

Wolverine Hockey

Off-season training

**Phase 1 – Pre-Strength Phase**

Day 1

Bike 10 minutes

Dynamic warm-up

Stretch

Squats 15, 12, 10 reps

Leg extensions 15, 12, 10 reps

Seated leg curls 15, 12, 10 reps

Barbell bench press 15, 12, 10

Front lat pull downs 15, 12, 10 reps

Barbell wrist curls 15, 15, 15 reps

Reverse dumbbell wrist curl 15, 15, 15 reps

Day 2

Dynamic warm up

2 mile run

Stretch

Bicycle crunch 40, 40, 40 reps

Reverse ball crunch 20, 20, 20 reps

Ab ball plate twist 8, 8, 8, reps each side

Day 3

Dynamic warm-up

Bike sprints 1 set 300

Stretch

Military press 15, 12, 10 reps

Dumbbell side laterals 15, 12, 10 reps

Dumbbell hammer curls 15, 12, 10 reps

Close grip bench press 15, 12, 10 reps

Parallel bar dips 15, 12, 10 reps

## Day 4

Dynamic warm-up

2 mile run

Stretch

Hanging knee ups 15, 15, 15 reps

Hyperextensions 12, 12, 12 reps

V-crunches 15, 15, 15 reps

Front planks 45 sec., 45 sec., 45 sec.

## Day 5

Bike 10 minutes

Dynamic warm-up

Stretch

Single leg bench squats 15, 15, 15 reps

Stiff leg deadlifts 15, 12, 10 reps

Flat bench flyes 15, 12, 10 reps

Seated rows 15, 12, 10 reps

Wrist roller 2x, 2x, 2x

Standing calf raises 15, 12, 10 reps

## Day 6

Dynamic warm-up

Stretch

2 mile run outside, medium intensity

Cool down stretches

## Day 7

**DAY OFF!! NO WORKOUT!!**

## Phase 2 – Strength Phase

### Day 1

Bike 10 minutes warm-up

Dynamic warm-up

Stretch

Dumbbell rotator exercises	2 sets, 15 reps
Squats	3 sets, 10, 10, 10 reps
Dumbbell step ups	3 sets, 12, 12, 10 reps
Dumbbell hamer curl	3 sets, 12, 10, 8 reps
Single leg leg extensions	3 sets, 15, 12, 10 reps
Anterior tibia raise	3 sets, 20, 20, 20 reps
Seated leg curls	3 sets, 12, 10, 8 reps
E-Z bar cable curls	3 sets, 12, 10, 8 reps
Ab ball plate twists	3 sets, 10 reps each side
Sit ups	1 set, 20-30 reps

Cool down stretches!!

### Day 2

Dynamic warm-up

2 mile run

Stretch

Lower body plyometric routine:

Deep squats	3 sets, 10 reps
Front lunges	3 sets, 10 reps
Split squat jumps	3 sets, 10 reps each leg
Power squat jumps	3 sets, 10 reps
Upper body plyo circuit	Side – 3 sets, 8 reps Front – 3 sets, 8 reps Back – 3 sets, 8 reps

Core line circuit #1

Hand eye drills – tennis ball off wall

Recovery bike ride 15-20 minutes

Cool down stretches!!

### Day 3

Dynamic warm-up

Quickfeet ladder work  
Stretch out

Machine or dumbbell bench press	4 sets, 15, 12, 10, 8 reps
Reverse grip high pulldowns	3 sets, 12, 10, 8 reps
Pec deck flyes	3 sets, 12, 10, 8 reps
One arm dumbbell or seated rows	3 sets, 12, 10, 8 reps
Parallel bar dips	3 sets, 15, 12, 10 reps
Standing barbell wrist curls	3 sets, 15, 15, 15 reps
Slide board circuit	slide board 3 sets, 30 sec. each set
	Wall sit 3 sets, 30 sec. each set
	Slide board rev. lunge 3 sets, 12 reps each leg
	Groin & hip flexor stretch 3 sets, hold 15, 20 sec.
Al's superab's #2	1 set, 20-30 reps

Cool down stretches

Day 4

Dynamic warm-up  
2 mile run  
Stretch

Mini band routine	2 sets, 12 reps
Lower body plyometric routine	
	Lateral bounds 3 sets, 10 reps each side
	Long jumps 3 sets, 10 reps
	Power squat jumps 3 sets, 10 reps
Ab ball balance squats	3 sets, 30-60 sec. each leg
Bongo balance board	3 sets, 30-60 sec.
Medicine ball chops	3 sets, 12 reps each side
Core line circuit #2	
Hand eye drills with partner – z-ball or tennis ball	

Recovery bike ride 15-20 mins.  
Cool down stretches

Day 5

Bike 10-15 minute warm-up

Dynamic warm-up  
Stretch

Dumbbell rotator exercises	2 sets, 15 reps
45* leg press	4 sets, 15, 12, 10, 8 reps
Military press	4 sets, 10, 10, 10, 10 reps
Single leg bench squats	3 sets, 12, 10, 8 reps
Single arm side laterals	3 sets, 12, 10, 8 reps
Ab ball leg curls	3 sets, 15, 15, 15 reps
Upright barbell rows	3 sets, 12, 10, 8 reps
Seated calf raise	3 sets, 18, 15, 12 reps
Anterior tibia raise	3 sets, 20, 20, 20 reps
Ab ball plate twists	3 sets, 10 reps each side
Al's superab's #1	1 set, 20-30 reps

