair that is slightly higher than knee height on one leg. Squat down to touch the bench with your butt without letting your chest drop forward or having your knee move side to side. Focus on pushing up through your heel and squeezing your butt at the top of the movement. Do all repetitions on one side and then switch to the other leg.

Band In Front Pull Backs



Hold a piece of tubing in front of you with your arms straight. The distance between your hands will depend on the strength of the band and your ability to keep perfect form. Squeeze your shoulder blades down and together to pull the tubing back towards you until the band touches your chest. Keep your arms completely straight throughout so that you don't use your triceps to pull down. Slowly return to the start position and repeat for all required repetitions.

Single Leg Deadlift with Arms Free



Start standing on one leg with the knee slightly bent and your arms by your sides. Keeping the hips level and the arms straight out to the sides, lower your upper body down to parallel while simultaneously reaching your back leg up and out towards the back wall. Make sure that you never round your back at any point during the exercise. Your hips and shoulders should always be 'square' to the floor. Perform all repetitions on one leg and then switch.

Inverted Push-Up (off floor)



To get into your starting position, walk your hands back towards your feet from the top of a push-up position and sticking your butt up into the air. The closer your hands and feet are to each other, the more challenging exercise will be. Keeping your hips up in the air throughout, drop the top of your head straight down towards the ground until it touches. As soon as you touch the ground, push away until your arms are straight. This version of a push-up is much more arm and shoulder intensive than the typical push-up variations, so you may need to adjust your body position so that you can complete all the required repetitions.

PHASE 1 CONDITIONING: Tempo Running

Why You Do It

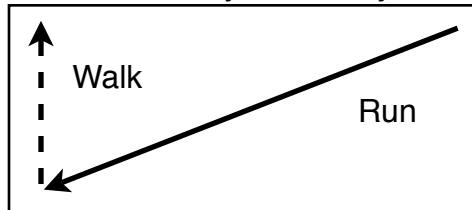
Tempo running is used early in the off-season to help re-condition your running muscles and to prepare you for the increased demands of the higher-intensity interval training that will occur later in the summer.

What It Is

Tempo running requires you to run at up to 85% of your maximum speed, in a straight line, for approximately 20 seconds as your 'work' intervals, and then walk for approximately 40 seconds in between sprints as the 'rest' intervals.

How To Do It

The easiest way is to use your local soccer field.



Work intervals: Start on one of the four corners of the field. Run across the field to the opposite corner on the diagonal for approximately 100 meters (or 110 yards) in length, as your 'work' interval.

Note on Form: Focus on maintaining good running form throughout the run - instead of trying to go as fast as humanly possible. These runs should be done at 75-85% intensity - which may be difficult for you to gauge. Look at how long it takes you to complete the sprint. Each 'sprint' will last about 20 seconds - depending on your age and fitness. If you are completing the sprint more quickly than that, you are running at too high of an intensity level and run the risk of injuring yourself.

Rest intervals: Walk the width of the end line from corner to corner as your recovery from the sprint. and then run across diagonally again. The rest period should be approximately 40 seconds long to allow for adequate recovery.

Note on Form: This rest interval may seem like it is too long of a rest in the beginning of the program, but you will welcome the extra rest as the number of tempo runs increases over time.

Week 1: Repeat this sequence **10 times for a total of 10 sprints** (10 minutes)

Week 2: Repeat this sequence **12 times for a total of 12 sprints** (12 minutes)

Week 3: Repeat this sequence **14 times for a total of 14 sprints** (14 minutes)

Week 4: Repeat this sequence **16 times for a total of 16 sprints** (16 minutes)

PHASE 1 CONDITIONING: Skating Imitations

All of the exercises in the program are to be done in a circuit format. That means you do one set of exercise 1, rest, one set of exercise 2, rest, one set of exercise 3, rest, and then one set of exercise 4 and rest. That would be one circuit. You will go through each circuit twice before taking your long rest period (4 exercises x 2 equals 8 exercises total before your long rest).

