



Pre-Season Regime

Below is a demanding pre-season fitness regime particularly targeted at Hockey

Day 1	Cardio	Week 1	Run 10 minutes, walk 1 minute, repeat 3 times then power walk 3 minutes. (36 minute cardio workout total)
		Week 2-8	Run 3 minutes, sprint 1 minute (Repeat 9 times), power walk 3 minutes to cool down
	Plyometrics	25yard increments	Soldier kicks, elephant walk, worms, Spiderman's, forward lunges, backward lunges, side lunges, high knees, butt kicks, basketball shuffle right, basketball shuffle left, karaoke right, karaoke left.
	Stick skills	50 yard increments Repeat 5 times	Speed Dribble (ball should not leave the stick)
			Relaxed dribble (ball can come of the stick but no more than 1 yard)
			Indian Dribble (1 yard pulls from left to right while moving forward)
			Dribble with Lift dodges (count how many you can get in a row)
	Arms	12-15 reps	Biceps Curls (w/5-12lb weights)
			Triceps Curls (w/ 5-12lb weights)
			Push-ups (see how many you can do regular before you switch to knees on ground and build up until all are done in proper form)
			Reverse Dips(use chair, bench, couch, step_
			Curl with press (begin with weights at side, bicep curl up to shoulders with palms facing in and then switch to palms out at shoulder and press hands w/weights about heat to sky, come down slowly to shoulder turn palms in and lower to starting position)
			Press (laying on back press weights to ceiling and lower slowly)
Foot Work:	Repeat 2ce	25 jumping jacks	
		25 jumps front to back over stick	
		25 jumps side to side over stick	
		25 high knees	
		Ladders 2 minutes (use sticks, towels, string, tape => mark 12" long make sure 1 foot apart & at least 25 lines)	

Day 2	Sprints	FULL SPEED with a REST Period of 20-30 seconds in between each CHOOSE 1 from each column for a total of 3 sets:	4 X 50 yards
			5 X 25 yards
			5 X 20 yards
	Stick skills	Repeat 3 times	4 X 100 yards
			5 X 30 yards
			15 X 5 yards
			5 X 75 yards
			8 X 16 yards
			10 X 10 yards
	Core Strengthening:	Repeat 3 times	50 air dribbles
			100 pull drags from right to left (feet stationary)
			25 practice drives
			25 practice flicks
25 practice push passes			
25 practice slaps			
25 practice scoops			
		50 crunches	
		1 minute plank	
		40 bicycle crunches	
		20 leg lifts	
		50 Russian twists	
		10 burpees	
		30 second right side plank	
30 second left side plank			

Day 3 Rest

Day 4	Sprints	FULL SPEED with a REST Period of 20-30 seconds in between each CHOOSE 1 from each column for a total of 3 sets:	4 X 50 yards
			5 X 25 yards
			5 X 20 yards
	Plyometrics	25yard increments	4 X 100 yards
			5 X 30 yards
			15 X 5 yards
			5 X 75 yards
			8 X 16 yards
			10 X 10 yards
Stick skills	50 yard increments Repeat 5 times	Speed Dribble (ball should not leave the stick)	
		Relaxed dribble (ball can come off the stick but no more than 1 yard)	

			Indian Dribble (1 yard pulls from left to right while moving forward)
			Dribble with Lift dodges (count how many you can get in a row)
	Core Strengthening:	Repeat 3 times	50 crunches
			1 minute plank
			40 bicycle crunches
			20 leg lifts
			50 Russian twists
			10 burpees
			30 second right side plank
30 second left side plank			

Day 5	General		Bike, Swim, Rollerblade, elliptical, cardio salsa, Zumba (45-60 minutes)
	Plyometrics	25yard increments	Soldier kicks, elephant walk, worms, Spiderman's, forward lunges, backward lunges, side lunges, high knees, butt kicks, basketball shuffle right, basketball shuffle left, karaoke right, karaoke left.
	Stick skills	Repeat 3 times	50 air dribbles
			100 pull drags from right to left (feet stationary)
			25 practice drives
			25 practice flicks
			25 practice push passes
			25 practice slaps
	Arms	12-15 reps	25 practice scoops
			Biceps Curls (w/5-12lb weights)
			Triceps Curls (w/ 5-12lb weights)
			Push-ups (see how many you can do regular before you switch to knees on ground and build up until all are done in proper form)
			Reverse Dips(use chair, bench, couch, step_
			Curl with press (begin with weights at side, bicep curl up to shoulders with palms facing in and then switch to palms out at shoulder and press hands w/weights about heat to sky, come down slowly to shoulder turn palms in and lower to starting position)
	Foot Work:	Repeat 2ce	Press (laying on back press weights to ceiling and lower slowly)
			25 jumping jacks
			25 jumps front to back over stick
25 jumps side to side over stick			
25 high knees			

			Ladders 2 minutes (use sticks, towels, string, tape => mark 12" long make sure 1 foot apart & at least 25 lines)
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Day 6	Distance run	Choose 1	Timed Mile – Log the time 40-60 minute Run Log the Distance	
	Stick skills	Repeat 2 times	Speed Dribble with dodges (right, left, spin, popover) (you can use water bottles, shirts, or sticks as cones)	
			Reverse drag	
			Reverse sweep hits (10 in a row, make sure knuckles are on the ground and you get low)	
			Forward sweep hits (10 in row, make sure knuckles are on the ground and you get low)	
	Core Strengthening:	Repeat 3 times	Indian Dribble (50 ya)	
			50 crunches	
			1 minute plank	
			40 bicycle crunches	
			20 leg lifts	
				50 Russian twists
				10 burpees
				30 second right side plank
			30 second left side plank	

Day 7 Rest

These are further exercises that should be carried out during the week but the timing is at your discretion

Select your own day	Power Leg Workout	Do as many as you can with the end goal to complete this whole workout at once with 2 reps by week 8.	100 squats
			90 walking lunges
			80 mountain climbers
			70 sumo squats
			60 calf raises
			50 glute bridge raises
			40 curtsy squats
			30 bench step-ups
			20 squats jumps
			10 Burpees

Agility Patterns	Line Drills - 10 Yards		1. Start by sprinting from line A to line B at full speed.	
			2. Touch line B with foot and sprint back to line A, then immediately back to line B (finish line).	
			3. Variations of this drill can be done by incorporating back pedals, side shuffles, etc.	
	Off Set Weave	Zig Zag Pattern with cone every 5 yards for a total of 15 yards		1. Start by sprinting to the first cone.
				2. With a quick change of direction, begin back pedaling to the next cone (and repeat).
				3. Concentrate on accelerating out of the corners.
	Z-Drill	Make the letter Z in a 5 yard by 5 yard pattern		1. Start by sprinting to the first cone at full speed.
				2. Then make a hard, sharp cut and sprint to the next cone, and then again to the last cone.
				3. Make sure to stay low and get your body "square" to the direction that you are running as quick as possible.
				4. Variations of this drill can be done by incorporating back pedals, side shuffles, etc.
	M Drill	Make the letter M in an 8 by 8 yard pattern		1. Start by sprinting to the first cone and then follow an "M" pattern to the finish line.
				2. Variations of this drill can be done by incorporating back pedals, side shuffles, etc.
Figure 8 Drill	Make a Figure 8 in a 5 yard pattern		1. Face one direction at all times (keep the shoulders "square" to this point) and shuffle a through a figure 8 pattern.	
Pro-Agility Drill	Total is 10 yards, with the mid line in the middle at the 5 yard mark		1. Start by straddling the mid line.	
			2. Sprint hard to one side	