



HOCKEY TRAINING.com

PHASE 3

LOWER BODY - Heavy
Duration: Nov. 1st - 29th

A1 BB back squats: 3010

| | | | | | | | | | |
|--------|---|---|---|---------|--|--|--|--|--|
| Wkt 1: | 3 | x | 3 | 120secs | | | | | |
| Wkt 2: | 3 | x | 3 | 120secs | | | | | |
| Wkt 3: | 3 | x | 3 | 120secs | | | | | |
| Wkt 4: | 3 | x | 3 | 120secs | | | | | |

A2 Lying hamstring curl: 3010

| | | | | | | | | | |
|--------|---|---|---------|---------|--|--|--|--|--|
| Wkt 1: | 3 | x | 9 to 12 | 120secs | | | | | |
| Wkt 2: | 3 | x | 9 to 12 | 120secs | | | | | |
| Wkt 3: | 3 | x | 9 to 12 | 120secs | | | | | |
| Wkt 4: | 3 | x | 9 to 12 | 120secs | | | | | |

B1 Bulgarian split squats: 3010

| | | | | | | | | | |
|--------|---|---|--------|--------|--|--|--|--|--|
| Wkt 1: | 4 | x | 12/leg | 90secs | | | | | |
| Wkt 2: | 4 | x | 12/leg | 90secs | | | | | |
| Wkt 3: | 4 | x | 12/leg | 90secs | | | | | |
| Wkt 4: | 4 | x | 12/leg | 90secs | | | | | |

B2 V-Ups: 3010

| | | | | | | | | | |
|--------|---|---|----------|--------|--|--|--|--|--|
| Wkt 1: | 4 | x | 13 to 15 | 90secs | | | | | |
| Wkt 2: | 4 | x | 13 to 15 | 90secs | | | | | |
| Wkt 3: | 4 | x | 13 to 15 | 90secs | | | | | |
| Wkt 4: | 4 | x | 13 to 15 | 90secs | | | | | |

C1 BB good mornings: 3010

| | | | | | | | | | |
|--------|---|---|---------|--------|--|--|--|--|--|
| Wkt 1: | 4 | x | 9 to 12 | 60secs | | | | | |
| Wkt 2: | 4 | x | 9 to 12 | 60secs | | | | | |
| Wkt 3: | 4 | x | 9 to 12 | 60secs | | | | | |
| Wkt 4: | 4 | x | 9 to 12 | 60secs | | | | | |

C2 Seated calf raise: 3210

| | | | | | | | | | |
|--------|---|---|---------|--------|--|--|--|--|--|
| Wkt 1: | 4 | x | 9 to 12 | 60secs | | | | | |
| Wkt 2: | 4 | x | 9 to 12 | 60secs | | | | | |
| Wkt 3: | 4 | x | 9 to 12 | 60secs | | | | | |
| Wkt 4: | 4 | x | 9 to 12 | 60secs | | | | | |

| | | | | | | | | | |
|--------|--|---|--|--|--|--|--|--|--|
| Wkt 1: | | x | | | | | | | |
| Wkt 2: | | x | | | | | | | |
| Wkt 3: | | x | | | | | | | |
| Wkt 4: | | x | | | | | | | |

| | | | | | | | | | |
|--------|--|---|--|--|--|--|--|--|--|
| Wkt 1: | | x | | | | | | | |
| Wkt 2: | | x | | | | | | | |
| Wkt 3: | | x | | | | | | | |
| Wkt 4: | | x | | | | | | | |

SETS REPS REST LOG OF RESISTANCE AND REPS