Each workout will consist of 3 circuits with either 2 or 4 minutes of rest between each circuit, depending on what week you are in.

For the majority of the exercises, you will do 20 seconds of “work” followed by 10 seconds of “rest”. When the exercise is a double-leg exercise, this will always be the format. When it is a single-leg exercise, you will do the exercise on one leg (for either 10 or 20 seconds) and immediately switch over to the other leg without any break. Once you do the exercise on both legs, you can take your 10 seconds rest.

Depending on your energy levels and the length of your rest period between circuits, you may want to do some extra stick-handling to keep yourself busy (and improving). In the first few weeks of the program, the rest periods may seem too long (DO NOT SHORTEN THEM) so this would be a good time to throw in the extra stick work. As you get into the later stages of the program, you are going to really want that extra rest.

Let’s walk through an example of how a typical workout would flow using Week 1:

Description: 3 circuits of 8 exercises (4 exercises x 2) with 4 minutes of rest between each circuit. Perform each exercise for 20 seconds followed by a 10 second rest.

20 seconds of Feet Together Squat Hold
10 seconds rest
20 seconds of Long Forward Lunge Hold on right leg
20 seconds of Long Forward Lunge Hold on left leg
10 seconds of rest
20 seconds of Elbows To Knees Wide Squat Hold
10 seconds of rest
20 seconds of Single Leg Squat Hold on right leg
20 seconds of Single Leg Squat Hold on left leg
10 seconds of rest
(back to the beginning)
20 seconds of Feet Together Squat Hold
10 seconds rest
20 seconds of Long Forward Lunge Hold on right leg
20 seconds of Long Forward Lunge Hold on left leg
10 seconds of rest
20 seconds of Elbows To Knees Wide Squat Hold
10 seconds of rest
20 seconds of Single Leg Squat Hold on right leg
20 seconds of Single Leg Squat Hold on left leg
4 minutes rest

You will repeat this circuit 3 times for a total of 24 minutes of training.

PHASE 1 CONDITIONING: Skating Imitations

Week 1:

Workout Description:

3 circuits of 8 exercises (2 x 4 exercises) with 4 minutes rest between each circuit.

Exercise Duration:

Perform each exercise for 20 seconds followed by a 10 second rest.

Exercises:

- 1) Feet Together Squat Hold - 20 seconds total
- 2) Long Forward Lunge Hold - 20 seconds each leg (switch legs without rest)
- 3) Elbows To Knees Wide Squat Hold - 20 seconds total
- 4) Single Leg Squat Hold - 20 seconds on each leg (switch legs without rest)

NOTE: Go back to exercise 1 and do circuit again before taking long rest.

Total Length of Workout:

5:20 work + 4 minutes rest + 5:20 work + 4 minutes rest + 5:20 work = 24 minutes

Week 2:

Workout Description:

Same as Week 1 workout except for shorter rest time

3 circuits of 8 exercises (2 x 4 exercises) with 2 minutes rest between each circuit.

Exercise Duration:

Perform each exercise for 20 seconds followed by a 10 second rest.

Exercises:

- 1) Feet Together Squat Hold - 20 seconds total
- 2) Long Forward Lunge Hold - 20 seconds each leg (switch legs without rest)
- 3) Elbows To Knees Wide Squat Hold - 20 seconds total
- 4) Single Leg Squat Hold - 20 seconds on each leg (switch legs without rest)

NOTE: Go back to exercise 1 and do circuit again before taking long rest.

Total Length of Workout:

5:20 work + 2 minutes rest + 5:20 work + 2 minutes rest + 5:20 work = 20 minutes

PHASE 1 CONDITIONING: Skating Imitations

Week 3:

Workout Description:

3 circuits of 4 exercises with 4 minutes rest between each circuit.

