

XLathlete.com

In-Season Training For Hockey

Weeks 1-4

Day 1

General Warm Up

Choose One:

Bicycle – 3 to 5 Minutes

Light Jogging – 3 to 5 Minutes

Specific Warm Up

Piston Squat – 7 reps each

4-Way Ankle Kicks – 5 reps each direction

Cuban Press Figure 8 – 7 reps

Lateral Deltoid Rebound – 5 reps each

Strength Training *If injured, see end of page

Back Squat **Tempo:** 3:1:0:0

– 5 reps, 3 reps, 1 rep – Warm Up

– 5 Sets of 3 Reps – Work Sets

REST 2:00 BETWEEN SETS

Dumbbell Incline Press – 3 sets of 8 reps

PAIR WITH

Clap Push Up – 3 sets of 5 reps

PAIR WITH

Lat Pull Down – 3 sets of 8 reps

REST 2:00 BETWEEN SETS

Dumbbell RDL – 3 sets of 6 reps

PAIR WITH

Ankle Band Work – 3 sets of 10 reps each

REST 2:00 BETWEEN SETS

Zottman Curls – 3 sets of 8 reps

PAIR WITH

JM Dumbbell Press – 3 sets of 8 reps

REST 2:00 BETWEEN SETS

Full Bench Curl Up – 3 sets of 10 reps

PAIR WITH

Prone Forearm Bridge – 3 sets of 1:00

PAIR WITH

Bam Bams – 3 sets of 10 reps each

REST 1:30 BETWEEN SETS

Prehab – Rotator Cuff

Complete one circuit from this sheet:

Shoulder Prehab Circuits

Post-Workout Recovery

Isometric Split – 2 sets of 1:00 each leg

Laying Wall Shakes – 1:00

Glute Ham Hang – 2:00

Foam Roller Work – Quads & IT Band

Band Stretching

Injury Workouts

If injured, complete one of the following workouts instead:

Injured Hand & Wrist Workout

Injured Knee - Limited Bending Workout

Lower Body Injury Workout

Upper Body Injury Workout

XLLathlete.com

In-Season Training For Hockey

Weeks 1-4

Day 2

General Warm Up

Choose One:

Bicycle – 3 to 5 Minutes

Light Jogging – 3 to 5 Minutes

Specific Warm Up

[Overhead Squat](#) – 5 reps empty bar

[3-Way Hamstring Press](#) – 5 reps each

[Chest Band Adduction](#) – 5 reps each

[Cuban Press Incline](#) – 7 reps

Strength Training *If injured, see end of page

[Dumbbell Walking Lunge](#) – 4 sets of 6 reps

PAIR WITH

[Power Step Up](#) – 4 sets of 3 reps each

REST 2:00 BETWEEN SETS

[Bench Press](#) **Tempo: 3:1:0:0**

– **5 reps, 3 reps, 1 rep** – Warm Up

– 5 Sets of 3 Reps – Work Sets

REST 2:00 BETWEEN SETS

[Dumbbell Curl To Press](#) – 3 sets of 8 reps

PAIR WITH

[Rear Deltoid](#) – 3 sets of 8 reps

REST 2:00 BETWEEN SETS

[Dynamic Lat Pull Down](#) – 3 sets of 8 reps

PAIR WITH

[Ball Leg Curls](#) – 3 sets of 8 reps

REST 2:00 BETWEEN SETS

[Gopher U Abs](#) – 3 sets of 8 reps each

PAIR WITH

[Side Bridge](#) – 3 sets of 30 seconds each

PAIR WITH

[Thors Hammer](#) – 3 sets of 10 reps each

REST 1:30 BETWEEN SETS

Prehab – Hip Flexor or Groin

Complete one circuit from this sheet:

[Hip Flexor Prehab Circuits](#)

[Groin Prehab Circuits](#)

Post-Workout Recovery

[Isometric Chest Hold](#) – 2 sets of 1:00 each

[Laying Wall Shakes](#) – 1:00

[Glute Ham Hang](#) – 2:00

[Foam Roller Work](#) – Quads & IT Band

[Band Stretching](#)

Injury Workouts

If injured, complete one of the following workouts instead:

[Injured Hand & Wrist Workout](#)

[Injured Knee - Limited Bending Workout](#)

[Lower Body Injury Workout](#)

[Upper Body Injury Workout](#)

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In-Season Training For Hockey

Weeks 1-4

Day 3

General Warm Up

Choose One:

Bicycle – 3 to 5 Minutes

Light Jogging – 3 to 5 Minutes

Adaptability Training

Choose and complete a circuit from **ONE** of the following sheets:

[Adaptability Training](#)

Or

[Iso-Adaptability Training](#)

Prehab – Knee

Complete the circuit from this sheet:

[Knee Prehab Circuits](#)

Prehab - Shoulder

Complete the circuit from this sheet:

[Shoulder YTWL Circuit](#)

Post-Workout Recovery

[Laying Wall Shakes](#) – 1:00

[Glute Ham Hang](#) – 2:00

[Foam Roller Work](#) – Quads & IT Band

[Band Stretching](#)

Injury Workouts

If injured, complete one of the following workouts instead:

