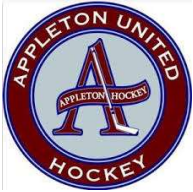


Appleton United HOCKEY

MAY 2020



SUN	MON	TUE	WED	THU	FRI	SAT
WEEK 1 17	18 WARM UP: Dynamic 1 SAQ: Quickness & Agility 1 LIFT: Total Body STATIC STRETCH	19 FOAM ROLLER / STATIC STRETCH CARDIO: Steady State 1 BAND WALKS CORE: Choice	20 WARM UP: Dynamic 2 SAQ: Speed & Power 1 LIFT: Total Body STATIC STRETCH	21 FOAM ROLLER / STATIC STRETCH CARDIO: Interval 1 BAND WALKS CORE: Choice	22 WARM UP: Dynamic 1 SAQ: Quickness & Agility 2 LIFT: Total Body STATIC STRETCH	23
WEEK 2 24	25 WARM UP: Dynamic 2 SAQ: Speed & Power 2 LIFT: Total Body STATIC STRETCH	26 FOAM ROLLER / STATIC STRETCH CARDIO: Steady State 1 BAND WALKS CORE: Choice	27 WARM UP: Dynamic 1 SAQ: Quickness & Agility 3 LIFT: Total Body STATIC STRETCH	28 FOAM ROLLER / STATIC STRETCH CARDIO: Interval 2 BAND WALKS CORE: Choice	29 WARM UP: Dynamic 2 SAQ: Speed & Power 3 LIFT: Total Body STATIC STRETCH	30

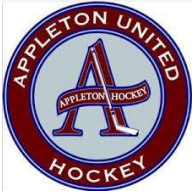


Appleton United HOCKEY

June 2020



SUN	MON	TUE	WED	THU	FRI	SAT
31 WEEK 3	1 WARM UP: Dynamic 1 SAQ: Quickness & Agility 1 LIFT: Total Body STATIC STRETCH	2 FOAM ROLLER / STATIC STRETCH CARDIO: Steady State 2 BAND WALKS CORE: Choice	3 WARM UP: Dynamic 2 SAQ: Speed & Power 1 LIFT: Total Body STATIC STRETCH	4 FOAM ROLLER / STATIC STRETCH CARDIO: Interval 1 BAND WALKS CORE: Choice	5 WARM UP: Dynamic 1 SAQ: Quickness & Agility 2 LIFT: Total Body STATIC STRETCH	6
7 WEEK 4	8 WARM UP: Dynamic 2 SAQ: Speed & Power 2 LIFT: Total Body STATIC STRETCH	9 FOAM ROLLER / STATIC STRETCH CARDIO: Steady State 2 BAND WALKS CORE: Choice	10 WARM UP: Dynamic 1 SAQ: Quickness & Agility 3 LIFT: Total Body STATIC STRETCH	11 FOAM ROLLER / STATIC STRETCH CARDIO: Interval 2 BAND WALKS CORE: Choice	12 WARM UP: Dynamic 2 SAQ: Speed & Power 3 LIFT: Total Body STATIC STRETCH	13
14 WEEK 5	15 WARM UP: Dynamic 1 SAQ: Quickness & Agility 1 LIFT: Total Body STATIC STRETCH	16 FOAM ROLLER / STATIC STRETCH CARDIO: Steady State 3 BAND WALKS CORE: Choice	17 WARM UP: Dynamic 2 SAQ: Speed & Power 1 LIFT: Total Body STATIC STRETCH	18 FOAM ROLLER / STATIC STRETCH CARDIO: Interval 3 BAND WALKS CORE: Choice	19 WARM UP: Dynamic 1 SAQ: Quickness & Agility 2 LIFT: Total Body STATIC STRETCH	20
21 WEEK 6	22 WARM UP: Dynamic 2 SAQ: Speed & Power 2 LIFT: Total Body STATIC STRETCH	23 FOAM ROLLER / STATIC STRETCH CARDIO: Steady State 3 BAND WALKS CORE: Choice	24 WARM UP: Dynamic 1 SAQ: Quickness & Agility 3 LIFT: Total Body STATIC STRETCH	25 FOAM ROLLER / STATIC STRETCH CARDIO: Interval 3 BAND WALKS CORE: Choice	26 WARM UP: Dynamic 2 SAQ: Speed & Power 3 LIFT: Total Body STATIC STRETCH	27
28 WEEK 7	29 WARM UP: Dynamic 1 SAQ: Quickness & Agility of Choice LIFT: Total Body STATIC STRETCH	30 FOAM ROLLER / STATIC STRETCH CARDIO: Steady State 4 BAND WALKS CORE: Choice	1 WARM UP: Dynamic 2 SAQ: Speed & Power of Choice LIFT: Total Body STATIC STRETCH	2 FOAM ROLLER / STATIC STRETCH CARDIO: Interval of Choice BAND WALKS CORE: Choice	3 OFF <i>Happy 4th of July!!</i>	4

