

Endicott College Ice Hockey **Off-Season Strength & Conditioning Program**

“It is not enough to have the will to win. You must have the will to prepare to win”

Once again, we have reached a point in the year where we have to make a decision that will effect how we will perform the next season, both individually and as a team. “Will I be content with the player I was last season, or will I strive to bring myself to the next level.” The answer to this question lies here. Once again, we have designed a strength and conditioning program that will help you advance physically to the next level. The program addresses every aspect of strength and conditioning from the sport of ice hockey. It incorporates the knowledge of strength and conditioning professionals at the professional levels, current research, and our own experiences with the sport of ice hockey.

As many of you already know, our pre-season practices do not allow us enough time for you to play yourself into shape. You must arrive at Endicott in the fall in excellent physical conditioning, as time in practice should be spent practicing, not conditioning.

This program was designed as a team program. As with any program, changes may need to be made to accommodate your personal goals. Please discuss any changes with us, keeping in mind that deviating too much could change the dynamics of the program, thus decreasing the desired effect upon your performance on the ice.

The time line for the program is as follows:

Weeks of March 4th – March 26th – **Phase I**
Weeks of March 29th – May 14th – **Phase II**
Weeks of May 17th – July 9th – **Phase III**
Weeks of July 12th – Return to School– **Phase IV**
Return to school – Start of practice: Team workouts

Review this program and follow it to the best of your abilities. Keep track of your progress in a notebook. There are a few web sites that will be useful to use as a reference if you have any questions regarding the exercises:

University of the Pacific Athletic Performance - <http://138.9.1.58/athleticperformance/>
(Click on Exercise Video Descriptions)

Colgate University Power Performance - <http://athletics.colgate.edu/powerperformance/>

If there are any questions regarding the program, please do not hesitate to contact us.
Keep working Hard!

Coach Mike Nelson
978-232-2309

Coach Brian Wylie
978-232-2440

Endicott College Ice Hockey
Phase II – Strength & Conditioning Program

Weeks 1 - 4

Monday	Tuesday	Wednesday	Thursday	Friday
Warm-up	Warm-up	Warm-up	Warm-up	Warm-up
10 minutes of cardio (any)	10 minutes of cardio (any)	10 minutes of cardio (any)	10 minutes of cardio (any)	10 minutes of cardio (any)
Weight Training	Weight Training	Weight Training	Weight Training	Weight Training
Bench Press - 3x8 Incline Press - 3x8 Push Press - 3x6 Flies - 3x12 Lateral Raise - 3x10 Bent Lateral Raise - 3x10 Overhead Tricep Ext. - 3x10 1 Additional Tricep - 3x12	Squats - 3x8 3-Way Lunge - 3x4 Leg Press - 3x10 Calf Raises - 3x15 Cable Rows - 3x10 Lat Pulldown - 3x10 Shoulder Shrugs - 3x10 Biceps - 3x12	None	DB Incline Press - 3x8 Flat Bench DB Press - 3x8 Decline Flies - 3x12 Standing DB Press - 3x10 Front Raise - 3x12 Tricep Pushdowns - 3x10 1 Additional Tricep 3x12	Squats - 3x12 Leg Curls - 3x10 Leg Extension 3x10 Hyperextensions - 3x15 Pullups - 3x Max Reps Bent Over Row - 3x8 1 Arm Row - 3x10 Biceps - 3x12
Plyometrics	Plyometrics	Plyometrics	Plyometrics	Plyometrics
Power Skips–3 sets of 10 jumps 2 Leg lateral cone hops – 3x10 Lunge Jumps - 3x10 Standing long jump – 2x10	None	None	Power Skips – 3x10 Zig –Zag cone hops – 3x10 Lunge jump w/ switch – 3x10 Vertical jumps 3x10	None
Cardio-Conditioning	Cardio-Conditioning	Cardio-Conditioning	Cardio-Conditioning	Cardio-Conditioning
None	30-45 Minutes of any cardiovascular exercise (Pick any 3 days)	30-45 Minutes of any cardiovascular exercise (Pick any 3 days)	None	30-45 Minutes of any cardiovascular exercise (Pick any 3 days)
Static Stretching	Static Stretching	Static Stretching	Static Stretching	Static Stretching
15-20 Minutes of total body stretching after the workout	15-20 Minutes of total body stretching after the workout	15-20 Minutes of total body stretching after the workout	15-20 Minutes of total body stretching after the workout	15-20 Minutes of total body stretching after the workout

Weeks 5 - 8

Monday	Tuesday	Wednesday	Thursday	Friday
Warm-up	Warm-up	Warm-up	Warm-up	Warm-up
10 minutes of cardio (any)	10 minutes of cardio (any)	10 minutes of cardio (any)	10 minutes of cardio (any)	10 minutes of cardio (any)
Weight Training	Weight Training	Weight Training	Weight Training	Weight Training
Bench Press - 3x6 Incline Press - 3x6 Push Press - 3x4 Flies - 3x10 Lateral Raise - 3x10 Bent Lateral Raise - 3x10 Overhead Tricep Ext. - 3x10 1 Additional Tricep - 3x12	Squats - 4x6 3-Way Lunge - 4x4 Leg Press - 3x8 Calf Raises - 3x15 Cable Rows - 3x10 Lat Pulldown - 3x10 Shoulder Shrugs - 3x10 Biceps - 3x12	None	Physioball DB Inc. Press - 3x8 Physioball DB Press - 3x8 Upright Row - 3x10 Standing DB Press - 3x8 Front Raise - 3x12 Tricep Pushdowns - 3x10 1 Additional Tricep 3x12	Squats - 3x10 Leg Curls - 3x10 Leg Extension 3x10 Hyperextensions - 3x15 Pullups - 3x Max Reps Bent Over Row - 3x6 1 Arm Row - 3x8 Biceps - 3x12
Plyometrics	Plyometrics	Plyometrics	Plyometrics	Plyometrics
Power Skips—3 sets of 15 jumps 2 Leg lateral cone hops – 3x15 Lunge Jumps - 3x15 Standing long jump – 3x15	None	None	Power Skips – 3x15 Zig –Zag cone hops – 3x15 Lunge jump w/ switch – 3x15 Vertical jumps 3x15	None
Cardio-Conditioning	Cardio-Conditioning	Cardio-Conditioning	Cardio-Conditioning	Cardio-Conditioning
None	40-50 Minutes of any cardiovascular exercise (Pick any 3 days)	40-50 Minutes of any cardiovascular exercise (Pick any 3 days)	None	40-50 Minutes of any cardiovascular exercise (Pick any 3 days)
Static Stretching	Static Stretching	Static Stretching	Static Stretching	Static Stretching
15-20 Minutes of total body stretching after the workout	15-20 Minutes of total body stretching after the workout	15-20 Minutes of total body stretching after the workout	15-20 Minutes of total body stretching after the workout	15-20 Minutes of total body stretching after the workout