



4 Week Ice Hockey Training Plan

Training Plan Time Frame: 2 - 31 December 2012

This Training Plan was developed for [REDACTED]

Developed by: Performance Training Systems Inc.

Datum: 1 Dec 2012

Client: [REDACTED]

Sport: Ice Hockey

4 Week Ice Hockey Training Plan

Program Contents:

- I. 3 Strength Training Programs
- II. 1 Ice Hockey specific Spinning Training Protocol
- III. 1 „Before“ / „After“ a Game Training Plan
- IV. 1 Training Load Tracking Card

Training Plan Description:

The goal of this Training Plan is the development of Ice Hockey specific strength and conditioning capabilities through the dynamic movement based exercises. The concept of your training plan is based on your age, sport, and training availability. Based on the information that you provided, we have created 3 different strength training programs for you. Each Training Plan included different Training Loads, Exercises, and Training effect goals

In-Season Training should focus on the maintenance of strength and conditioning capabilities. This program runs through the month of December. This suggests that approximately 30-40% of your Training Period is in a Rest phase, where no games are scheduled. When you are in the Christmas Break, it is recommended that you increase the Training Load of your training sessions, and that you perform a 3rd „Day 2“ Session per week.

Effective Training requires *Quality* training, not a large *Quantity* of training. For this reason, we have attached a Training Load Tracking Card to your Program package. We recommend that you use this tracking card by filling it out after every training session. A positive progression towards over-training is ok, when your progressive trend does not exceed 3 successive weeks. 2 or 3 weeks of successive, progressive training during a break from Game-Play can promote strong increases in strength and sport conditioning, allowing you to return after the Christmas Break with enhanced performance capabilities.

The Table below is a sample Training Week.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------|-----------------------------|------------------|---|----------------|--|--|
| Strength Day 2 | Spinning IceTraining | Strength Day 2 | Spinning + Strength Day 1 Ice Training | Strength Day 3 | „Before“ Game Day „After“ Game Training | Regeneration- Day Light (60-70%) Conditioning |

If you have a question regarding the structure of this training program, please contact us.

PTS would like to wish you good training, and much success. We're here for you, and your training needs.

Wishing you the best in Training,

Eric MacLean, M.Exi.Sci, CSEP-CEP, NSCA-CSCS

Director

Performance Training Systems Inc.

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4 Week Training Plan

Weight Room Training Session: 30-45 Minute

Training Load Profile

It is recommended that these exercises are performed at a relative intensity of 70-80% of your Maximum.

Strength Day 1

Programmziel: Strength and Mobility

Program Length: 45 Min

Warm-Up: Spin Bike 10-15 Min

| Exercise | Reps | Sets |
|--|------------|------|
| 1 Reverse Lunge with Dumbbells | 10 per Leg | 3 |
| 2 Bench Press | 6-10 | 5 |
| 3 Bent-Over Back Row | 6-10 | 4 |
| 4 Body Squat with Weight Plate | 10 | 4 |
| 5 Lat Pull-Down | 10 | 4 |
| 6 Body Squat with Plate Press | 10 | 4 |
| 7 Bulgarian Lunge | 10 per Leg | 3 |
| 8 Scissor Jumps | 15 per Leg | 3 |

Extra Exercises

| Exercise | Reps | Sets |
|--|--------|------|
| 1 Slide Board | 20 Sek | 4 |
| 2 Body Squat on Stability Board | 12 | 3 |
| 3 Kneeling on Stability Ball Puck Throw Reaction Drill | 20 | 2 |

4 Week Training Plan

Weight Room Strength Training Session: 60 Minute

Training Load Profile and Exercise Videos

It is recommended that your training weight is 80-95% of your Maximum. The Goal of Strength Training Day 2 is the Development of Functional Strength; this requires heavy resistance and dynamic movement patterns. Exercises 1a & 1b should be completed 1 after the other – 1 set of 1a, then 1 set 1b, as an exercise pair. The exercises with a „Blue“ underline, includes an active internet link to a video file. If you require assistance with an exercise, please contact us.

| Strength Training Day 2 | | | |
|---|--|------|------|
| Program Goal: Development of Functional Strength | | | |
| Session Duration: 60 Min | | | |
| Warm-Up: Spin Bike 10-15 Min | | | |
| Exercises | | Reps | Sets |
| 1a | <u>Back Squat</u> | 10 | 4 |
| 1b | <u>Jump Squats</u> | 15 | 4 |
| 2 | <u>Clean & Jerk</u> | 6 | 4 |
| 3 | <u>Deadlift</u> | 6-8 | 4 |
| 4 | Bench Press | 8 | 4-5 |
| 5 | 1-Arm Row with Dumbbells | 10 | 4 |
| 6 | Clap Push-Ups or <u>Bench Throws</u> (40% Gewicht des Bankdrücken) | 10 | 4 |
| 7 | <u>Squat to Bar-Press</u> | 6-10 | 3-4 |
| 8 | Pull-Ups | Max. | 3 |

| Extra Exercises | | | |
|-----------------|--|------|------|
| Exercises | | Reps | Sets |
| 1 | <u>Stability Ball Hamstring Curls</u> | 12 | 2 |
| 2 | <u>Push-Up with 1-Arm Dumbbell Row</u> | 8 | 3 |
| 3 | <u>Plank (60 Sec per Rep)</u> | 1 | 4 |
| 4 | <u>Sumo Squat</u> | 10 | 2 |

4 Week Training Plan

Training Session „Before“ and „After“ a Game

| Strength Training Day 3: | | | |
|------------------------------|---|---------------------------|-----|
| Program Goal: | | Mobility and Regeneration | |
| Session Duration: 45 Min | | | |
| Warm-Up: Spin Bike 10-15 Min | | | |
| Exercises | Reps | Sets | |
| 1 | Forward Lunge with Torso Rotations | 12 per Leg | 2-4 |
| 2 | Static Lateral Lunge | 10 per side | 2-4 |
| 3 | Stability Ball Push-Up (Feet on Ball) | 12 | 3 |
| 4 | Lateral Walking Squat | 10 Steps per Side | 3 |
| 5 | Kneeling Adductor Stretch | 10 | 3-4 |
| 6 | Deadbug | 10 per side | 3 |
| 7 | Hip Flexor Stretch | 10 x 15 Sec. | |
| 8 | Glute Stretch | 10 x 15 Sec. | |

Extra Training

- Spin Bike Protocol
- Core | Ab Training Program
- Rehab Training

5. Hip Flexor Stretch



6. Gesäss Dehnung

