



HIGH PERFORMANCE
IN-SEASON TRAINING



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TAKE YOUR GAME TO THE NEXT LEVEL



In-season Training: Conditioning Workouts

For reasons discussed in the Conditioning Explained manual, you will see a progressive increase in the difficulty of specific energy system work throughout the duration of your in-season training. This manual here is to layout the types of workouts that you will be doing to stay in top shape this season.

Your conditioning work will begin immediately once you begin this system and run all the way to the end of playoffs. As far as program structure, it is going to be separated into 4 phases and be performed, depending on your auto-regulation and recovery rates, anywhere from 1-3 times per week.

A gradual buildup in difficulty throughout the in-season will build the conditioning required for high performance hockey. I want to make note here that there is zero periodization as far as training frequency structure and deloads like you guys saw in Next Level Conditioning and Next Level Performance. This is because during the season recovery and performance are your #1 priorities and I'm not "in the know" about what you're doing on the ice.



During the offseason I have the luxury of programming it exactly how I want because physical development is your main priority all offseason and I don't have to worry about DOMS because you're not doing any meaningful ice time.

A simple progression in workout difficulty will be placed over 4 waves throughout the season. How often you do that depends on your recovery. Read the manual on auto-regulation for information on how to make your decisions here on training frequency.

Here's the full in-season conditioning program structure template:

PHASE I: 3 weeks – 1 session per week – Standard conditioning (testing phase as discussed in auto-regulation)

PHASE II: 6 weeks – 1-3 sessions per week – Increasing work capacity

PHASE III: 7 weeks – 1-3 sessions per week – Increasing work capacity

PHASE IV: 8 weeks – 1-3 sessions per week – Maximum work capacity

This phase structure will bring you conditioning workouts and strategy from September all the way the end of February just before offseason priorities become more important.



CONDITIONING WORKOUTS

PHASE I

Choose one of the following and perform once per week:

WORKOUT #1:

- A- DB Squat jumps: 10 x 3 – 30secs between sets
- B- Prowler sprints: 10 x 10yds – 30secs between sets
- C- Arm over arm sled pulls: 10 x 10yds – 30secs between sets

WORKOUT #2:

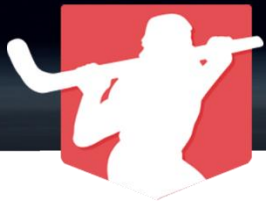
- A- DB goblet squat jumps: 10 x 3 – 30secs between sets
- B- Forward weighted sled pull: 10 x 10yds – 30secs between sets
- C- Push up explosion, hands on to stepper: 10x4secs – 30secs between sets

WORKOUT #3:

- A- Broad jumps: 10 x 3 – 30secs between sets
- B- 30yd sprint: 10 x 1 – 30secs between sets
- C- Barbell Russian twist: 10 x 6 – 30secs between sets

WORKOUT #4:

- A- Box jumps: 10 x 3 – 30secs between sets
- B- Backwards weighted sled pull: 10 x 10yds – 30secs between sets
- C- Sub-maximal dead lift (Around 30% 1RM): 10 x 3 – 30secs between sets



PHASE II

Choose any of the following and perform 1-3 sessions per week:

WORKOUT #1:

- A- DB Squat jumps: 10 x 3 – 25secs between sets
- B- Prowler sprints: 10 x 10yds – 25secs between sets
- C- Arm over arm sled pulls: 10 x 10yds – 25secs between sets

WORKOUT #2:

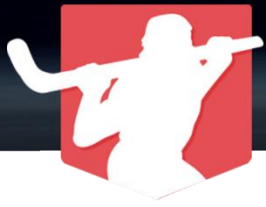
- A- DB goblet squat jumps: 10 x 3 – 25secs between sets
- B- Forward weighted sled pull: 10 x 10yds – 25secs between sets
- C- Push up explosion, hands on to stepper: 10x4secs – 25secs between sets

WORKOUT #3:

- A- Broad jumps: 10 x 3 – 25secs between sets
- B- 30yd sprint: 10 x 1 – 25secs between sets
- C- Barbell Russian twist: 10 x 6 – 25secs between sets

WORKOUT #4:

- A- Box jumps: 10 x 3 – 25secs between sets
- B- Backwards weighted sled pull: 10 x 10yds – 25secs between sets
- C- Sub-maximal dead lift (Around 30% 1RM): 10 x 3 – 25secs between sets



PHASE III

Choose any of the following and perform 1-3 sessions per week:

WORKOUT #1:

- A- DB Squat jumps: 10 x 3 – 20secs between sets
- B- Prowler sprints: 10 x 10yds – 20secs between sets
- C- Arm over arm sled pulls: 10 x 10yds – 20secs between sets

WORKOUT #2:

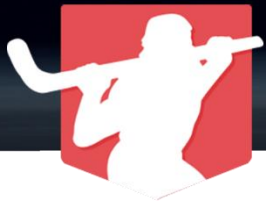
- A- DB goblet squat jumps: 10 x 3 – 20secs between sets
- B- Forward weighted sled pull: 10 x 10yds – 20secs between sets
- C- Push up explosion, hands on to stepper: 10x4secs – 20secs between sets

WORKOUT #3:

- A- Broad jumps: 10 x 3 – 20secs between sets
- B- 30yd sprint: 10 x 1 – 20secs between sets
- C- Barbell Russian twist: 10 x 6 – 20secs between sets

WORKOUT #4:

- A- Box jumps: 10 x 3 – 20secs between sets
- B- Backwards weighted sled pull: 10 x 10yds – 20secs between sets
- C- Sub-maximal dead lift (Around 30% 1RM): 10 x 3 – 20secs between sets



PHASE IV

Choose any of the following and perform 1-3 sessions per week:

WORKOUT #1:

- A- DB Squat jumps: 10 x 3 – 15secs between sets
- B- Prowler sprints: 10 x 10yds – 15secs between sets
- C- Arm over arm sled pulls: 10 x 10yds – 15secs between sets

WORKOUT #2:

- A- DB goblet squat jumps: 10 x 3 – 15secs between sets
- B- Forward weighted sled pull: 10 x 10yds – 15secs between sets
- C- Push up explosion, hands on to stepper: 10x4secs – 15secs between sets

WORKOUT #3:

- A- Broad jumps: 10 x 3 – 15secs between sets
- B- 30yd sprint: 10 x 1 – 15secs between sets
- C- Barbell Russian twist: 10 x 6 – 15secs between sets

WORKOUT #4:

- A- Box jumps: 10 x 3 – 15secs between sets
- B- Backwards weighted sled pull: 10 x 10yds – 15secs between sets
- C- SUB-maximal dead lift (Around 30% 1RM): 10 x 3 – 15secs between sets