Exercise Duration:

Perform each exercise for 20 seconds followed by a 10 second rest.

Exercises:

- 1) Hands Behind Head Feet Together Squat Hold - 20 seconds total
- 2) Long Lateral Lunge Hold - 20 seconds each leg (switch legs without rest)
- 3) Arms Overhead Wide Squat Hold- 20 seconds total
- 4) Single Leg Squat with Leg in Front Hold - 20 seconds on each leg (switch without rest)

NOTE: Go back to exercise 1 and do circuit again before taking long rest.

Total Length of Workout:

5:20 work + 4 minutes rest + 5:20 work + 4 minutes rest + 5:20 work = 24 minutes

Week 4:

Workout Description:

Same as Week 3 workout except for shorter rest time.

3 circuits of 4 exercises with 2 minutes rest between each circuit.

Exercise Duration:

Perform each exercise for 20 seconds followed by a 10 second rest.

Exercises:

- 1) Hands Behind Head Feet Together Squat Hold- 20 seconds total
- 2) Long Lateral Lunge Hold - 20 seconds each leg (switch legs without rest)
- 3) Arms Overhead Wide Squat Hold - 20 seconds total
- 4) Single Leg Squat with Leg in Front Hold - 20 seconds on each leg (switch without rest)

NOTE: Go back to exercise 1 and do circuit again before taking long rest.

Total Length of Workout:

5:20 work + 2 minutes rest + 5:20 work + 2 minutes rest + 5:20 work = 20 minutes

PHASE 1 CONDITIONING: Skating Imitations

Skating Imitations Exercise Pictures

Hold each position for the prescribed amount of time.



Feet Together Squat Hold



Long Forward Lunge Hold



Elbows To Knees Wide Squat Hold



Single Leg Squat Hold



Hands Behind Head Feet Together Squat Hold

Skating Imitations Exercise Pictures



Long Lateral Lunge Hold



Arms Overhead Wide Squat Hold



Single Leg Squat with Leg in Front Hold

STRETCHING: 10 Minute Simple Stretching Program

The four most critical muscle groups for players to stretch are:

- **Hip Flexors** (where the front of the thigh attaches to the hip)
- **Quadriceps** (front of the thigh)
- **Glutes** (butt)
- **Groin** (inside of the thighs)

Perform the **4 stretches** below immediately after your workout or before going to bed.

Hold each stretch for at least 1 minute. If it is a one-sided stretch, hold it for 1 minute on each side. This program should take less than 10 minutes total and will really help to loosen up the muscles that get over-used throughout the season.

NOTE: Players should not be straining or bouncing to try and move further into the stretch. The goal of stretching is NOT to go as far as possible but rather to stretch as far as is necessary in order to feel the muscle lengthening while remaining relaxed.

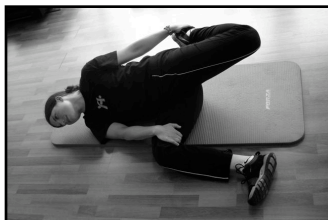


Kneeling Hip Flexor Stretch

Purpose: Elongate the hip flexors

Start out in a kneeling position with one knee down and both knees at 90 degrees. Pull your arms straight up overhead, squeezing your biceps by your ears. Lean your weight forward slightly on your front leg and pull your hands up towards the ceiling to increase the stretch through the front of the back leg. Make sure that you aren't leaning back but instead thinking

about making yourself as tall as possible. Hold for 1 minute on each side.



Side Lying Quadriceps Stretch

Purpose: Elongate the hip flexors and quadriceps

This stretch is a little tricky to get into initially, but does a terrific job of stretching out the hip flexor and quadriceps of the leg that is being pulled back. Start lying on your side and grab on underneath the knee of the leg that is closest to the floor.

Reach back and grab the shin or foot of the top leg and pull your heel towards your buttocks. Make sure that you stay on your side and aren't pulling yourself over onto your back. To increase the stretch, squeeze the glute (butt) of your top leg and push your hips forward slightly. Hold for 1 minute each side.

