

Four Week Summer Off-Ice Workout for Youth Hockey Players

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Off-Ice Workout A A	3 Off-Ice Workout B B	4 Off-Ice Workout C C	5	6 Off Ice Workout D D	7
8	9 Off-Ice Workout A A	10 Off-Ice Workout B B	11 Off-Ice Workout C C	12	13 Off Ice Workout D D	14
15	16 Off-Ice Workout A A	17 Off-Ice Workout B B	18 Off-Ice Workout C C	19	20 Off Ice Workout D D	21
22	23 Off-Ice Workout A A	24 Off-Ice Workout B B	25 Off-Ice Workout C C	26	27 Off Ice Workout D D	28
29	30	1	2	3	4	5

Workout A

Sprints and Explosion

1. Warm Up
 - a. Half mile jog
 - b. 5:00 Rollerblade
2. Incline Rollerblade Sprints
 - a. 8 X 40 yards
3. Incline Hill Sprints
 - a. 8 x 20 yards
4. Bulgarian Split Jumps w/ Stair Sprints
5. Incline Broad Jumps

Workout B

Leg Strength (hockey specific)

1. Skate Walks
 - a. 4 x 40 yards
2. Lunge Walks
 - a. 4 x 40 yards
3. Skater Hops - <https://www.youtube.com/watch?v=Xrr1gmfOYvE>
 - a. 3 x 30 seconds
4. Hinge Lunges with box - <https://www.youtube.com/watch?v=FrJuRvSlvSk#t=157>
 - a. 3 x 10 sets on each leg
5. Explosive Single Leg Step Up ****NO WEIGHTS**** - <https://www.youtube.com/watch?v=2D3u8ckfOuY#t=16>
 - a. 3 sets x 8 reps on each leg
6. Single Leg Box Squat - <https://www.youtube.com/watch?v=2D3u8ckfOuY#t=50>
 - a. 3 sets x 4 reps on each leg

Workout C

Aerobic / Core

1. Mountain Climber Push-ups - <https://www.youtube.com/watch?v=A7g9IFHtenc#t=15>
 - a. 3 Burn Sets (As many as you can do)
2. Plank with knees to chest - <https://www.youtube.com/watch?v=FTekY54T53k>
 - a. 3 sets x 40 seconds
3. Stationary Bike Intervals
 - a. 20 minute circuit
 - i. 3:00 Warm Up on moderate resistance
 - ii. 10 sets of intervals
 1. :30 seconds sprint on 7/10 resistance
 2. 1:00 medium pace on 3/10 resistance
 - iii. 2:00 cool down on low resistance

Workout D

More intense leg work

1. Split Squat Jumps ofr height - https://www.youtube.com/watch?v=_zmgL2WCbKo
 - a. 3 sets x 20 seconds
 - b. 1:20 rest between sets
2. Russian Lunge - <https://www.youtube.com/watch?v=6K5dM2gy6EQ>
 - a. 3 sets x 20 seconds
 - b. 1:20 rest between sets

3. Squat Jumps w/ Hold - <https://www.youtube.com/watch?v=PlzIV4Lz4oA>
 - a. 3 sets x :45 seconds
 - i. 10 second hold followed by 3 Squat Jumps for 45 seconds
 - ii. 2:00 rest between sets