[Injured Hand & Wrist Workout](#)

[Injured Knee - Limited Bending Workout](#)

[Lower Body Injury Workout](#)

[Upper Body Injury Workout](#)

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In-Season Training For Hockey

Weeks 5-8

Day 1

General Warm Up

Choose One:

Bicycle – 3 to 5 Minutes

Light Jogging – 3 to 5 Minutes

Specific Warm Up

Piston Squat – 7 reps each

4-Way Ankle Kicks – 5 reps each direction

Cuban Press Figure 8 – 7 reps

Lateral Deltoid Rebound – 5 reps each

Strength Training *If injured, see end of page

Back Squat **Tempo:** 1:3:0:0

- 5 reps, 3 reps, 1 rep – Warm Up
- 5 Sets of 3 Reps – Work Sets

REST 2:00 BETWEEN SETS

Dumbbell Bench Press With Bands

– 3 sets of 8 reps

PAIR WITH

Clap Push Up – 3 sets of 5 reps

PAIR WITH

Lat Pull Down – 3 sets of 8 reps

REST 2:00 BETWEEN SETS

In Line RDL – 3 sets of 6 reps

PAIR WITH

Ankle Band Work – 3 sets of 10 reps each

REST 2:00 BETWEEN SETS

Reverse Curl – 3 sets of 8 reps

PAIR WITH

Tricep Push Down – 3 sets of 8 reps

REST 2:00 BETWEEN SETS

Full Bench Curl Up – 3 sets of 10 reps

PAIR WITH

Prone Forearm Bridge – 3 sets of 1:00

PAIR WITH

Bam Bams – 3 sets of 10 reps each

REST 1:30 BETWEEN SETS

Prehab – Rotator Cuff

Complete one circuit from this sheet:

Shoulder Prehab Circuits

Post-Workout Recovery

Isometric Split – 2 sets of 1:00 each leg

Laying Wall Shakes – 1:00

Glute Ham Hang – 2:00

Foam Roller Work – Quads & IT Band

Band Stretching

Injury Workouts

If injured, complete one of the following workouts instead:

Injured Hand & Wrist Workout

Injured Knee - Limited Bending Workout

Lower Body Injury Workout

Upper Body Injury Workout

XLathlete.com

In-Season Training For Hockey

Weeks 5-8

Day 2

General Warm Up

Choose One:

Bicycle – 3 to 5 Minutes

Light Jogging – 3 to 5 Minutes

Specific Warm Up

Overhead Squat – 5 reps empty bar

3-Way Hamstring Press – 5 reps each

Chest Band Adduction – 5 reps each

Cuban Press Incline – 7 reps

Strength Training *If injured, see end of page

Dumbbell Walking Lunge – 4 sets of 6 reps

PAIR WITH

Alt. Split Lunge Jump – 4 sets of 3 each

REST 2:00 BETWEEN SETS

Bench Press Tempo: 1:3:0:0

– 5 reps, 3 reps, 1 rep – Warm Up

– 5 Sets of 3 Reps – Work Sets

REST 2:00 BETWEEN SETS

Dumbbell Curl To Press – 3 sets of 8 reps

PAIR WITH

Overhead Lateral Raise – 3 sets of 8 reps

REST 2:00 BETWEEN SETS

Dynamic Lat Pull Down – 3 sets of 8 reps

PAIR WITH

Ball Leg Curls – 3 sets of 8 reps

REST 2:00 BETWEEN SETS

Gopher U Abs – 3 sets of 8 reps each

PAIR WITH

Side Bridge – 3 sets of 30 seconds each

PAIR WITH

Thors Hammer – 3 sets of 10 reps each

REST 1:30 BETWEEN SETS

Prehab – Hip Flexor or Groin

Complete one circuit from this sheet:

Hip Flexor Prehab Circuits

Groin Prehab Circuits

Post-Workout Recovery

Isometric Chest Hold – 2 sets of 1:00 each

Laying Wall Shakes – 1:00

Glute Ham Hang – 2:00

Foam Roller Work – Quads & IT Band

Band Stretching

Injury Workouts

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Injured Hand & Wrist Workout

Injured Knee - Limited Bending Workout

Lower Body Injury Workout

Upper Body Injury Workout

XLLathlete.com

In-Season Training For Hockey

Weeks 5-8

Day 3

General Warm Up

Choose One:

Bicycle – 3 to 5 Minutes

Light Jogging – 3 to 5 Minutes

Adaptability Training

Choose and complete a circuit from **ONE** of the following sheets:

[Adaptability Training](#)

Or

[Iso-Adaptability Training](#)

Prehab – Knee

Complete the circuit from this sheet:

[Knee Prehab Circuits](#)

Prehab - Shoulder

Complete the circuit from this sheet:

[Shoulder YTWL Circuit](#)

Post-Workout Recovery

[Laying Wall Shakes](#) – 1:00

[Glute Ham Hang](#) – 2:00

[Foam Roller Work](#) – Quads & IT Band

[Band Stretching](#)

Injury Workouts

If injured, complete one of the following workouts instead:

[Injured Hand & Wrist Workout](#)

