



**Summer Strength & Conditioning Program
Phase III**

Endicott College Ice Hockey
Off-Season Strength & Conditioning Program
Phase III

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

As we have stated numerous times before, 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 to be a bit more flexible than in the past. It still, however, encompasses all aspects of conditioning for ice hockey. Feel free to add any exercises into the program, keeping in mind that you must complete the given program. Do not supplement one aspect of the program for another.

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
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Coach Brian Wylie
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Weeks 1 - 4

Monday	Tuesday	Wednesday	Thursday	Friday
Core Training	Core Training	Core Training	Core Training	Core Training
Crunches Side Crunch Jacknifes Side Iso-Abs Prone Alt. Arm/Leg Lift All 2x for 30 seconds	Bows & Toes Superman Hip Ups Pushup With Rotation Crunches All 2x for 30 seconds	Crunches Side Crunch Jacknifes Side Iso-Abs Prone Alt. Arm/Leg Lift All 2x for 30 seconds	Bows & Toes Superman Hip Ups Pushup With Rotation Crunches All 2x for 30 seconds	Crunches Side Crunch Jacknifes Side Iso-Abs Prone Alt. Arm/Leg Lift All 2x for 30 seconds
Weight Training	Weight Training	Weight Training	Weight Training	Weight Training
Wide Stance Squats - 5x4 Leg Press - 3x12 Diagonal Lunges - 3x10 Multi Hip (Abd/Add) - 3x15 Leg Extension/Curls - 3x15 Calf raises - 3x20	None	DB Bench Press - 3x8 DB Incline Press - 3x8 Push Press - 4x4 Lateral Raise - 3x8 Triceps - 3x12	None	Pull Ups or Pulldowns - 3x12 Upright Rows - 3x8 1 Arm Row - 3x8 Shoulder Shrugs - 3x10 Biceps - 3x12
Speed & Agility	Plyometrics	Speed & Agility	Plyometrics	Speed & Agility
Pro Agility 4x 30 Yard Shuttle 4x 4 Cone Square 4x 5 Cone In & Out 4x	Ankle Hops 2x15 Squat Jumps 2x15 Pike Jumps 2x15 Lateral Cone Hops 2x15 Standing Long Jump 2x15	Agility Ladder Routine	Ankle Hops 2x15 Lunge Jump 2x15 Zig-Zag Cone Hops 2x15 Power Vertical Leap 2x15 Box Jumps 2x15	T-Drill 4x Figure 8 - 4x Partner Reaction 4x 40 yard dash with Hurdle 4x
Cardio-Conditioning	Cardio-Conditioning	Cardio-Conditioning	Cardio-Conditioning	Cardio-Conditioning
800m x 1 w/ 2 min rest 400m x 2 w/ 1:30 min rest 200m x 2 w/ 1 min rest 100m x 2 w/ 45 sec rest 50m x 2 w/ 30 sec rest	2 Mile Run @ Moderate Pace	400m x 4 w/ 1:30 min rest 200m x 4 w/ 1 min rest 100m x 2 w/ 45 sec rest 50m x 2 w/ 30 sec rest 25m x 2 w/ 20 sec rest	2 Mile Run @ Moderate Pace	Sand or Hill Running 800m x 1 w/ 3 min rest 400m x 2 w/ 2 min rest 200m x 4 w/ 1:30 min rest 100m x 4 w/ 1 min rest
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
Core Training	Core Training	Core Training	Core Training	Core Training
Crunches Side Crunch Jacknifes Side Iso-Abs Prone Alt. Arm/Leg Lift All 2x for 45 seconds	Bows & Toes Superman Hip Ups Pushup With Rotation Crunches All 2x for 45 seconds	Crunches Side Crunch Jacknifes Side Iso-Abs Prone Alt. Arm/Leg Lift All 2x for 45 seconds	Bows & Toes Superman Hip Ups Pushup With Rotation Crunches All 2x for 45 seconds	Crunches Side Crunch Jacknifes Side Iso-Abs Prone Alt. Arm/Leg Lift All 2x for 45 seconds
Weight Training	Weight Training	Weight Training	Weight Training	Weight Training
Wide Stance Squats - 5x4 Leg Press - 3x8 Diagonal Lunges - 3x8 Multi Hip (Abd/Add) - 3x12 Leg Extension/Curls - 3x12 Calf raises - 3x20	None	DB Bench Press - 4x6 DB Incline Press - 4x6 Push Press - 4x4 Lateral Raise - 3x8 Triceps - 3x12	None	Pull Ups or Pulldowns - 3x10 Upright Rows - 3x8 1 Arm Row - 3x8 Shoulder Shrugs - 3x10 Biceps - 3x12
Speed & Agility	Plyometrics	Speed & Agility	Plyometrics	Speed & Agility
Pro Agility 5x 30 Yard Shuttle 5x 4 Cone Square 5x 5 Cone In & Out 5x	Ankle Hops 3x15 Squat Jumps 3x15 Pike Jumps 3x15 Lateral Cone Hops 3x15 Long Jump 3x15	Agility Ladder Routine	Ankle Hops 3x15 Lunge Jump 3x15 Zig-Zag Cone Hops 3x15 Power Vertical Leap 3x15 Box Jumps 3x15	T-Drill 5x Figure 8 5x Partner Reaction 5x 40 yard dash with Hurdle 5x
Cardio-Conditioning	Cardio-Conditioning	Cardio-Conditioning	Cardio-Conditioning	Cardio-Conditioning
400m x 2 w/ 1:30 min rest 200m x 4 w/ 1 min rest 100m x 4 w/ 45 sec rest 50m x 4 w/ 30 sec rest 25m x 4 w/ 20 sec rest	2.5 Mile Run @ Moderate Pace	200m x 4 w/ 1 min rest 100m x 6 w/ 45 sec rest 50m x 6 w/ 30 sec rest 25m x 6 w/ 20 sec rest	2.5 Mile Run @ Moderate Pace	Sand or Hill Running 400m x 4 w/ 2 min rest 200m x 6 w/ 1:30 min rest 100m x 6 w/ 1 min rest
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

