



HIGH PERFORMANCE
IN-SEASON TRAINING

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HOCKEY
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TAKE YOUR GAME TO THE NEXT LEVEL



No Equipment Conditioning

In this new section you will find an additional 4 workout options that are gym equipment free. These are the workouts that are best to follow if you are travelling, do not have access to a gym or are meeting up with a bunch of team mates to train with and the easiest option is for no one to be on the equipment. This way several people can all get in on the same training session without exaggerated wait times affecting the training stimulus.

Even though these workouts were carefully designed for maximal adaptation, I still always recommend using equipment options as well. You want to vary the stimulus up as much as possible and you just can't replace the amount of power output you can get from a sled or medicine ball. In a perfect world, vary up the training whenever you can using both equipment and non-equipment options with perhaps a slight bias to the equipment options.

Having said that, feel free to add these in to your current conditioning periodization exactly as it stands.

WORKOUT #1

A- Broad jumps: 10 x 3 with 30secs rest between sets

B- 30yd sprint: 10 x 1 with 30secs rest between sets

C- Plyometric clap push up: 10 x 3 with 30-45secs rest between sets



WORKOUT #2

- A- Pike jumps: 10 x 3 with 30secs rest between sets
- B- Uphill sprint (15-25yds): 10 x 1 with 30secs rest between sets
- C- Plyometric leg and hand clap push up: 10 x 3 with 30-45secs rest between sets

WORKOUT #3

- A- Double leg tuck jump: 10 x 3 with 30secs rest between sets
- B- Run a good set of stairs as fast as possible (15-25yds): 10 x 1 with 30secs rest between sets
- C- Depth push up (3-6"): 10 x 3 per side with 30-45secs rest between sets

WORKOUT #4

- A- Speed skater jumps: 10 x 3 with 30secs rest between sets
- B- 15yd shuttle: 10 x 1 (there and back) with 30secs rest between sets
- C- Burpee's with push up explosion to feet: 10 x 3 with 30-45secs rest between sets