[Injured Knee - Limited Bending Workout](#)

[Lower Body Injury Workout](#)

[Upper Body Injury Workout](#)

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In-Season Training For Hockey

Weeks 9-12

Day 1

General Warm Up

Choose One:

Bicycle – 3 to 5 Minutes

Light Jogging – 3 to 5 Minutes

Specific Warm Up

Piston Squat – 7 reps each

4-Way Ankle Kicks – 5 reps each direction

Cuban Press Figure 8 – 7 reps

Lateral Deltoid Rebound – 5 reps each

Strength Training *If injured, see end of page

Back Squat With Bands **Tempo:** 1:0:0:0

– 5 reps, 3 reps, 1 rep – Warm Up

– 6 Sets of 2 Reps – Work Sets

REST 2:00 BETWEEN SETS

Dumbbell Bench Press

– 3 sets of 8 reps

PAIR WITH

Clap Push Up – 3 sets of 5 reps

PAIR WITH

Lat Pull Down – 3 sets of 8 reps

REST 2:00 BETWEEN SETS

RDL – 3 sets of 6 reps

PAIR WITH

Ankle Band Work – 3 sets of 10 reps each

REST 2:00 BETWEEN SETS

EZ Bar Curl – 3 sets of 8 reps

PAIR WITH

Floor Tricep Extension – 3 sets of 8 reps

REST 2:00 BETWEEN SETS

Full Bench Curl Up – 3 sets of 10 reps

PAIR WITH

Prone Forearm Bridge – 3 sets of 1:00

PAIR WITH

Bam Bams – 3 sets of 10 reps each

REST 1:30 BETWEEN SETS

Prehab – Rotator Cuff

Complete one circuit from this sheet:

Shoulder Prehab Circuits

Post-Workout Recovery

Isometric Split – 2 sets of 1:00 each leg

Laying Wall Shakes – 1:00

Glute Ham Hang – 2:00

Foam Roller Work – Quads & IT Band

Band Stretching

Injury Workouts

If injured, complete one of the following workouts instead:

Injured Hand & Wrist Workout

Injured Knee - Limited Bending Workout

Lower Body Injury Workout

Upper Body Injury Workout

XLathlete.com

In-Season Training For Hockey

Weeks 9-12

Day 2

General Warm Up

Choose One:

Bicycle – 3 to 5 Minutes

Light Jogging – 3 to 5 Minutes

Specific Warm Up

Overhead Squat – 5 reps empty bar

3-Way Hamstring Press – 5 reps each

Chest Band Adduction – 5 reps each

Cuban Press Incline – 7 reps

Strength Training *If injured, see end of page

Dumbbell Walking Lunge – 4 sets of 6 reps

PAIR WITH

Alt. Split Lunge Jump – 4 sets of 3 each

REST 2:00 BETWEEN SETS

Bench Press With Chains Tempo: 1:0:0:0

– 5 reps, 3 reps, 1 rep – Warm Up

– 5 Sets of 3 Reps – Work Sets

REST 2:00 BETWEEN SETS

Dumbbell Curl To Press – 3 sets of 8 reps

PAIR WITH

Bicep Curl Shock – 3 sets of 5 reps

REST 2:00 BETWEEN SETS

Dynamic Lat Pull Down – 3 sets of 8 reps

PAIR WITH

Ball Leg Curls – 3 sets of 8 reps

REST 2:00 BETWEEN SETS

Gopher U Abs – 3 sets of 8 reps each

PAIR WITH

Side Bridge – 3 sets of 30 seconds each

PAIR WITH

Thors Hammer – 3 sets of 10 reps each

REST 1:30 BETWEEN SETS

Prehab – Hip Flexor or Groin

Complete one circuit from this sheet:

Hip Flexor Prehab Circuits

Groin Prehab Circuits

Post-Workout Recovery

Isometric Chest Hold – 2 sets of 1:00 each

Laying Wall Shakes – 1:00

Glute Ham Hang – 2:00

Foam Roller Work – Quads & IT Band

Band Stretching

Injury Workouts

If injured, complete one of the following workouts instead:

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Injured Knee - Limited Bending Workout

Lower Body Injury Workout

Upper Body Injury Workout

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In-Season Training For Hockey

Weeks 9-12

Day 3

General Warm Up

Choose One:

Bicycle – 3 to 5 Minutes

Light Jogging – 3 to 5 Minutes

Adaptability Training

Choose and complete a circuit from ONE of the following sheets:

[Adaptability Training](#)

Or

[Iso-Adaptability Training](#)

Prehab – Knee

Complete the circuit from this sheet:

[Knee Prehab Circuits](#)

Prehab - Shoulder

Complete the circuit from this sheet:

[Shoulder YTWL Circuit](#)

Post-Workout Recovery

[Laying Wall Shakes](#) – 1:00

[Glute Ham Hang](#) – 2:00

[Foam Roller Work](#) – Quads & IT Band

[Band Stretching](#)

Injury Workouts

If injured, complete one of the following workouts instead:

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[Injured Knee - Limited Bending Workout](#)

[Lower Body Injury Workout](#)

[Upper Body Injury Workout](#)