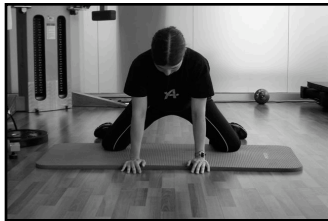
STRETCHING: 10 Minute Simple Stretching Program



Kneeling Figure 4 Glute Stretch

Purpose: Elongate the external rotators of the hip

This is a stretch that is commonly performed on the ice and is equally effective when performed off the ice. Start out in a kneeling position and use your hand to pull one leg into the bent position with the outside of your knee touching the floor. Straighten out your back leg behind you. If you are unable to position your front leg at 90 degrees, you can move your front heel closer to your hips. Make sure that you are not rolling out onto the side of the front leg and that your hips are even relative to the floor. Hold for 1 minute on each side.



Knees Wide Groin Stretch

Purpose: Elongate the hip adductors (groin)

Start out on your hands and knees. Slowly move your knees as wide apart as possible while keeping your toes pointing out to the side. Use your hands to support yourself in this position and push your body back towards your feet slightly to increase the stretch. If this bothers your knees, bring your feet closer together. Hold for 1 minute.

SAMPLE WORKOUT LOGBOOK ENTRY

Date: Monday May 15th

Week #: 1

Today's Goals
1. Make sure that I do every exercise perfectly instead of trying to do them quickly.
2. Drink at least 8 glasses of water - not including the water I have when training.
3. Do every stretch twice - focusing on my extremely tight left hip flexor.

Training Session (#1, 2, 3 or 4 of week): 1

Warm-Up (circle): Yes No

Strength (circle): Workout 1 Workout 2

Exercise	Sets	Repetitions or Time
1. Front Plank Hold	2	30 seconds hold
2. Side Plank Hold (bent)	2	15 seconds each side
3. Reverse Crunch	2	10 repetitions
4. 2 Leg Glute Bridge	2	10 repetitions
5. Y-T Arm Lift	2	8 repetitions each way
6. Leg Lift Circuit	2	10 repetitions each
7. Stationary Lunges	2	10 repetitions each
8. Band Pull Downs	2	15 repetitions
9. Two Leg Hip Lift	2	2 sets of 10 repetitions
10. Pushups with Plus	2	2 sets of 5 repetitions

Speed: 1 2 3 4
 Conditioning (circle): Week #1 Week #2 Week #3 Week #4
 Sprints Imitations

Stretching (list stretches done): Kneeling Hip Flexor, Figure 4 Glute, Groin, Quads

Workout Comments:	Great start to my training. Will make sure to get plenty of sleep tonight to make sure I recover for tomorrow.
-------------------	--

Complete Training System Elite Edition Quick Start Guide

Date: _____ Week #: _____

Today's Goals
1
2
3

Training Session (#1, 2, 3 or 4 of week): _____

Warm-Up (circle): Yes No

Strength (circle): Workout 1 Workout 2

Exercise	Sets	Repetitions or Time
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Speed: Week # _____

Conditioning (circle): Workout #: 1 2 3 4
Sprints Imitations

Stretching (list stretches done): _____

Workout Comments:	
--------------------------	--

Complete Training System Elite Edition Quick Start Guide

Date: _____ Week #: _____

Today's Goals	
1	
2	
3	

Training Session (#1, 2, 3 or 4 of week): _____

Warm-Up (circle): Yes No

Strength (circle): Workout 1 Workout 2

Exercise	Sets	Repetitions or Time
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Speed: Week # _____

Conditioning (circle): Workout #: 1 2 3 4
Sprints Imitations

Stretching (list stretches done): _____

Workout Comments:	
-------------------	--

Complete Training System Elite Edition Quick Start Guide

Date: _____ Week #: _____

Today's Goals	
1	
2	
3	

Training Session (#1, 2, 3 or 4 of week): _____

Warm-Up (circle): Yes No

Strength (circle): Workout 1 Workout 2

Exercise	Sets	Repetitions or Time
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Speed: Week # _____

Conditioning (circle): Workout #: 1 2 3 4
Sprints Imitations

Stretching (list stretches done): _____

Workout Comments:	
--------------------------	--

COMPLETE TRAINING SYSTEM PROGRESS CHARTS

Sample Progress Chart

Below is a sample progress chart for PHASE 1 of the Complete Training System.

