



**FROM  
SLOW  
*to*  
EXPLOSIVE**



My 5 Favorite Exercises for Building  
**BREAKAWAY SPEED**

# BREAKAWAY SPEED

MIX THESE 5 SIMPLE EXERCISES IN WITH YOUR TRAINING ROUTINE FOR MAXIMUM EXPLOSIVENESS.

Hey there!

Thanks for downloading this quick guide to getting **breakaway speed**! My name is Ben and I'm the creator of [Built for Hockey](#). I don't want to bore you with a long story about who I am or what I've done, so if you want to learn a bit more about me before diving in, [check out my about page here](#).

**\*Before we get started**, it's important to note that you should check with your doctor before undergoing any kind of exercise program. The exercises herein can be challenging and are meant for people in good health. You've been warned :)

**Now that you're ready to go, let's get to it...**

In the next few pages, I'm going to share 5 of the exercises I used during my career that helped me go from a slow skater to one of the most explosive speedsters on my team—*year in and year out*.

Keep in mind that **improving your skating speed takes hard work**. You have to be ready to put in that hard work if you want to get faster.

Now whether you're playing for fun, trying to make it PRO, or just want to improve your speed to keep up to the younger guys you play against, the 5 exercises I share in this guide are the perfect starting point to do just that.

If you're ready to start working on your breakaway speed, let's get started!

To your success,

*Ben Levesque*

Creator of [Builtforhockey.com](#)

*"I attribute much of my success in hockey to my speed & strength. Being faster & stronger than your opponents makes it easier to win battles, get to loose pucks, and create scoring chances. Training should never be neglected."*



## 1. SKATING LUNGES



If I had to choose only one exercise to build my speed, it would be the **skating lunge**. You can perform these with a barbell, dumbbells or kettlebells. Start with feet shoulder width apart. Step out to the right and shift your entire body weight over your right leg, forming a 90 degree angle at the knee, while keeping your head, torso and toes facing forward (*picture 1*). Sit down with your butt and keep your back upright as much as possible. Then, push off with your right leg and bring it back to center to complete one rep. Repeat the same movement on the left side, by stepping out with your left leg this time (*picture 2*). **[Recommended Sets/Reps : 3 Sets of 6 Repetitions each leg]**

## 2. ELEVATED SPLIT-SQUATS



This exercise works mainly your **quads**, with secondary involvement of your **glutes & hamstrings**. Again, this exercise can be performed with a barbell, dumbbells or kettlebells. To perform elevated split-squats, you'll need a box or regulation size gym bench to rest your back foot on. To start, position yourself in a staggered stance with your back foot on the bench and your front foot forward (*picture 1*). Start descending by flexing your front knee and hip to lower your body down, again until you form a 90 degree angle at the knee (*go lower than in the second picture, it was taken early*). Then, push off with your front foot and return to the starting position (*first picture*).

