



**THE
PROGRAM**
NIKETRAINING.CA



WELCOME TO THE PROGRAM

Created by big league veteran Gary Roberts and pro trainer Matt Nichol, The Program gives you the tools to crush anyone who stands in your way. It focuses on building a solid foundation of speed, strength, agility and quickness, and adds explosiveness to your game. Your coaches and teammates will take notice, and you'll earn that extra time on the ice.

Be The One.

Next season starts now.

The Program is divided into three main parts designed to take you from this season to the next. Each day is broken down into warm ups and drills. These 45 minute training sessions are designed to give you the edge on the ice. Weeks 5 and 10 are active recovery weeks—which allow you to customize your workout schedule.

SPEED & POWER

WEEKS 1-4



This is the beginning of your journey. Here we take the momentum you have from finishing off last season, and push it to another level in the gym. You'll have two days of Active Recovery every week, and that's your chance to get out of the gym and play any sport you want.

ACTIVE RECOVERY

WEEK 5



This is an Active Recovery week. It's not a week off. Customize your workout schedule by playing sports or doing other workouts you enjoy. Take your bike, rollerblade, or go for a sustained run. Get out there every day of the week. Try to break a sweat.

EXPLOSIVENESS

WEEKS 6-9



You will be feeling stronger and quicker. And it's time to push even harder. We've added field exercises to a more intense gym workout. Weeks 6-9 are where we work on the explosiveness and quickness you'll need when you're back on the ice. These are the most intense weeks.

ACTIVE RECOVERY

WEEK 10



Once again, this is a recovery week. It's not a week off. There are plenty of other exercises outside of your normal schedule that will really enhance your performance. Try quick reaction games like soccer or basketball which balance lateral movement and power. Keep pushing.

TRAINING CAMP

WEEKS 11-12



The drills you'll find here will complement your Training Camp on-ice workouts you're already getting. You can work out any two days of the week, but try to keep 48 hours between The Program workouts. If you've come this far, your coaches and teammates will definitely notice.

WEEKS 1-4: SPEED & POWER

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Day 1	GYM WARM UP	GYM WARM UP	GYM WARM UP	GYM WARM UP
	DRILL One Leg Squat Box Jump One Leg Russian Dead Lift Swiss Ball Hip Ext. & Hamstring Curl Swiss Ball Crunch Wall Sits Side Planks	DRILL One Leg Squat Box Jump One Leg Russian Dead Lift Swiss Ball Hip Ext. & Hamstring Curl Swiss Ball Crunch Wall Sits Side Planks	DRILL One Leg Squat Box Jump One Leg Russian Dead Lift Swiss Ball Hip Ext. & Hamstring Curl Swiss Ball Crunch Wall Sits Side Planks	DRILL One Leg Squat Box Jump One Leg Russian Dead Lift Swiss Ball Hip Ext. & Hamstring Curl Swiss Ball Crunch Wall Sits Side Planks
Day 2	ACTIVE RECOVERY			
Day 3	GYM WARM UP	GYM WARM UP	GYM WARM UP	GYM WARM UP
	DRILL Pause Push-Ups Horizontal Pull-Ups One Arm Dumbbell Row Rear Delt Lateral Raises Front Plank Push-Ups Sprinter's Sit-Ups	DRILL Pause Push-Ups Horizontal Pull-Ups One Arm Dumbbell Row Rear Delt Lateral Raises Front Plank Push-Ups Sprinter's Sit-Ups	DRILL Pause Push-Ups Horizontal Pull-Ups One Arm Dumbbell Row Rear Delt Lateral Raises Front Plank Push-Ups Sprinter's Sit-Ups	DRILL Pause Push-Ups Horizontal Pull-Ups One Arm Dumbbell Row Rear Delt Lateral Raises Front Plank Push-Ups Sprinter's Sit-Ups
Day 4	ACTIVE RECOVERY			
Day 5	GYM WARM UP	GYM WARM UP	GYM WARM UP	GYM WARM UP
	DRILL Wall Squats Dumbbell Squat & Press Med Ball Sumo Squat & Overhead Reach Med Ball Overhead Twists Med Ball Side to Side Twists Med Ball Wood Chop Med Ball Alternating Lunges	DRILL Wall Squats Dumbbell Squat & Press Med Ball Sumo Squat & Overhead Reach Med Ball Overhead Twists Med Ball Side to Side Twists Med Ball Wood Chop Med Ball Alternating Lunges	DRILL Wall Squats Dumbbell Squat & Press Med Ball Sumo Squat & Overhead Reach Med Ball Overhead Twists Med Ball Side to Side Twists Med Ball Wood Chop Med Ball Alternating Lunges	DRILL Wall Squats Dumbbell Squat & Press Med Ball Sumo Squat & Overhead Reach Med Ball Overhead Twists Med Ball Side to Side Twists Med Ball Wood Chop Med Ball Alternating Lunges

WARMUPS

Gym Warmup	Sets	Reps	Rests	Superset	Page
Three Position Wall Stretch		6 each leg			5
Side Leg Lifts on Wall		5 each leg			5
Glute Bridge		15-30 s			5
Glute Bridge Marching		60 s			5
Wall Squats		60 s			5
Wall Side Lunges		5 steps each way			5
Prone Cobra		10 each side			6
Swiss and Med Ball Rotations	3	10	30 s		6
Inch Worms		20 metres			6

DRILLS

Day 1: Gym	Sets	Reps	Rests	Superset	Page
One Leg Squat Box Jump	3	8-12	60 s	A	8
One Leg Russian Dead Lift	3	8-12	60-90 s	A	8
Swiss Ball Hip Ext. & Hamstring Curl	2	10-15	30 s	B	8
Swiss Ball Crunch	2	10-15	15-30 s	B	9
Wall Sits	2	Max time	30 s	C	9
Side Planks	2	5 each side, Hold for 5 sec		C	9

Day 2: Active Recovery

Day 3: Gym

Pause Push-Ups	3	12-15	60s	A	9
Horizontal Pull-Ups	3	12-15	60-90 s	A	9
One Arm Dumbbell Row	3	8-12	60s	B	9
Rear Delt Lateral Raises	3	12-15	60-90 s	B	10
Front Plank Push-Ups	2	Max	30 s	C	10
Sprinter's Sit-Ups	2	Max	30 s	C	10

Day 4: Active Recovery

Day 5: Gym

Wall Squats	2	Max time	30 s	A	5
Dumbbell Squat & Press	3	10-12	60 s	A	10
Med Ball Sumo Squat & Overhead Reach	3	10-12	60-90 s	B	10
Med Ball Overhead Twists	3	10-12	60-90 s	B	10
Med Ball Side to Side Twists	3	10-12	60-90 s	B	11
Med Ball Wood Chop	3	10-12	60-90 s	B	11
Med Ball Alternating Lunges	3	10-12	60-90 s	B	11

Superset: For increased difficulty, complete sets of drills with the same letter [e.g. A, A] as a circuit.