Plyometric, Speed & Agility Exercise Explanations

LUNGE JUMP

- Assume a lunge position and jump as high as you can in the air. Land in the same position as you started.

STANDING LONG JUMP

- Start from a standing position
- Jump out as far as you can.

ZIG-ZAG CONE HOPS

- Set up 10 small cones in a zig-zag format
- Hop to the outside of each cone
- One time through the course = 1 set.

KNEE TUCK JUMP

- Stand in place and jump as high as you can, pulling your knees up to your chest.

PIKE JUMP

- Stand in place and jump as high as you can
- Keep your legs straight and kick them out in front of you.

LATERAL CONE HOPS

- Use a small cone (about 8") and hop laterally side to side over it

ANKLE HOPS

- Repetitively bounce off your ankles and knees like a spring

POWER VERTICAL LEAP

- Start in a standing position
- Quickly squat and jump as high as you can, using your arms to drive you up.

BOX JUMP

- Start in a standing position
- Jump to an elevated surface and back down.
- You may use plyometric boxes or a sturdy bench or platform – Should be 14-20" high

AGILITY LADDER ROUTINE

- Construct an agility ladder (You can draw this on the ground with chalk or use tape) with 10 boxes that are 16”x16”.
- Design any 6 footwork patterns using the ladder (Any patterns will do)
- Do each of them each 3 times.

PRO AGILITY

- Place 3 cones in a straight line with 5 yards between each (10 yard total)
- Start at the middle cone and sprint to one end
- Turn and sprint the 10 yards to the other end - Turn and sprint the 5 yards to the middle

30-YARD SHUTTLE

- Sprint 10 yard and back, then 20 and then 30 yards and back consecutively

4 CONES SQUARE

- Place 4 cones in a square with 10 yards between them
- You will stay facing the same direction the entire time
- Sprint 10 yards to first cone
- Slide 10 yards to next corner
- Backpedal 10 yards to corner
- Slide 10 yards back to the starting cone

5 CONES – IN & OUT

- Using the same 4 cones as above add one cone in the middle
- This time you will turn and sprint to each cone
- Starting on the outside – sprint to the middle – then to the next outside – then back to the middle – continue in this X pattern until you return to the start cone

T-DRILL

- The T pattern should be 10 yards from the base to the cross and then 5 yards both directions
- Starting at the base, sprint 10 yards forward to the top center of the T
- Slide 5 yards to the left end
- Slide 10 yards to the right end
- Slide 5 yards back to the middle
- Backpedal 10 yards to the start

FIGURE 8

- Place 2 objects 5 yards apart
- Sprint around the objects in a figure 8 pattern
- 3 figure 8's is one set

40-YARD DASH WITH HURDLE

- You are doing a 40 yard sprint with a 1–2 foot high obstacle on the 20 yard line

PARTNER REACTION

- Sprint 10 yards straight ahead at partner.
- Partner then points either direction with you pivoting and sprinting 5 yards that direction

CARDIO-CONDITIONING NOTES

800 Meters equals about 880 Yards or ½ Mile, 400 Meters is about 440 yards or ¼ mile, etc...