



ICE HOCKEY

TRAINING PROGRAM

Cardio Conditioning
Strength Training
Plyometrics
Flexibility
Balance
Core

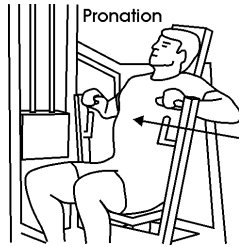


Fernie, BC

Strength Training

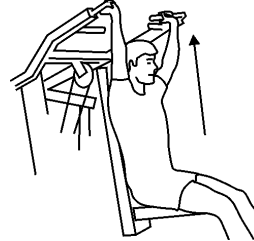
- ✓ For each exercise perform 3 sets of 12 repetitions (reps), 3 times/week
- ✓ Rest 30 seconds to 1 minute between reps
- ✓ Weight should be significantly heavy that the reps are challenging to complete
- ✓ Start program a minimum of 8 weeks prior to season
- ✓ Slow, controlled motion (3 seconds in, 3 seconds out)
- ✓ No pain on any exercise!

Incline Chest Press



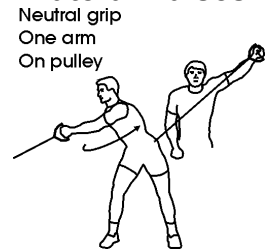
Chest Press Machine, Dumbbell
or Olympic Bench

Seated Shoulder Press



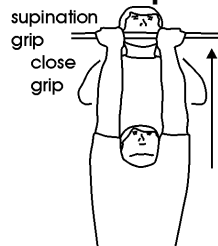
Shoulder Press Machine
or Dumbbell

Lateral Raises



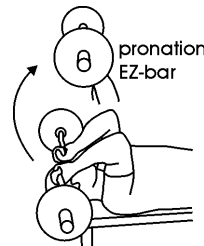
Low Pulley or Pec/Fly
Machine

Chin-Ups



Body Weight or Gravitron

Curl to Forehead



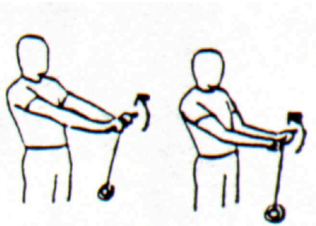
Barbell

Bicep Curls



Bicep Curl Machine,
Dumbbell
Or Barbell
Side Lunges

Wrist Curls

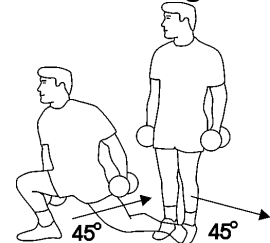


Wrist Curl Bar

Squats or Leg Press

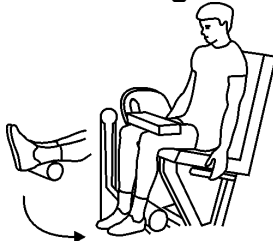


Olympic Bar or Leg Press
Machine



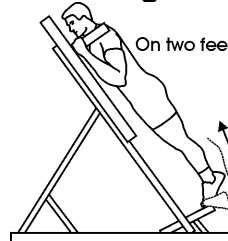
Dumbbell

Seated Leg Curl



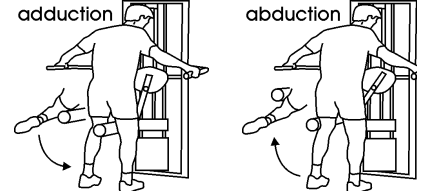
Leg Curl Machine

Standing Calf



Power Squat Machine

Abductor/Adductor



Hip Machine or Low Pulley

Cardio Conditioning

Hockey shifts tend to be short bursts of intense speed and power with a typical on-ice shift lasting 30-90 seconds with up to a 4-5 minute rest between. Aerobic endurance is critical to ensure your 3rd period is as strong as your 1st!

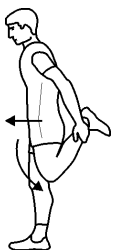
- ✓ **Minimum:** Perform cardio at least 3X per week for 20 minutes on any piece of cardio equipment that you enjoy (change it up frequently to stay entertained)
- ✓ Maintain a **Heart Rate** of at least 65% maximum, maximum HR = 220 – age (example – 32 years old: Max HR = 220 – 32 = 188, 65% = 122)
- ✓ **Interval training** will help prepare for the demands of hockey: Try a 1:5 work to rest ratio training (example – sprint for 30 seconds, jog for 2 _ minutes)
- ✓ Try a SPIN class, *X-Train SPIN* is designed specifically for recreational athlete conditioning

Flexibility

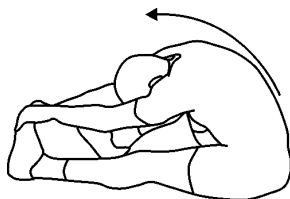
A stretching program will assist in a good range of motion in your joints and enable your body to handle unexpected movements or sudden grabs of your board or arms.

- ✓ Key areas of overuse and muscle strain: Quadriceps, Hamstrings, Hips, Gluteals
- ✓ Try the *Foam Roller* to release and relax overworked IT-Band (outside of leg)
- ✓ Any YOGA class will dramatically improve flexibility, *Yoga Fit* is designed specifically for the demands and common injuries associated with recreational athletes.