WEEKS 6-9: EXPLOSIVENESS

	WEEK 6	WEEK 7	WEEK 8	WEEK 9
Day 1	GYM WARM UP	GYM WARM UP	GYM WARM UP	GYM WARM UP
	DRILL One and One Quarter Skater's Squats One Leg Russian Dead Lift Side Bridge Hip Extension Swiss Ball Twisting Side Crunch Side Planks	DRILL One and One Quarter Skater's Squats One Leg Russian Dead Lift Side Bridge Hip Extension Swiss Ball Twisting Side Crunch Side Planks	DRILL One and One Quarter Skater's Squats One Leg Russian Dead Lift Side Bridge Hip Extension Swiss Ball Twisting Side Crunch Side Planks	DRILL One and One Quarter Skater's Squats One Leg Russian Dead Lift Side Bridge Hip Extension Swiss Ball Twisting Side Crunch Side Planks
Day 2	FIELD WARM UP	FIELD WARM UP	FIELD WARM UP	FIELD WARM UP
	DRILL Pyramid Sprints	DRILL Pyramid Sprints	DRILL Pyramid Sprints	DRILL Pyramid Sprints
Day 3	GYM WARM UP	GYM WARM UP	GYM WARM UP	GYM WARM UP
	DRILL Incline Dumbbell Bench Press Horizontal Pull-Up One Arm Dumbbell Row Rear Delt Lateral Raises Side Planks Front Plank Push-Ups Chin-Up Test	DRILL Incline Dumbbell Bench Press Horizontal Pull-Up One Arm Dumbbell Row Rear Delt Lateral Raises Side Planks Front Plank Push-Ups Chin-Up Test	DRILL Incline Dumbbell Bench Press Horizontal Pull-Up One Arm Dumbbell Row Rear Delt Lateral Raises Side Planks Front Plank Push-Ups Chin-Up Test	DRILL Incline Dumbbell Bench Press Horizontal Pull-Up One Arm Dumbbell Row Rear Delt Lateral Raises Side Planks Front Plank Push-Ups Chin-Up Test
Day 4	FIELD WARM UP	FIELD WARM UP	FIELD WARM UP	FIELD WARM UP
	DRILL Ladder Crossover Agility Box Crossover Get-Up Tag	DRILL Ladder Crossover Agility Box Crossover Get-Up Tag	DRILL Ladder Crossover Agility Box Crossover Get-Up Tag	DRILL Ladder Crossover Agility Box Crossover Get-Up Tag
Day 5	GYM WARM UP	GYM WARM UP	GYM WARM UP	GYM WARM UP
	DRILL One Leg Russian Dead Lift Alternating Lunge Med Ball Sumo Squats & Overhead Reach Med Ball Side to Side Twists Med Ball Wood Chop Med Ball Split Jump & Twist Med Ball Jump Squats	DRILL One Leg Russian Dead Lift Alternating Lunge Med Ball Sumo Squats & Overhead Reach Med Ball Side to Side Twists Med Ball Wood Chop Med Ball Split Jump & Twist Med Ball Jump Squats	DRILL One Leg Russian Dead Lift Alternating Lunge Med Ball Sumo Squats & Overhead Reach Med Ball Side to Side Twists Med Ball Wood Chop Med Ball Split Jump & Twist Med Ball Jump Squats	DRILL One Leg Russian Dead Lift Alternating Lunge Med Ball Sumo Squats & Overhead Reach Med Ball Side to Side Twists Med Ball Wood Chop Med Ball Split Jump & Twist Med Ball Jump Squats

WARMUPS

Gym Warmup	Reps	Page	Field Warmup	Reps	Page
Three Position Wall Stretch	6 each leg	5	Side Shuffle with Arm Crosses	20 metres	6
Side Leg lifts on Wall	5 each leg	5	Carioca	20 metres	6
Glute Bridge	15-30 sec	5	Leg Swings	20 metres	6
Glute Bridge Marching	60 sec	5	High Knee March	20 metres	7
Wall Squats	60 sec	5	Jogging Butt Kickers	20 metres	7
Wall Side Lunges	5 steps each way	5	Walking Lunges	20 metres	7
Prone Cobra	10 each side	6	Alternating Side Lunges	6 each leg	7
Swiss and Med Ball Rotations	10	6	Spiderman Stretch	20 metres	7
Inch Worms	20 metres	6	Carioca Squats	20 metres	7
			Ladder Crossover	2X starting with each foot	8
			Frankenstein Walk	20 metres	8
			Speed Play: Buildups	100 metres at 50% speed	8
				100 metres at 75% speed	
				100 metres at 90% speed	

DRILLS

Day 1: Gym	Sets	Reps	Rests	Superset	Page
One and One Quarter Skater's Squats	3	8-10	60-90 s	A	11
One Leg Russian Dead Lift	3	8-10	60-90 s	A	8
Side Bridge Hip Extension	2	8-12 each leg	60 s	B	11
Swiss Ball Twisting Side Crunch	2	8-12	60 s	B	11
Side Planks	2	8 each side. Hold for 5 sec		B	9

Day 2: Field

Pyramid Sprints	1	1x100 1x200 1x300 1x200 1x100	Jog at 50% for the remainder of the track	12
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Day 3: Gym

