

Cross Training

While the off-season is a great time to begin or advance a training program, it is also an excellent time to take a break from the rigors of a long hockey season and have fun!

Many sports and summer activities are excellent for improving speed, power, flexibility, muscular endurance, cardiovascular endurance, coordination, agility, balance and strength. This summer, play basketball, volleyball, tennis or soccer, swim, bike, hike or rollerblade – cross-training will not only improve your fitness level, it will also prevent hockey burn-out and prepare for you another successful and healthy year...”

Ed Kubachka – USA Hockey 1997

Cross Training Examples:

- Rollerblading
- Swimming
- Hiking
- Jogging
- Biking
- Aerobics

Cross Train once a week

The goal is to maintain a steady state of exercise for 20-30 minutes.

Program Examples

Bicycle Interval Training Program #1

Once a week

Week	Warm-Up	Work/Rest Ratio	Aerobic	Cool Down
1-4	30:00 min			
5	5:00	:15/:45 10x	10:00 high intensity	5:00
6	5:00	:20/:40 12x	10:00 high intensity	5:00
7	5:00	:25/:35 15x	10:00 high intensity	5:00
8	5:00	:25/:35 15x	10:00 high intensity	5:00
9	5:00	:30/:30 15x	15:00 high intensity	5:00
10	5:00	:30/:30 20x	15:00 high intensity	5:00
11	5:00	:45/:45 15x	15:00 high intensity	5:00
12	5:00	1:00/1:00 15x	15:00 high intensity	5:00
13	5:00	:30 high resistance/1:00 6x	15:00 high intensity	5:00
14	5:00	:30 high resistance/1:00 8x	15:00 high intensity	5:00
15	5:00	:30 high resistance/1:00 10x	15:00 high intensity	5:00
16	OFF			

MSU 2004

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Bicycle Interval Training Program #2

Once per week

Use workouts #1, 2 and 3 in the first 6 weeks of the summer training.

Use workouts #4, 5, 6 and 7 in the last 6 weeks of summer.

Workout #1

- a. Warm up with 5 minute easy ride
- b. 5 minute easy ride + 6 x 1 minute fast, 1 minute slow
- c. 5 minute easy ride + 6 x 45 seconds fast, 1 minute slow
- d. 5 minute easy ride + 6 x 30 seconds fast, 1 minute slow
- e. Cool down with 5-10 minute easy ride

Workout #2

- a. Warm up with 10 minute easy ride
- b. 4 x 20 seconds full speed + 20 seconds rest + 20 seconds full speed + 1 min. rest
- c. 5 x 15 seconds full speed + 15 seconds rest + 15 seconds full speed + 1 min. rest
- d. 10 x 100 yd (1 football field) full speed, 300 yd easy ride rest
- e. Cool down with 5-10 minute easy ride

Workout #3

- a. Warm up with 10 minute easy ride
- b. 6 sets of 20 seconds full speed, 30 seconds rest, 15 seconds full, 1 minute rest, 10 seconds full speed
- c. Rest 2-3 minutes between sets
- d. 5-10 minute easy ride
- e. Cool down with 5-10 minute easy ride

Workout #4

- a. 10 minutes steady ride + 2 minutes fast
- b. 8 minutes steady ride + 1 ½ minutes fast
- c. 6 minutes steady ride + 1 minute fast
- d. 5 minutes steady ride + 1 minute fast
- e. 5 minutes steady ride + 1 ½ minutes fast
- f. 5 minutes steady ride + 2 minutes fast
- g. Cool down with 5-10 minute easy ride

Workout #5

- a. Warm up with 10 minute easy ride
- b. 10 x 40 seconds full speed, rest 2-3 minutes between easy riding
- c. Cool down with 5-10 minute easy ride

Workout #6

- a. Warm up with 10 minute easy ride
- b. 4 x 1 minute fast + 1 minute slow
- c. 4 x 50 seconds fast + 1 minute slow
- d. 4 x 40 seconds fast + 1 minute slow
- e. 4 x 30 seconds fast + 1 minute slow
- f. Cool down with 5-10 minute easy ride

Workout #7

- a. Warm up with 10 minute easy ride
- b. 3 x 40 seconds fast, rest 1 minute, 20 seconds fast, rest 1 minute
- c. 4 x 30 seconds fast, rest 30 seconds, 20 seconds fast, rest 1 minute
- d. 5 x 20 seconds fast, rest 15 seconds, 20 seconds fast, rest 1 minute
- e. Cool down with 5-10 minute easy ride