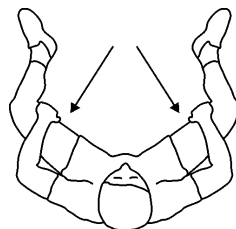
Quadriceps



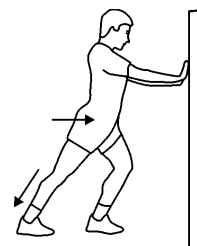
Hamstrings



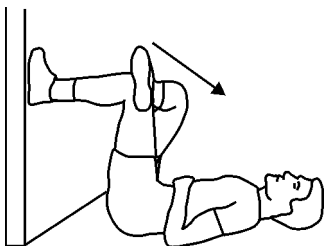
Hips & Adductors



Calves



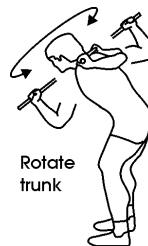
Hips & Gluteals



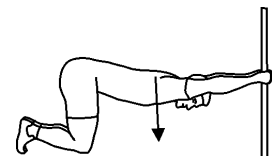
Hips & Lower Torso



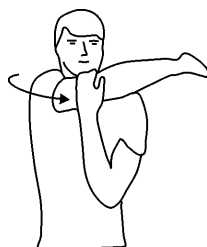
Lower Torso



Back



Shoulders



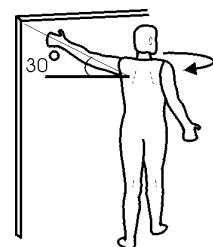
Arms & Wrists



Neck



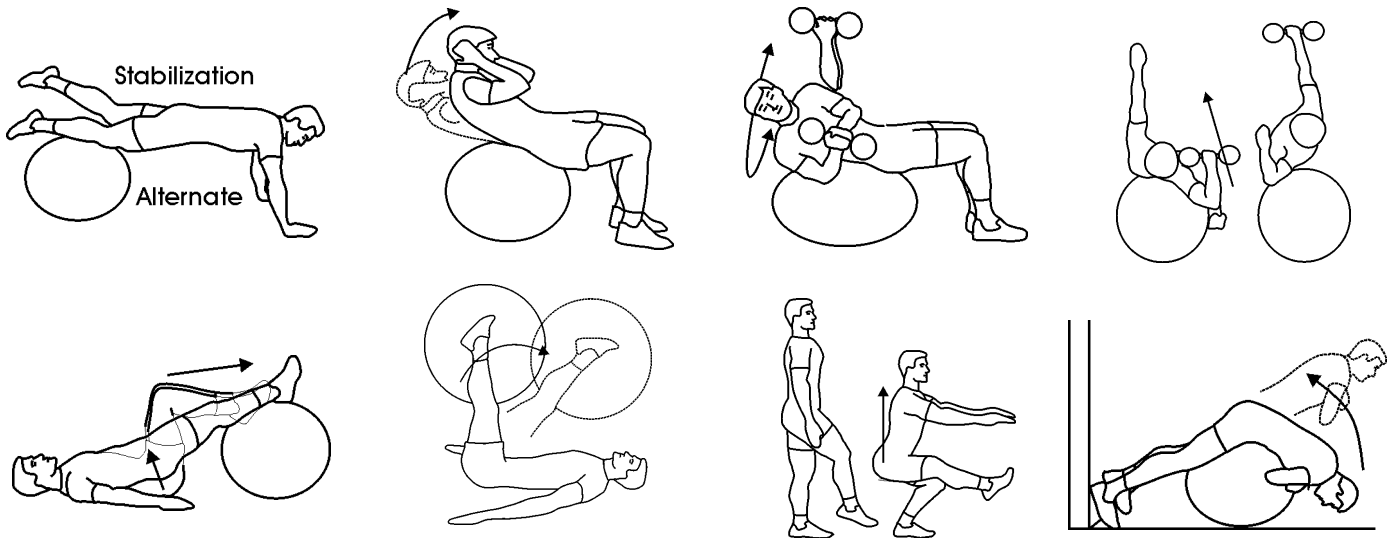
Pectorals



Balance & Core

The core is truly the foundation of your body; a strong core means a strong foundation!
Balance conditioning trains the crucial and often overlooked small stabilizer muscles.

- ✓ Try the *CORE DYNAMICS* conditioning class to learn new exercises and variations
- ✓ *Wobble Board*: One-foot stands, Lunges with front foot on wobble board
- ✓ Aim to perform 2 sets of 10-15 repetitions in a slow, controlled motion

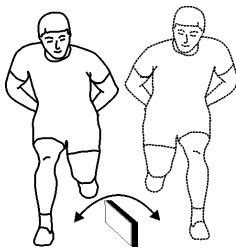


Plyometrics

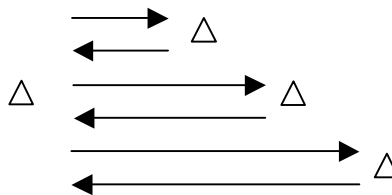
Plyometrics exercises are designed to condition the body for short bursts of power and reactive shock absorption.

- ✓ *Agility Ladder*

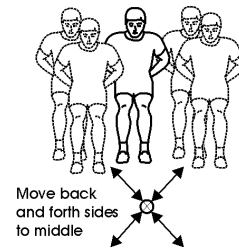
Box Jumps



Shuttle Runs



X - Jumps



When to see a Trainer...

- ✓ *Fit to Play* programs are designed for individuals in good physical shape, if you have any **chronic pain or previous injury** you should consult a personal trainer for an customized program
- ✓ *Fit to Play* programs are **starting point exercises**, once you have become familiar and comfortable with these basic exercises you may want to consult a personal trainer for more challenging and advanced exercises specifically suited to your needs and fitness level.