Incline Dumbbell Bench Press	3	8-10	60-90 s	A	12
Horizontal Pull-Up	3	8-10	60-90 s	A	12
One Arm Dumbbell Row	3	10-12	30 s	B	9
Rear Delt Lateral Raises	3	12-15	60-90 s	B	10
Side Planks	6	6 each side		C	9
Front Plank Push-Ups		Max		C	10
Chin-Up Test	2	Max	90 s		12

Day 4: Field

Ladder Crossover	3	2x with each foot		12
Agility Box Crossover	1	6	30 s	12
Get-Up Tag	3	10 yards		12
	Wk1	4	15 yards	
	Wk2	5	20 yards	
	Wk3	7	15 yards	

Day 5: Gym

One Leg Russian Dead Lift	3	6 each leg		A	8
Alternating Lunge	3	6 each leg	60-90 s	A	12
Med Ball Sumo Squats & Overhead Reach	3	10-12	60-90 s	B	10
Med Ball Side to Side Twists	3	10-12	60-90 s	B	10
Med Ball Wood Chop	3	10-12	60-90 s	B	10
Med Ball Split Jump & Twist	3	10-12	60-90 s	B	13
Med Ball Jump Squats	3	10-12	60-90 s	B	13

Superset: For increased difficulty, complete sets of drills with the same letter [e.g. A, A] as a circuit.

WEEKS 11-12: TRAINING CAMP

	WEEK 11	WEEK 12
Day 1	GYM WARM UP	GYM WARM UP
	DRILLS Med Ball Alternating Lunges Med Ball Wood Chop Med Ball Sumo Squats & Overhead Reach Med Ball Split Jump & Twist Med Ball Push-Ups Med Ball Toe Touches Side Planks Front Plank Push-Ups	DRILLS Med Ball Alternating Lunges Med Ball Wood Chop Med Ball Sumo Squats & Overhead Reach Med Ball Split Jump & Twist Med Ball Push-Ups Med Ball Toe Touches Side Planks Front Plank Push-Ups
Day 2	TEAM TRAINING	
DAY 3	TEAM TRAINING	
Day 4	GYM WARM UP	GYM WARM UP
	DRILLS Skater's Squats Horizontal Pull-Up One Leg Russian Dead Lift Dumbbell Curl & Press Reverse Lunge & Step-Up	DRILLS Skater's Squats Horizontal Pull-Up One Leg Russian Dead Lift Dumbbell Curl & Press Reverse Lunge & Step-Up
Day 5	TEAM TRAINING	

Keep 48 hours between Program training sessions. Team training is on-ice training.

WARMUPS

Gym Warmup	Sets	Reps	Rests	Superset	Page
Three Position Wall Stretch		6 each leg			5
Side Leg lifts on Wall		5 each leg			5
Glute Bridge		15-30 sec			5
Glute Bridge Marching		60 sec			5
Wall Squats		60 sec			5
Wall Side Lunges		5 steps each way			5
Prone Cobra		10 each side			6
Swiss and Med Ball Rotations	3	10	30 s		6
Inch Worms		20 metres			6

DRILLS

Day 1: Gym	Sets	Reps	Rests	Superset	Page
Med Ball Alternating Lunges	3	8-12	60s	A	12
Med Ball Wood Chop	3	8-12	60s	A	11
Med Ball Sumo Squats & Overhead Reach	3	8-12	60s	A	10
Med Ball Split Jump & Twist	3	8-12	60s	A	13
Med Ball Push-Ups	3	8-12	60s	A	13
Med Ball Toe Touches	3	8-12	60s	A	13
Side Planks	6	6 each side. Hold for 6 sec		B	9
Front Plank Push-Ups		Max		B	

Day 2-3: Team Training

Day 4

Skater's Squats	2	7-10	60-90s	A	13
Horizontal Pull-Up	2	7-10	60-90s	A	9
One Leg Russian Dead Lift	2	7-10	60-90s	B	8
Dumbbell Curl & Press	2	7-10	60-90s	B	13
Reverse Lunge & Step-Up	3	6-8			12

Day 5: Team Training

Superset: For increased difficulty, complete sets of drills with the same letter [e.g. A, A] as a circuit.

GYM WARM UP THREE POSITION WALL STRETCH



1. Use a wall or a post for stability.
2. Kick your leg forwards, sideways and backwards.
3. Each kick should get progressively higher.

REPS: 6 each leg

GYM WARM UP SIDE LEG LIFTS ON WALL



1. Start in a seated position with your back up against a wall and your knees bent at 90°.
2. Extend one leg and hold for 10 seconds.
3. Repeat with your other leg.

REPS: 5 each leg

GYM WARM UP GLUTE BRIDGE



1. Lay flat on your back.
2. Lift your midsection, resting your weight only on your shoulders and heels.
3. Hold for 15-30 seconds.

GYM WARM UP GLUTE BRIDGE MARCHING



1. Lay flat on your back.
2. Lift your midsection, resting your weight only on your shoulders and heels.
3. Extend one leg at a time, pointing your foot to the ceiling.

REPS: 60 sec

GYM WARM UP WALL SQUATS



1. Start in a seated position with your back and shoulder blades against a wall and your knees bent at 90°.
2. Extend your legs and slide your torso up the wall, hold, and return to first position.

Warmup: **SETS: 1 REPS: 60 s**
Weeks 1-4 Day 3: **SETS: 2 REPS: Max time REST: 30 s**

GYM WARM UP WALL SIDE LUNGES



1. Start in a seated position with your back up against a wall and your knees bent at 90°.
2. Use the wall as a guide (to hold this position).
3. Take 5 steps in each direction.

GYM WARM UP PRONE COBRA



REPS: 10 each side

1. Lay down on your stomach with your arms out to your sides.
2. Bring your left foot over your back and attempt to touch your left toe to your right hand. You will naturally roll to your left side.
3. Roll back to your stomach and attempt connecting the opposite foot and hand.

GYM WARM UP SWISS AND MED BALL ROTATIONS



SETS: 3 REPS: 10 each direction RESTS: 30 s

This drill requires a swiss ball, a medicine ball and a partner.

1. Sit on a swiss ball holding a medicine ball at arm's length.
2. Keeping your hands at eye level, pass a medicine ball to your partner on one side and pick it up on the other, creating a circle around your head.