**[Recommended Sets/Reps: 4 Sets of 8 Repetitions each leg]**

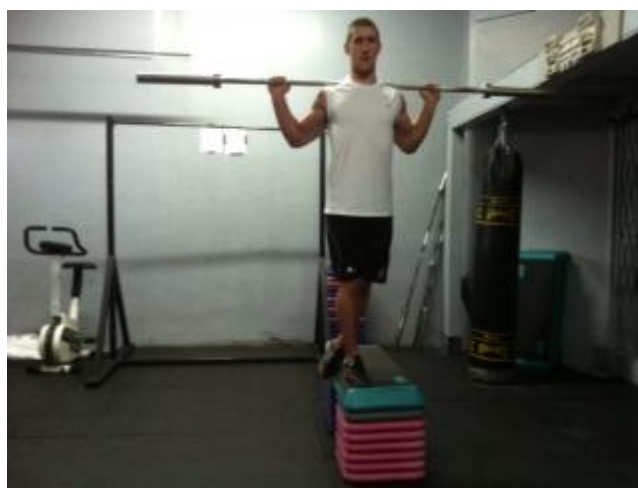
### 3. LUNGE JUMPS



More of a plyometric exercise, this one works **power**, **stability** and **endurance**. You can also do this one at home, as you don't need any fancy equipment—just be ready to feel your legs burn! The exercise is simple: It's a normal lunge with an explosive jump in between. To start, lunge forward with one leg until you once again form a 90 degree angle with your knee. Then, push off with both feet as powerfully as you can in order to jump in the air. You can either land in a normal standing position (*easier*) before lunging out to commence another rep, or you can land right into another lunge (*harder*) in order to continue the exercise. The goal is to get as much height as possible with each jump!

**[Recommended: 4 Sets of continuous jumping for 30 seconds, alternating legs]**

### 4. CROSSOVER STEP-UPS



This one is specifically good for hockey players, targeting the **glutes** and helping with **hip adduction**, **abduction** and **rotation**. You'll need a box or bench next to you (*at about knee height*), as well as a barbell, dumbbells or kettlebells. To start, stand sideways to the platform. Then, lift your foot which is farthest from the box and cross it in front of your other leg onto the box (*picture 1*), while keeping your torso and hips facing forward. Then, simply center your bodyweight on your elevated foot and complete the step up (*picture 2*). Lower yourself off the box in the same manner. This completes one repetition. For this exercise, you'll want to do all the repetitions on one leg instead of alternating sides each repetition.

**[Recommended Sets/Reps: 3 Sets of 6 Repetitions each leg]**



## 5. HEIDEN JUMPS



Another one that works on your explosiveness is the **Heiden Jump**. Heiden jumps are what will get you those quick first 3 steps and help you win races to the puck. No equipment necessary for these, although a weighted vest can make them even more challenging. These are fairly straightforward. Start by balancing on one foot in a strong skating position (*picture 1*). Then, explode across laterally and land on the opposite foot, catching yourself and regaining your balance (*picture 2*). That completes one repetition. Jump across again shortly after regaining your balance in order to continue the exercise. The goal is to explode laterally as far as possible while not sacrificing on balance when landing. **[Recommended Sets/Reps: 3 Sets of 10 Repetitions on each leg]**

## BONUS - ONE LEG SQUAT JUMPS



A true test of leg power, the one-legged squat jump is very challenging. To perform the exercise, squat down on one foot until you reach 90 degrees or lower (*picture 1—even I have trouble!*). Then, simply explode up in the air as high as you can, and absorb your landing on the way down on the same leg. This completes one repetition. Rinse and repeat! I like to use these to gauge my leg power and see if I'm improving. It's a great exercise to see how your leg power is developing.

**[Recommended Sets/Reps: 3 Sets of 5-10 Repetitions on each leg]**

# GET TO WORK!

So there you have it...

5 of my favorite exercises for building leg power and explosiveness.

You need to realize that skating technique will only get you so far. After you have the basics down pat, there's not much else you'll be able to do out on the ice that will really move the needle on your speed.

**You have to step into the gym and put in work to see true speed improvements.**

*It's the only way...*

Growing up, I was a slow hockey player. It's only when I decided to follow a hockey-specific workout program that I started to see **drastic speed improvements**.

The exercises I shared in this guide are a good start, but there's a lot more to becoming a fast skater—*there's no way I could fit it all in this guide*.

**But don't worry...**

Over the next few days, I've got some emails coming your way with extra tips, some added exercises the PROs use to build breakaway speed, and more info about the exact [training program I recommend](#) if you're serious about taking your speed to the next level.

You'll get these bonus emails automatically as my way of saying thanks for downloading this guide, so be sure to check your email for more goodies from me soon!

**PS** - Like this quick guide? I'd appreciate it if you shared it with a friend by sending them this link:

<http://builtforhockey.com/breakaway-speed-guide>

**Ben Levesque**

*Creator of Builtforhockey.com*