

Structure

Weekly Workout Structure

The following structure is based on typical expectations of Division I and Division III hockey programs.

Warm-up: Pre-workout for every workout

Dynamic Flexibility: Pre-workout for every workout

Static Flexibility: Post-workout for every workout

Agility: 2-3 times per week for 10-20 minutes

Plyometrics: 2 times per week on non-consecutive days

Sprinting: 2 times per week on non-lifting days

Core/Abs: 3 times per week

Before lifting

Strength: 3 times per week on non-consecutive days

or

Alternate Upper Body one day, Lower Body the next with 1 rest day/week

Slide Board: 3 times per week

Stickhandle: 3-5 times per week for 15-30 minutes

Shooting: 500 to 1000 shots per week

Conditioning/Cross Training: 2-3 times per week

A weekly schedule may look something like this...

[illegible]

Periodization – USA Hockey 1998

Periodization is changing and/or manipulating the training stimulus over the course of a year. Load, intensity, tempo, recovery, mode of exercises, and focus on conditioning are structured to fit the proper time of the year. The factors that determine the cycles or phases are usually the competitions.

The following chart indicates how much intensity should be placed on the various training components over the course of a year.

	Early Spring	Late Spring	Early Summer	Mid Summer	Pre-Season	Season
Speed	Low	Moderate	Moderate	High	High	High
Agility/Coord	Low	Moderate	Moderate	Moderate	High	High
Strength						
Strength	High	High	High	Maximum	Moderate	Maintain
Power	Mod/Low	Low	Low	Moderate	High	Mod/High
Plyometrics	Low	Moderate	Moderate	High	High	High
Flexibility	High	High	High	High	High	Maintain
Endurance:						
Aerobic	Low	Low	Low/Mod	Mod	High	Maintain
Anaerobic	Low	Low/Mod	Mod/High	Mod/High	Mod/High	High

Getting in shape for the season

– Jack Blatherwick, *Let's Play Hockey* 11/8/2001

“Getting in shape is not in the vocabulary of the most intelligent athletes. They'd never consider getting out of shape.”

Periodization – planning in advance to change your training program from one part of the year to the next.

For a hockey player the early weeks of spring might emphasize strength training. For many, running and general conditioning are also important.

Late spring might be the time to incorporate more jumping and sprint-training along with the workouts in the weight room. Usually there is much less skating or none at all in the spring, so a serious hockey player can really fry the legs at this time.

Later in mid-summer, when there are Select camps and other hockey activities, the training should be reduced in intensity at times.

Then in early fall, when there is very little serious hockey, the off-ice training can focus on tougher interval training: hills and plyos with longer work intervals (shorter rest intervals), stairs, and anaerobic sprints on the track to improve endurance and recovery rate.