GYM WARM UP INCH WORMS



REPS: 20 metres

1. Start in a bridge position.
2. Without bending your legs, "walk" your feet in to meet your hands.
3. Without bending your arms "walk" your hands out until you are again in a bridge position.
4. Travel 20 metres.
5. Jog back to start.

FIELD WARM UP SIDE SHUFFLE WITH ARM CROSSES



REPS: 20 metres

Superset: Carioca—do one drill each direction for 20 metres

1. Skip sideways by bringing your feet together and then apart. Do not cross your legs.
2. When in the open position (legs open) pivot on one foot and face the opposite direction. Continue direction of motion.
3. Swing your arms with a crossing motion each time you shuffle.
4. Travel 20 metres.
5. Jog back to start.

FIELD WARM UP CARIOCA



REPS: 20 metres.

Superset: Side Shuffle with Arm Crosses—do one drill each direction for 20 metres

1. Start with your feet shoulder width or wider apart with your hands at your hips or ears.
2. Shuffle sideways, crossing your foot first in front and then behind the other.
3. Travel 20 metres.
4. Jog back to the start, or complete drill in the opposite direction.

FIELD WARM UP LEG SWINGS



REPS: 20 metres

1. Start in a standing position with your arms extended in front of you.
2. Step forward in a kicking motion, attempting to touch your hand with the opposite foot.
3. Travel 20 metres.
4. Jog back to the start.

SUPERSET: For increased difficulty, complete sets of drills with the same letter [e.g. A, A] as a circuit.

FIELD WARM UP

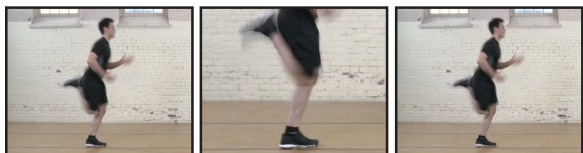
FIELD WARM UP HIGH KNEE MARCH



REPS: 20 metres

1. Using a sprinting motion, attempt to touch the ground as many times as possible within 20 metres.
2. Keep your elbows at 90 degrees and keep your knees as high as possible.
3. Travel 20 metres.
4. Jog back to the start.

FIELD WARM UP JOGGING BUTT KICKERS



REPS: 20 metres

1. Start to jog.
2. Kick your feet backwards bringing your heels up to your butt, and attempt to touch the ground as many times as possible within 20 metres.
3. Jog back to the start.

FIELD WARM UP WALKING LUNGES



REPS: 20 metres

1. Start with your hands on your hips or ears.
2. Lunge forward with a high step and end with your knees at 90° angles.
3. Follow with opposite leg.
4. Travel 20 metres.
5. Jog back to the start.

FIELD WARM UP ALTERNATING SIDE LUNGES



SETS: 3 REPS: 6 each leg

1. Start in a standing position and lunge to the side, stretching the inside of your thigh.
2. Hold and return to starting position.
3. Repeat with the other leg.

FIELD WARM UP SPIDERMAN STRETCH



REPS: 20 metres

1. Start on all fours, with your weight on your hands and feet.
2. Keeping your back parallel with the ground, move forward by crawling the floor, kicking your foot up and extending as far as possible with each motion for 20 metres.
3. Jog back to the start.

FIELD WARM UP CARIOCA SQUATS



REPS: 20 metres

1. Start with your hands on your ears or hips.
2. Move sideways by crossing your foot first in front, then behind the other.
3. When in the open position, perform a deep squat.
4. Travel 20 metres.
5. Jog back to the start.

FIELD WARM UP / DRILLS

FIELD WARM UP LADDER CROSSOVER



This drill requires a ladder or Agility Web.

1. Start at one end of the web beside the first box.
2. Step into the first box with your outside foot, crossing your body.
3. Next, bring your crossed foot to the other side of the box and bring your feet together on the other side.
4. Repeat the steps, alternating your feet until you reach the end of the web, and jog back to start.

Warmup: **SETS: 1 REPS: 2X starting with each foot**
 Weeks 6-9 Day 4: **SETS: 3 REPS: 2X starting with each foot**

FIELD WARM UP FRANKENSTEIN WALK



This drill requires a SPARQ ankle band.

1. Attach the Ankle Band to each ankle.
2. Stretch the band as far apart as you can and walk, keeping one foot firmly planted at all times.
3. Walk 20 metres out, and back.

REPS: 20 metres

FIELD WARM UP SPEED PLAY: BUILDUPS



REPS: Three runs to start successively:
 100 metres at 50% speed
 100 metres at 75% speed
 100 metres at 90% speed

This drill requires a 100 yard field.

1. From a standing position, get up to speed with a steadily increasing pace in the first 20 metres.
 - First run = 50% speed
 - Second run = 75% speed
 - Third run = 90% speed
2. At the 20 metre mark, hold that pace.
 - First run = hold for 20 metres
 - Second run = hold for 20 metres
 - Third run = hold for 40 metres
3. Then, decelerate evenly for the remaining length of the field until you are at a standing position at 100 metres.
4. Jog back to starting position.

DRILLS ONE LEG SQUAT BOX JUMP



This drill requires a platform 1-3 ft. in height.

1. Standing on one leg, squat, jump onto the platform, and hold.
2. Jump down, hold, and extend up to first position.

SETS: 3 REPS: 8-12 each leg. REST: 60 s
 Superset: One Leg Russian Dead Lift

DRILLS ONE LEG RUSSIAN DEAD LIFT

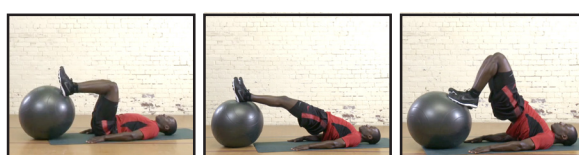


This drill requires a dumbbell.

1. Standing on one leg, grab the dumbbell on the floor.
2. Pull up, across your body, raising the dumbbell over your head.
3. Reverse direction to finish just above the floor at the outside of your ankle.