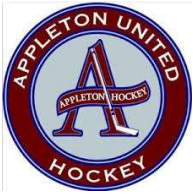


Appleton United HOCKEY

July 2020



SUN	MON	TUE	WED	THU	FRI	SAT
5 WEEK 8	6 WARM UP: Dynamic 2 LIFT: Total Body CARDIO: Steady State 1 FOAM ROLLER / STATIC STRETCH	7 FOAM ROLLER / STATIC STRETCH CARDIO: Steady State 4 BAND WALKS CORE: Choice	8 WARM UP: Dynamic 1 or 2 SAQ: Choice LIFT: Total Body STATIC STRETCH	9 FOAM ROLLER / STATIC STRETCH CARDIO: Interval 3 BAND WALKS CORE: Choice	10 WARM UP: Dynamic 1 LIFT: Total Body CARDIO: Interval 1 or 2 FOAM ROLLER / STATIC STRETCH	11
12 WEEK 9	13 WARM UP: Dynamic 1 SAQ: Quickness & Agility 1 LIFT: Total Body STATIC STRETCH	14 FOAM ROLLER / STATIC STRETCH CARDIO: Steady State 5 BAND WALKS CORE: Choice	15 WARM UP: Dynamic 2 SAQ: Speed & Power 1 LIFT: Total Body STATIC STRETCH	16 FOAM ROLLER / STATIC STRETCH CARDIO: Interval 1 or 2 BAND WALKS CORE: Choice	17 WARM UP: Dynamic 1 or 2 LIFT: Total Body CARDIO: Steady State 1 STATIC STRETCH	18
19 WEEK 10	20 WARM UP: Dynamic 1 SAQ: Quickness & Agility 2 LIFT: Total Body	21 WARM UP: General Dynamic BAND WALKS CORE: Choice CARDIO: Steady State 5	22 WARM UP: Dynamic 2 SAQ: Speed & Power 2 LIFT: Total Body STATIC STRETCH	23 FOAM ROLLER / STATIC STRETCH CARDIO: Interval 3 BAND WALKS CORE: Choice	24 WARM UP: Dynamic 1 LIFT: Total Body CARDIO: Steady State 1 STATIC STRETCH	25
26 WEEK 11	27 WARM UP: Dynamic 1 SAQ: Quickness & Agility 3 LIFT: Total Body	28 WARM UP: General Dynamics BAND WALKS CORE: Choice CONDITION: Shuttle 1 FOAM ROLLER / STATIC STRETCH	29 WARM UP: Dynamic 2 SAQ: Speed & Power 3 LIFT: Total Body STATIC STRETCH	30 FOAM ROLLER / STATIC STRETCH CARDIO: Interval 1 or 2 BAND WALKS CORE: Choice	31 WARM UP: Dynamic 1 or 2 LIFT: Total Body CONDITION: Interval Sprint 1 STATIC STRETCH	1



Appleton United HOCKEY

August 2020



SUN	MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7	8
WEEK 12	WARM UP: Dynamic 1 SAQ: Quickness & Agility LIFT: Total Body STATIC STRETCH	WARM UP: General Dynamic BAND WALKS CORE: Choice CONDITION: Shuttle 2 FOAM ROLLER / STATIC STRETCH	WARM UP: Dynamic 2 SAQ: Speed & Power 1 LIFT: Total Body STATIC STRETCH	FOAM ROLLER / STATIC STRETCH STRETCH CARDIO: Interval 3 BAND WALKS CORE: Choice	WARM UP: Dynamic 1 or 2 LIFT: Total Body CONDITION: Interval Sprint 2 STATIC STRETCH	
9	10	11	12	13	14	15
WEEK 13	WARM UP: Dynamic 1 SAQ: Quickness & Agility 2 LIFT: Total Body STATIC STRETCH	WARM UP: General Dynamic BAND WALKS CORE: Choice CONDITION: Shuttle 3 FOAM ROLLER / STATIC STRETCH	WARM UP: Dynamic 2 SAQ: Speed & Power 2 LIFT: Total Body STATIC STRETCH	FOAM ROLLER / STATIC STRETCH STRETCH CARDIO: Steady State 5 BAND WALKS CORE: Choice	WARM UP: Dynamic 1 or 2 LIFT: Total Body CONDITION: Interval Sprint 3 STATIC STRETCH	
16	17	18	19	20	21	22
WEEK 14	WARM UP: Dynamic 1 SAQ: Quickness & Agility 3 LIFT: Total Body STATIC STRETCH	WARM UP: General Dynamic BAND WALKS CORE: Choice CONDITION: Shuttle 4 FOAM ROLLER / STATIC STRETCH	WARM UP: Dynamic 2 SAQ: Speed & Power 3 LIFT: Total Body STATIC STRETCH	FOAM ROLLER / STATIC STRETCH STRETCH CARDIO: Steady State 5 BAND WALKS CORE: Choice	WARM UP: Dynamic 1 or 2 LIFT: Total Body CONDITION: Interval Sprint 4 STATIC STRETCH	