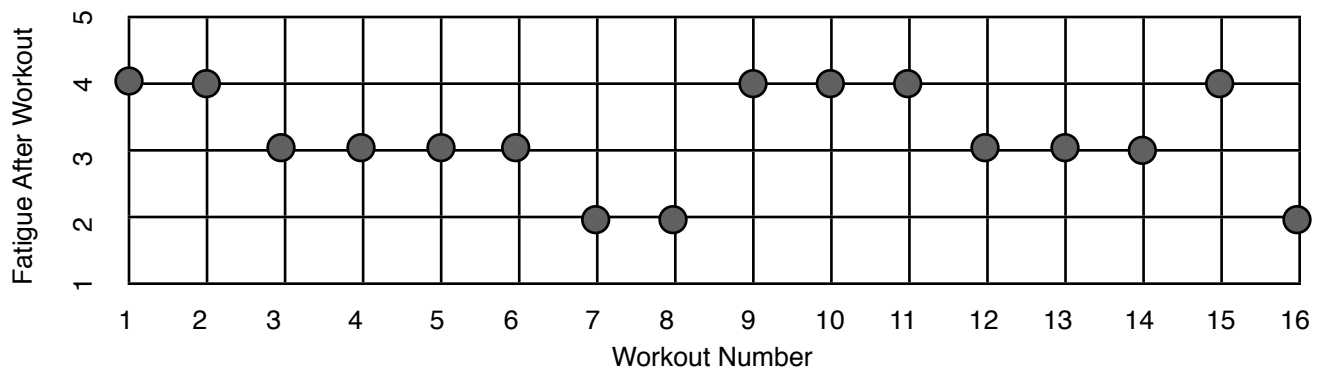
You will be **rating your fatigue level** on a scale of 1 to 5 after each workout.

A rating of 5 means that you were extremely tired after the workout.

A rating of 1 means that you were not tired after the workout.

In Phase 1, you are doing 4 workouts per week, for a total of 16 workouts in this phase.

PHASE 1 Progress Chart



After Workout 1 of the training plan, you will probably feel pretty tired. As you can see with the rating indicated by the arrow, you might rate this workout as a **4 out of 5**.

When you do the 2nd workout a day later, you will probably still rate the workout as a **4 out of 5**. By Day 3 & 4 of the training program, you may find that the workouts still feel challenging or they start to feel a little bit easier - which is indicated by your ratings of **3 out of 5**.

By the second week of the program, the workouts will increase slightly in intensity but you will start to feel comfortable with the training - so you may still give a **3 out of 5**. By workouts 7 and 8, you may even go down to a **2 out of 5**.

In the third week, the exercises will become more challenging, so you might rate it as a **4 out of 5** again in the beginning, but will probably feel that they are getting much easier as you work your way through Phase 1. By the time you reach the end of Phase 1, the intensity of the exercises will increase again, but at this point, you should start to feel comfortable with the workouts and be ready for the next challenge - Phase 2.

On the following pages, you will find empty workout logs for each of the phases of your Complete Training Program. Keep track of each workout and you will be able to see how you are progressing as you work your way through the program.

Complete Training System Elite Edition Quick Start Guide

Phase 1 Progress Chart

Fatigue After Workout	5																		
	4																		
	3																		
	2																		
	1																		
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16		
		Workout Number																	