Weeks 1-4 DAY 1: SETS: 3 REPS: 8-12 REST: 60-90 s Superset: One Leg Squat Box Jump
 Weeks 6-9 DAY 1: SETS: 3 REPS: 8-10 REST: 60-90 s Superset: One & One Quarter Skater's Squats
 DAY 5: SETS: 3 REPS: 6 REST: 60-90 s Superset: Med Ball Alternating Lunge
 Weeks 11-12 DAY 2: SETS: 2 REPS: 7-10 REST: 60-90 s Superset: Dumbbell Curl and Press

DRILLS SWISS BALL HIP EXTENSION & HAMSTRING CURL



This drill requires a swiss ball.

1. Start with your heels on the ball.
2. Your back should be off the ground with your weight on your shoulders.
3. Roll the ball toward you to flex your hamstring and hold.
4. Roll the ball back to first position.

SETS: 2 REPS: 10-15 REST: 30 s
 Superset: Swiss Ball Crunch

SUPERSET: For increased difficulty, complete sets of drills with the same letter [e.g. A, A] as a circuit.

DRILLS SWISS BALL CRUNCH



SETS: 2 REPS: 10-15 REST: 15-30 s

Superset: Swiss Ball Hip Extension & Hamstring Curl

This drill requires a swiss ball.

1. Position the swiss ball in the small of your back. Your feet should be flat on the ground.
2. Balancing yourself on the ball, overextend backward and bring yourself to a crunch position.
3. Return to overextended position.

DRILLS WALL SITS



SETS: 2 REPS: Max time REST: 30 s

Superset: Side Planks

1. Start in a seated position with your back up against a wall and your knees bent at 90°.
2. Bring your arms up to your chest or ears to avoid resting them on your knees.
3. Hold this position for your maximum time.

DRILLS SIDE PLANKS



Weeks 1-4 DAY 1: SETS: 2 REPS: 5 each side with 5 sec holds
Weeks 6-9 DAY 1: SETS: 6 REPS: 8 each side with 5 sec holds
Weeks 6-9 DAY 3: SETS: 6 REPS: 6 each side with 6 sec holds
Weeks 11-12 DAY 1: SETS: 6 REPS: 6 each side with 6 sec holds

Superset: Wall Sits
Superset: Swiss Ball Twisting Side Crunch
Superset: Front Plank Push-Ups
Superset: Front Plank Push-Ups

1. Begin on your side with your weight on your elbow and lower leg.
2. Extend your other arm straight out in a "T" position, keeping your core straight and your feet stacked on top of each other.
3. Hold this position.
4. Return to first position and switch to your other side.

DRILLS PAUSE PUSH-UPS



SETS: 3 REPS: 12-15 REST: 60 s

Superset: Horizontal Pull-Ups

1. Start in a push-up position.
2. When you reach the down position, pause for 3 seconds before returning to the up position.

DRILLS HORIZONTAL PULL-UPS



SETS: 3 REPS: 12-15 REST: 60 s

Superset: Pause Push-Ups

This drill requires a suspended bar or rack.

1. Position the bar just above shoulder height and grip the bar like you were doing a bench press.
2. Straighten your core in a plank with your heels touching the floor.
3. Pull your body up to the bar in a reverse bench press.

DRILLS ONE ARM DUMBBELL ROW



SETS: 3 REPS: 8-12 REST: 60 s

Superset: Rear Delt Lateral Raises

This drill requires a bench and dumbbell.

1. Place one arm and knee on a bench for support and keep your back straight and parallel to ground.
2. Lean over so the dumbbell hangs straight from your arm and lift the dumbbell to your chest.

SUPERSET: For increased difficulty, complete sets of drills with the same letter [e.g. A, A] as a circuit.

DRILLS REAR DELT LATERAL RAISES



SETS: 3 REPS: 12-15 REST: 60-90 s

Superset: One Arm Dumbbell Row

This drill requires a swiss ball.

1. Position the Swiss ball under your hips and lean over the ball. You may need to anchor your heels under a bar or have a partner hold your feet.
2. With your arms behind your head, lift your torso upwards and overextend, hold, and return to first position.

DRILLS FRONT PLANK PUSH-UPS



SETS: 2 REPS: Max REST: 30 s

Superset: Sprinter's Sit-Ups

1. Start in a push-up position.
2. When you reach the down position, flex your ankles and push your body weight back, touching your elbows to the ground.
3. Push your weight forward with your feet to return to the down position and complete the push-up.

DRILLS SPRINTER'S SIT-UPS



SETS: 2 REPS: Max REST: 30 s

Superset: Front Plank Push-Ups

1. Lay flat on the ground with your legs extended. Your heels should touch the ground.
2. Bring your hands to your ears and complete a crunch, rotating your body to touch your elbow to your opposite knee, mimicking a sprinter's movement.

SUPERSET: For increased difficulty, complete sets of drills with the same letter [e.g. A, A] as a circuit.

DRILLS DUMBBELL SQUAT AND PRESS



SETS: 3 REPS: 10-12 REST: 60 s

Superset: Wall Squats

This drill requires two dumbbells.

1. Hold a dumbbell in each hand at shoulder height.
2. Perform a squat.
3. When you return to first position, use your momentum to press the dumbbells above your head.

DRILLS MED BALL SUMO SQUATS WITH OVERHEAD REACH



SETS: 3 REPS: 10-12 REST: 60-90 s

Superset (Med Ball Circuit Weeks 1-9):

Overhead Twists, Side to Side Twists, Wood Chop, Alternating Lunges

Superset (Med Ball Power Circuit Weeks 11-12):

Alternating Lunges, Wood Chop, Split Jump & Twist, Push-Ups, Toe Touches

This drill requires a medicine ball.

1. Start in a standing position with your legs wider than shoulder width apart, holding the med ball over your head.
2. Drop to a squat position and hold.
3. Return to first position.

DRILLS MED BALL OVERHEAD TWISTS



SETS: 3 REPS: 10-12 REST: 60-90 s

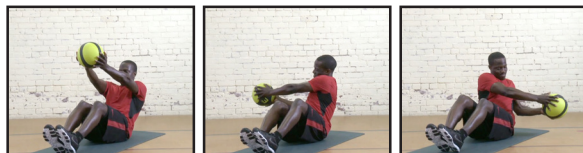
Superset: (Med Ball circuit)

Sumo Squat with Overhead Reach, Side to Side Twists, Wood Chop, Alternating Lunges

This drill requires a medicine ball.

