# Four Week Summer Off-Ice Workout for Youth Hockey Players

## 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=FrJuRvS1vSk#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=A7g9lFHtenc#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=6K5dM2qy6EQ
   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