

**RUNNING PROGRAMS, QUICKFEET LADDER ROUTINES
& UPPER & LOWER BODY PLYOMETRIC ROUTINES**

2 & 3 MILE RUNS

YOUR 2 & 3 MILE RUNS SHOULD BE A MEDIUM TO HIGH INTENSITY RUN, DO NOT BE A SLACKER. THESE RUNS SHOULD ALMOST BE AN ANAEROBIC EXERCISE, THIS MEANS YOUR 2 AND 3 MILE RUNS SHOULD BE DONE IN AS QUICK A TIME AS POSSIBLE. SO TIME ALL OF YOUR RUNS AND TRY TO IMPROVE ON THAT TIME EACH TIME YOU GO FOR YOUR RUNS. REMEMBER TO PUSH YOURSELF AND YOU WILL SEE IMPROVED RESULTS ON THE ICE.

RUNNING SPRINTS

10 sprints, 40 meters long with quick feet carioca back to starting point, alternate carioca direction after each sprint. A maximum 60 sec. of rest between each sprint, sprint with a fellow athlete this will push you harder or if possible have somebody time each sprint.

QUICKFEET LADDER ROUTINE

1. S DRILL
 2. HOPSCOTCH
 3. FRONT CROSSOVER
 4. BACK CROSSOVER
 5. SIDE SHUFFLE
 6. HIGH KNEES
- 3 sets each exercise

UPPER BODY PLYOMETRICS

ROUTINE #1

1. **MEDICINE BALL DROP/CHEST THROW**
3 sets, 20 throws
2. **PARTNER SIDE/FRONT/BACK THROWS**
3 sets, 8 each side to the side/front/back

ROUTINE #2

1. **BOX PUSH-UPS**
3 sets, 15-20 push-ups each set
2. **MEDICINE BALL CHOPS**
3 sets, 10 reps each side

LOWER BODY PLYOMETRIC ROUTINES

ROUTINE # 1 (superlegs circuit)

1. **DEEP SQUATS** **10 REPS**
 2. **FRONT LUNGES** **10 REPS each leg**
 3. **SPLIT SQUAT JUMPS** **10 REPS each leg**
 4. **POWER SQUAT JUMPS** **10 REPS**
- 3 sets of circuit / no rest between each exercise. 1 min. rest between each set.

ROUTINE #2

1. **LATERAL BOUNDS** **10 REPS EACH LEG**
2. **LONG JUMPS** **10 REPS**
3. **POWER SQUAT JUMPS** **10 REPS**
3 sets of circuit / rest 30 seconds between exercise. 1 min. rest between each set.