1. Start in the pike or "V" position on the ground, with your heels off the ground, holding the med ball over your head.
2. Rotate the med ball side to side over your head.

DRILLS MED BALL SIDE TO SIDE TWISTS



SETS: 3 REPS: 10-12 REST: 60-90 s

Superset Med Ball circuit weeks 1-9:
Sumo Squat with Overhead Reach, Overhead Twists, Wood Chop, Alternating Lunges

This drill requires a medicine ball.

1. Start in an upright sit-up position, with your heels on the ground, holding the med ball at arm's length in front of you.
2. Rotate it from one side of your body to the other.

DRILLS MED BALL WOOD CHOP



SETS: 3 REPS: 10-12 REST: 60-90 s

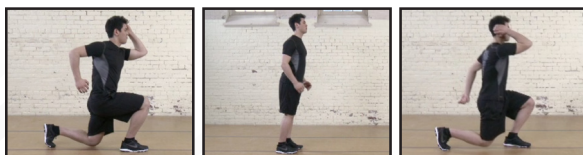
Superset: Med Ball circuit week 1-9:
Sumo Squat with Overhead Reach, Overhead Twists, Wood Chop, Alternating Lunges

Superset Med Ball Power Circuit week 11-12:
Alternating Lunges, Sumo Squats with Overhead Reach, Split Jump & Twist, Push-Ups, Toe Touches

This drill requires a medicine ball.

1. Start in a standing position with feet shoulder width apart.
2. Hold the med ball in two hands and raise it over your shoulder.
3. Bring it down across your body in a chopping motion, stopping it at your hip.
4. From the bottom of your chop, raise the ball over your other shoulder.
5. Chop down to your opposite hip to complete a figure eight.

DRILLS MED BALL ALTERNATING LUNGES



SETS: 3 REPS: 10-12 REST: 60-90 s

Superset: Med Ball circuit week 1-9:
Sumo Squat with Overhead Reach, Overhead Twists, Side to Side Twists, Wood Chop

Superset Med Ball Power Circuit week 11-12: Sumo Squats with Overhead Reach, Split Jump & Twist, Push-Ups, Toe Touches

This drill requires a medicine ball. (Med ball is not shown).

1. Start in a standing position holding the med ball at chest height.
2. Lunge forward on one leg, and hold.
3. Return to first position and lunge with the other leg.

DRILLS ONE AND ONE QUARTER SKATER'S SQUATS



SETS: 3 REPS: 8-10 RESTS: 60-90 s

Superset: One Leg Russian Dead Lift

1. Hold a bar with weight across your shoulders or a dumbbell in each hand.
2. Perform a full squat.
3. Rise up one quarter of the way, then down again into a full squat.
4. Return to first position.

DRILLS SIDE BRIDGE HIP EXTENSION

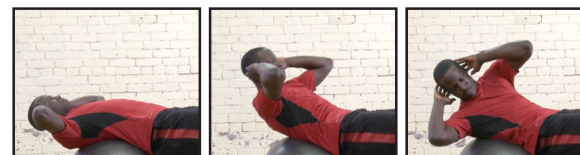


Superset: Swiss Ball Twisting Side Crunch

1. Start in a side bridge position with your weight resting on your elbow and the side of your foot.
2. Extend your outer arm at a right angle and raise your core up.
3. Raise your outer leg and scissor your leg forward and backward to flex your hip.

SETS: 2 REPS: 8-10 REST: 60-90s

DRILLS SWISS BALL TWISTING SIDE CRUNCH



SETS: 2 REPS: 8-10 REST: 60 s

Superset: Side Planks

This drill requires a swiss ball.

1. Place the swiss ball in the small of your back and lean back with your feet flat on the floor.
2. Place hands at ear height and perform a sit-up.
3. At the top of your crunch, rotate to each side and return to center.
4. Lean back to first position.

SUPERSET: For increased difficulty, complete sets of drills with the same letter [e.g. A, A] as a circuit.

DRILLS PYRAMID SPRINTS



This drill requires a 400 metre track or field. These sprints run successively, with shorter periods of rest between them. You should always keep moving. When you reach the starting line, your next sprint begins. Try to push yourself faster each week.

1. Sprint for 100 metres. Jog for 100 metres. Walk for 200 metres.
2. Sprint for 200 metres. Jog for 100 metres. Walk for 100 metres.
3. Sprint for 300 metres. Jog for 100 metres.
4. Sprint for 200 metres. Jog for 100 metres. Walk for 200 metres.
5. Sprint for 100 metres. Jog for 100 metres. Walk for 200 metres.

DRILLS CHIN-UP TEST



This drill requires an elevated bar or rack.

1. Grip the bar with palms facing you and extend your arms. Cross your feet to assure you don't touch the floor.
2. Pull your chin above the bar.
3. Return to first position.

SETS: 2 REPS: Max REST: 90 s

DRILLS INCLINE DUMBBELL BENCH PRESS



This drill requires an incline bench at 30-45 degrees, and two dumbbells.

1. Press your back, shoulders and head firmly to the bench.
2. With your palms facing forward, press the dumbbells up from your chest and slightly inward, ending your motion just before your elbows lock. Hold.
3. Return to first position.

SETS: 3 REPS: 8-10 REST: 60-90 s

Superset: Horizontal Pull-Up

DRILLS ALTERNATING LUNGE



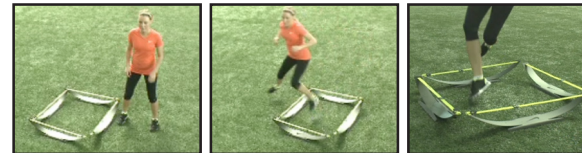
1. Start in a standing position with hands at chest height.
2. Lunge forward on one leg, and hold.
3. Return to first position and with other leg lunge.

SETS: 3 REPS: 6 each leg RESTS: 60-90 s

Superset: One Leg Russian Dead Lift

SUPERSET: For increased difficulty, complete sets of drills with the same letter [e.g. A, A] as a circuit.