Bike ride  
Cool down stretches

Day 6

Dynamic warm-up  
Quickfeet ladder work  
Stretch out

Slide board circuit	slide board	3 sets, 30 sec. each set
	Wall sit	3 sets, 30 sec. each set
	Slide board rev. lunge	3 sets, 12 reps each leg
	Groin & hip flexor stretch	3 sets, hold 15-20 sec.
Mini band circuit	side walks	2 sets, 15 side steps
	Front to back walks	2 sets, 15 steps each leg
Single leg balance board		3 sets, 30-60 sec. each leg
Bongo balance board		3 sets, 30-60 sec.
Hand eye drills off wall with tennis ball		

Recovery bike ride – 20-30 minutes  
Cool down stretches

Day 7

DAY OFF!!! GO GOLFING!!!

### **Phase 3 – Pre-Training Camp Phase**

Day 1

Dynamic warm-up  
Agility circuit routine  
Super legs plyometric routine

Dumbbell rotator exercises	2 sets, 12, 12 reps
Barbell bench press	3 sets, 15, 12, 10 reps
Standing calf raises	3 sets, 18, 15, 12 reps
Barbell cleans	3 sets, 12, 12, 10 reps
Pec deck flies	3 sets, 12, 12, 10 reps
Wide front pulldowns	3 sets, 12, 12, 10 reps
Dumbbell pullovers	3 sets, 12, 12, 10 reps
Dumbbell hammer curls	3 sets, 12, 12, 10 reps
Anterior tibia raises	3 sets, 20, 20, 20 reps
Al's superabs #1	2 sets, 25 reps

Bike sprints – Flush ride 15 mins.  
Cool down stretches

## Day 2

Dynamic warm-up  
2 mile run

Squats	3 sets, 15, 12, 10 reps
Dumbbell shoulder press	3 sets, 12, 12, 10 reps
45* leg press	3 sets, 12, 12, 10 reps
3 way shoulders	3 sets, 8-8-8 reps
Parallel bar dips	3 sets, as many as possible each set
Ab ball leg curls	3 sets, 15, 15, 15 reps
Standing barbell wrist curls	3 sets, 20, 18, 15 reps
Dumbbell reverse wrist curls	3 sets, 15, 15, 15 reps
Core circuit #1	2 sets, see core routine

Upper body plyometrics #1

Flush bike ride 20 mins.  
Cool down stretches

## Day 3

Dynamic warm-up

Quickfeet ladder routine  
Running sprints  
Ball squats on ball

3 sets, 12, 12, 12 reps

Abdominal exercises:

Fit test sit-ups  
Ab ball plate crunches  
Hanging leg raises  
Ab ball plate twists

1 set, as many as possible in 60 sec.  
3 sets, 20, 20, 20 reps  
3 sets, 20, 20, 20 reps  
3 sets, 10 reps each side

Flush bike ride 20 mins.  
Cool down stretches

Day 4

Dynamic warm-up

Super leg plyometric routine #2

Dumbbell rotator exercises  
Incline dumbbell bench press  
Seated calf raises  
Reverse grip chin-ups  
Push-ups  
Seated rows  
Anterior tibia raises  
Barbell curls  
Superman's on ball or floor  
Core circuit #2

3 sets, 12, 12, 12 reps  
2 sets, 12, 12 reps  
3 sets, 18, 15, 12 reps  
3 sets, as many as possible each set  
3 sets, 20, 18, 15 reps  
3 sets, 12, 12, 10 reps  
3 sets, 20, 20, 20 reps  
3 sets, 12, 12, 10 reps  
3 sets, 10 sec X 3 reps each side  
2 sets, see core routine

Bike ride #3 V02 ride  
Cool down stretches

Day 5

Dynamic warm-up  
3 mile run  
Stretch

Dumbbell rotator exercises  
Walking lunges  
Machine military press  
Bench step up  
Dumbbell shrugs  
Leg extensions  
V-bar pushdowns

2 sets, 12, 12 reps  
3 sets, 12, 12, 10 reps  
3 sets, 12, 12, 10 reps  
3 sets, 12, 12, 10 reps  
3 sets, 15, 15, 15 reps  
3 sets, 12, 12, 10 reps  
3 sets, 12, 12, 10 reps

Wrist roller 3 sets, 2x, 2x, 2x up/down  
Bench dips 3 sets, 15, 15, 15 reps  
AI's superabs #2 2 sets, 25 reps

Upper body plyometrics #2  
Flush bike ride  
Cool down stretches

Day 6

Dynamic warm-up  
Running sprints  
Agility circuit routine  
Balance ball squats 3 sets, 15, 15, 15 reps  
Single leg balance board 3 sets, 30 sec. each leg  
Abdominal exercises:  
Fit test sit-ups 1 set, as many as possible in 60 sec.  
V-crunches 3 sets, 20, 20, 20 reps

Flush bike ride 20 mins.  
Cool down stretches

Day 7

DAY OFF!!

I WILL SEE EVERYONE AT TRAINING CAMP – GOOD LUCK EVERYBODY!