

Monona Grove Hockey Summer Conditioning Program

Designed to work on upper body strength, endurance, legs and core. Perform this program for thirty minutes every other day. This program will help you stay in shape throughout the summer when they are not with the team. Each player can increase the total number of push-ups and sit-ups above and beyond what is outlined above if they want to go longer and harder than 30 minutes. This program was designed based on conversations in exit interviews with players of the team. You can do more and you should also stickhandle and shoot over the summer.

Warm-up

Do a few minutes of basic stretching exercises.

- o Quad pulls
- o Down the middle
- o Side to side
- o Toe grabs
- o Butterfly

Part I

These drills are performed in a continuous flow. Go from one to the next with no break in between.

- 10 Push-Ups
- 5 Dot Agility Drill – 2 sets
- 10 Sit-Ups
- Left Leg Hop (5 Cycles) – 2 sets
- 10 Push-Ups (Incline if you can)
- Two Leg Hop (5 Cycles) – 4 Sets
- 10 Sit-Ups
- Right Leg Hop (5 Cycles) – 2 Sets
- Octagon Hop (8 Cycles) – 4 sets

Break 2 minutes

Part II

These drills are performed in a continuous flow.

- 10 Push-Ups (Incline if possible)
- 10 Prisoner Squats – 2 Sets
- 10 Bicycle Sit-ups
- 10 Squat Thrusts – 4 Sets
- Planks – 3 of 20 seconds each – 2 Sets
- 10 Push-Ups (Incline if Possible)
- 10 Bicycle Sit-ups

Break 2 minutes

Part III

- 20 Push-Ups
- 20 Sit-Ups

- 1/2 mile run (goal time is 3:30)