DRILLS AGILITY BOX CROSSOVER

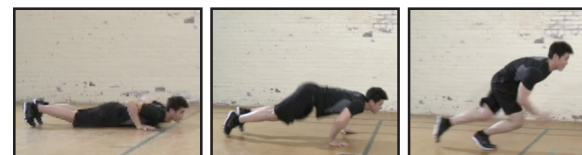


REPS: 6 REST: 30 s

This drill requires four hurdles at least one foot in height.

1. Arrange the hurdles in a box formation about two feet square.
2. Stand outside the box and use a carioca movement to bring your outside foot inside the box.
3. Then uncross your feet bringing your crossed foot over to the other side of the box and bring your feet together.
4. Then the motion reverses, and you cross again, but instead of uncrossing to the opposite side, bring your other foot outside the rear of the box.
5. Your weight should shift from inside the box to the outside, and when you bring your feet together, plant your feet to sprint out of the opposite side of the box. Try to better your time with each set.

DRILLS GET UP TAG



This drill requires a 400 metre track or field.

1. Start on your stomach with your hands at your shoulder height, ready to push you up to a standing position.
2. Explode up to a sprinting position and race for the distance.

Week 1: SETS: 3 DISTANCE: 10 yds

Week 2: SETS: 4 DISTANCE: 15 yds

Week 3: SETS: 5 DISTANCE: 20 yds

Week 4: SETS: 7 DISTANCE: 15 yds

DRILLS REVERSE LUNGE & STEP-UP



SETS: 3 REPS: 6-8 each leg RESTS: 60-90 s

This drill requires a 1-3 ft. platform.

1. Start one step behind the platform.
2. Lunge backward until your front leg is at 90 degree angle with your knee touching the ground.
3. Bring your back leg up to step onto the platform and bring your anchored leg up to a 90 degree angle.
4. Your raised leg now returns to first position and you step off the platform to first position.
5. Keep your arms in motion to mimic a sprinter's stance throughout the steps.

DRILLS MED BALL SPLIT JUMP & TWIST



SETS: 3 REPS: 8-12 RESTS: 60-90 s

This drill requires a med ball.

1. Start in a lunge position with one foot in front of the other and hold the med ball with both hands at one side of your waist—opposite your lead leg.
2. In one fluid motion, jump up and switch legs, coming down in a flex position and ending at a lunge your opposite leg forward.
3. When in mid air, move the med ball to your front and cross your body to your opposite hip.

DRILLS MED BALL JUMP SQUATS



SETS: 3 REPS: 10-12 RESTS: 60-90 s

This drill requires a med ball.

1. Start with your legs apart in a flex position, holding the med ball above your head.
2. Squat so your knees are at least 90 degrees.
3. Explode upward as high as you can, keeping your legs open and ready to transition to the next squat.

DRILLS MED BALL PUSH-UPS



SETS: 3 REPS: 10-12 RESTS: 60-90 s

This drill requires a med ball.

You can increase your level of difficulty by switching the med ball between hands for each rep without touching your knee to the floor, or place both hands on the med ball to complete a power set.

1. Begin in a pushup position with one hand on a med ball.
2. Complete pushup sets for each arm.

DRILLS MED BALL TOE TOUCHES



SETS: 3 REPS: 10-12 RESTS: 60-90 s

This drill requires a med ball.

1. Stand with your feet together and hold the med ball in front of you.
2. Extend downward slowly trying not to bend your legs until you touch your toes with the med ball.
3. Hold, and extend upward to the start position.

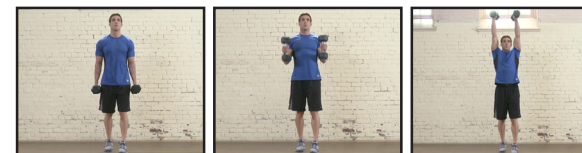
DRILLS SKATER'S SQUATS



SETS: 2 REPS: 7-10 RESTS: 60-90 s

1. Start in a standing position with feet together.
2. Extend a leg behind you at a 45 degree angle to end in a lunge position.
3. Hold, and return to start position and extend with the other leg.

DRILLS DUMBBELL CURL & PRESS



SETS: 2 REPS: 7-10 RESTS: 60-90 s

This drill requires 2 dumbbells.

1. Start in a standing position with feet together, holding dumbbells in each hand, palms facing outward.
2. Holding upper arms steady, curl weight to shoulder height, and continue motion to press weight above the head until arms are fully extended.

THE PROGRAM: SUMMARY

WARMUPS

Gym Warmup	Sets	Reps	Rests	Superset	Page
Three Position Wall Stretch		6 each leg			5
Side Leg lifts on Wall		5 each leg			5
Glute Bridge		15-30 sec			5
Glute Bridge Marching		60 sec			5
Wall Squats		60 sec			5
Wall Side Lunges		5 steps each way			5
Prone Cobra		10 each side			6
Swiss and Med Ball Rotations	3	10	30 s		6
Inch Worms		20 metres			6

Field Warmup

Side Shuffle with Arm Crosses		20 metres			6
Carioca		20 metres			6
Leg Swings		20 metres			6
High Knee March		20 metres			7
Jogging Butt Kickers		20 metres			7
Walking Lunges		20 metres			7
Alternating Side Lunges	3	6 each leg			7
Spiderman Stretch		20 metres			7
Carioca Squats		20 metres			7
Ladder Crossover		2X starting with each foot			8
Frankenstein Walk		20 metres			8
Speed Play: Buildups		100 metres at 50% speed			8
		100 metres at 75% speed			
		100 metres at 90% speed			

WEEKS 1-4

Day 1: Gym

One Leg Squat Box Jump	3	8-12	60 s	A	8
One Leg Russian Dead Lift	3	8-12	60-90 s	A	8
Swiss Ball Hip Ext. & Hamstring Curl	2	10-15	30 s	B	8
Swiss Ball Crunch	2	10-15	15-30 s	B	9
Wall Sits	2	Max time	30s	C	9
Side Planks	2	5 each side. Hold for 5 sec		C	9

