

❖ OFF ICE CONDITIONING PROGRESSION AND GUIDELINES

We are at the midway point with game day less than 4 weeks away. It's time to add another piece of the puzzle to your weekly training regimen.

By now you should have an established weekly training routine that should resemble something that looks like this:

Monday: Strength Train

Tuesday: On Ice or Cardio Work

Wednesday: Strength Train

Thursday: On Ice or Cardio Work

Friday: Strength Train

Saturday: On Ice or Cardio Work

Sunday: Active Recovery Day/Off Day

If your specific weekly routine isn't laid out exactly in this manner it is not a major concern. However, it would fundamentally and scientifically make sense for you to try and mimic this weekly layout in order for you to maximize your training efforts and time between now and game day.

The athletes that are currently making off ice training a priority will maximize their on ice performance and keep themselves healthy and injury free over the course of the next 4 weeks.

On the following pages you will find user friendly, hockey specific, off ice conditioning guidelines for you to follow moving forward over the next 4 weeks.

If you are an athlete with limited access to ice, apply a 3rd day of conditioning to your weekly routine. Just repeat day 1 or day 2 from the weekly suggested guidelines on that day to make up for not being on the ice.

❖ DAY 1

CARDIO OPTIONS

- 30 min. Stationary Bike Effort - Cruising Pace
- 30 min. Elliptical Machine - Cruising Pace
- 20 min. Treadmill Run - Cruising Pace
 - Jog time decrease 10 min. to prevent any wear and tear on joints, ligaments and tendons

Always end work out with total body static stretch

❖ **DAY 2**

METABOLIC STATIONARY BIKE SPRINT EFFORTS

(Last page breaks down effort and lays out in detail how to perform all bike efforts)

- Program bike to moderate resistance level
- Depending on your personal conditioning level add or decrease resistance accordingly
- Start out at a cruising pace for 5 minutes
- At 5 min. transition into an 85% maximum effort sprint and maintain sprint for 30 sec.
- After 30 sec. sprint, decelerate back down to your cruising pace for 1 min. and repeat this cycle for 10 repetitions
- Upon completion of 10th sprint decelerate into cruising pace for 5 min cool down period

Always end workout with a total body static stretch

Refer to final page to see an actual sprint to rest time break down

❖ DAY 1

CARDIO OPTIONS

- 40 min. Stationary Bike Effort - Cruising Pace
- 40 min. Elliptical Machine - Cruising Pace
- 25 min. Treadmill Run - Cruising Pace
 - Jog time decrease 15 min. to prevent any wear and tear on joints, ligaments and tendons

Always end work out with total body static stretch

❖ DAY 2

METABOLIC STATIONARY BIKE SPRINT EFFORTS

- Program bike to moderate resistance level
- Depending on your personal conditioning level add or decrease resistance accordingly
- Start out at a cruising pace for 5 minutes
- At 5 min. transition into an 85% maximum effort sprint and maintain sprint for 30 sec.
 - After 30 sec. sprint, decelerate back down to your cruising pace for 1 min. and repeat this cycle for 15 repetitions
- Upon completion of 15th sprint decelerate into cruising pace for 5 min cool down period

Always end workout with a total body static stretch

❖ DAY 1 AND 2 - GAME WEEK

Coinciding with your strength training program design, we will treat this last week as an unloading/tapering phase of your conditioning program.

The plan this week is to efficiently and effectively execute brief conditioning efforts without taxing your body. This will allow for maintaining what you've been building and at the same time give your body an adequate amount of time to recover; in turn you will physically be in peak shape for your game day performance.

❖ DAY 1

CARDIO OPTIONS

Always take 5 - 10 min. to warm up

- 20 min. Stationary Bike Effort - Cruising Pace
- 20 min. Elliptical Machine - Cruising Pace
- 15 min. Treadmill Run - Cruising Pace

Always end work out with total body static stretch

❖ DAY 2

METABOLIC STATIONARY BIKE SPRINT EFFORTS

- Program bike to moderate resistance level
- Depending on your personal conditioning level add or decrease resistance accordingly
- Start out at a cruising pace for 5 minutes
- At 5 min. transition into an 85% maximum effort sprint and maintain sprint for 30 sec.
- After 30 sec. sprint, decelerate back down to your cruising pace for 1 min. and repeat this cycle for 8 repetitions
- Upon completion of 8th sprint decelerate into cruising pace for 5 min cool down period

Always end workout with a total body static stretch

❖ **1ST WEEK EXAMPLE**

5 MIN. WARM UP CRUISE	
SPRINT #1	5:00 - 5:30 MIN.
CRUISE #1	5:30 - 6:30 MIN.
SPRINT #2	6:30 - 7:00 MIN.
CRUISE #2	7:00 - 8:00 MIN.
SPRINT #3	8:00 - 8:30 MIN.
CRUISE #3	8:30 - 9:30 MIN.
SPRINT #4	9:30 - 10:30 MIN.
CRUISE #4	10:30 - 11:30 MIN.
SPRINT #5	11:30 - 12:00 MIN.
CRUISE #5	12:00 - 13:00 MIN.
SPRINT #6	13:00 - 13:30 MIN.
CRUISE #6	13:30 - 14:30 MIN.
SPRINT #7	14:30 - 15:00 MIN.
CRUISE #7	15:00 - 16:00 MIN.
SPRINT #8	16:00 - 16:30 MIN.
CRUISE #8	16:30 - 17:30 MIN.
SPRINT #9	17:30 - 18:00 MIN.
CRUISE #9	18:00 - 19:00 MIN.
SPRINT #10	19:00 - 20:00 MIN. ALL OUT FOR 1 FULL MINUTE
CRUISE INTO 5 MIN. COOL DOWN PERIOD	
TOTAL EFFORT: 25 MINUTES	