Day 2: Active Recovery

Day 3: Gym

Pause Push-Ups	3	12-15	60s	A	9
Horizontal Pull-Ups	3	12-15	60-90 s	A	9
One Arm Dumbbell Row	3	8-12	60s	B	9
Rear Delt Lateral Raises	3	12-15	60-90 s	B	10
Front Plank Push-Ups	2	Max	30 s	C	10
Sprinter's Sit-Ups	2	Max	30 s	C	10

Day 4: Active Recovery

Day 5: Gym

Wall Squats	2	Max time	30 s	A	5
Dumbbell Squat & Press	3	10-12	60 s	A	10
Med Ball Sumo Squat & Overhead Reach	3	10-12	60-90 s	B	10
Med Ball Overhead Twists	3	10-12	60-90 s	B	10
Med Ball Side to Side Twists	3	10-12	60-90 s	B	11
Med Ball Wood Chop	3	10-12	60-90 s	B	11
Med Ball Alternating Lunges	3	10-12	60-90 s	B	11

Week 5: Active Recovery

Superset: For increased difficulty, complete sets of drills with the same letter [e.g. A, A] as a circuit.

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**THE
PROGRAM**

WEEKS 6-9

Day 1: Gym

	Sets	Reps	Rests	Superset	Page
One and One Quarter Skater's Squats	3	8-10	60-90 s	A	11
One Leg Russian Dead Lift	3	8-10	60-90 s	A	8
Side Bridge Hip Extension	2	8-12 each leg	60 s	B	11
Swiss Ball Twisting Side Crunch	2	8-12	60 s	B	11
Side Planks	2	8 each side. Hold for 5 sec		B	9

Day 2: Field

Pyramid Sprints	1	1x100 1x200 1x300 1x200 1x100	Jog or walk for the rest of the track.		12
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Day 3: Gym

Incline Dumbbell Bench Press	3	8-10	60-90 s	A	12
Horizontal Pull-Up	3	8-10	60-90 s	A	12
One Arm Dumbbell Row	3	10-12	30 s	B	9
Rear Delt Lateral Raises	3	12-15	60-90 s	B	10
Side Planks	6	6 each side		C	9
Front Plank Push-Ups		Max		C	10
Chin-Up Test	2	Max	90 s		12

Day 4: Field

Ladder Crossover	3	2x with each foot			12
Agility Box Crossover	1	6	30 s		12
Get-Up Tag	Wk1	3	10 yards		12
	Wk2	4	15 yards		
	Wk3	5	20 yards		
	Wk4	7	15 yards		

Day 5: Gym

One Leg Russian Dead Lift	3	6 each leg		A	8
Alternating Lunge	3	6 each leg	60-90 s	A	12
Med Ball Sumo Squats & Overhead Reach	3	10-12	60-90 s	B	10
Med Ball Side to Side Twists	3	10-12	60-90 s	B	10
Med Ball Wood Chop	3	10-12	60-90 s	B	10
Med Ball Split Jump & Twist	3	10-12	60-90 s	B	13
Med Ball Jump Squats	3	10-12	60-90 s	B	13

Week 10: Active Recovery

WEEK 11-12

Keep 48 hours between Program training sessions. Team training is on-ice training.

Day 1: Gym

Med Ball Alternating Lunges	3	8-12	60 s	A	12
Med Ball Wood Chop	3	8-12	60 s	A	11
Med Ball Sumo Squats & Overhead Reach	3	8-12	60 s	A	10
Med Ball Split Jump & Twist	3	8-12	60 s	A	13
Med Ball Push-Ups	3	8-12	60 s	A	13
Med Ball Toe Touches	3	8-12	60 s	A	13
Side Planks	6	6 each side. Hold for 6 sec		B	9
Front Plank Push-Ups		Max		B	

Day 2-3: Team Training

Day 4: Gym

Skater's Squats	2	7-10	60-90 s	A	13
Horizontal Pull-Up	2	7-10	60-90 s	A	9
One Leg Russian Dead Lift	2	7-10	60-90 s	B	8
Dumbbell Curl & Press	2	7-10	60-90 s	B	13
Reverse Lunge & Step-Up	3	6-8			14

Day 5: Team Training

WEEKS 1-4: SPEED & POWER



	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Day 1	GYM WARM UP	GYM WARM UP	GYM WARM UP	GYM WARM UP
	DRILL	DRILL	DRILL	DRILL
Day 2	ACTIVE RECOVERY			
Day 3	GYM WARM UP	GYM WARM UP	GYM WARM UP	GYM WARM UP
	DRILL	DRILL	DRILL	DRILL
Day 4	ACTIVE RECOVERY			
Day 5	GYM WARM UP	GYM WARM UP	GYM WARM UP	GYM WARM UP
	DRILL	DRILL	DRILL	DRILL

WEEKS 6-9: EXPLOSIVENESS

	WEEK 6	WEEK 7	WEEK 8	WEEK 9
Day 1	GYM WARM UP	GYM WARM UP	GYM WARM UP	GYM WARM UP
	DRILL	DRILL	DRILL	DRILL
Day 2	FIELD WARM UP	FIELD WARM UP	FIELD WARM UP	FIELD WARM UP
	DRILL	DRILL	DRILL	DRILL
Day 3	GYM WARM UP	GYM WARM UP	GYM WARM UP	GYM WARM UP
	DRILL	DRILL	DRILL	DRILL
Day 4	FIELD WARM UP	FIELD WARM UP	FIELD WARM UP	FIELD WARM UP
	DRILL	DRILL	DRILL	DRILL
Day 5	GYM WARM UP	GYM WARM UP	GYM WARM UP	GYM WARM UP
	DRILL	DRILL	DRILL	DRILL

Superset: For increased difficulty, complete sets of drills with the same letter [e.g. A, A] as a circuit.

WEEKS 11-12: TRAINING CAMP



	WEEK 11	WEEK 12
Day 1	GYM WARM UP	GYM WARM UP
	DRILLS	DRILLS
Day 2	TEAM TRAINING	
DAY 3	TEAM TRAINING	
Day 4	GYM WARM UP	GYM WARM UP
	DRILLS	DRILLS
Day 5	TEAM TRAINING	

Keep 48 hours between Program training sessions. Team training is on-ice training.