

# Bethel Hockey

## Strength Training Plan

Name \_\_\_\_\_

Weekly Training Log

date \_\_\_\_\_

Workout:	Training Plan:	M	TU	W	TH	F	SAT	S
<b>Ten-Minute Stretching</b>	<b>4 x week</b> Record completion in shaded areas.							
<b>Speed</b>	<b>8 fast sprints during practice 3 x week</b>							
<b>Sprint 8 cardio</b>	<b>20 minutes 2 x week</b>							
<b>Plyometrics</b>	<b>15 minutes 1 x week</b>							
<b>Hip Flexors</b>	<b>Hurdles - 15 minutes 1 x week</b>							
<b>Strength Training:</b>	<b>Exercise:</b>	<b>Record Sets &amp; Reps</b> sets / reps		Record amount of weight used during sets in shaded areas. Use E-Lifting technique on push and press exercises to failure in the "range" of 10 reps (6-12).				
<b>Chest</b>	Bench press 3/10 Chest Flys 2/10							
<b>Back</b>	DB Pullovers 3/10 Lat pull downs 3/10 DB rows 3/10							
<b>Shoulders</b>	Shoulder press 3/10 DB lateral raises 3/10 shrugs 3/20 Split-leg snatch DB 3/10							
<b>Biceps</b>	Machine curls 3/10 DB 21s 3/21							
<b>Triceps</b>	Rope Triceps 3/20							
<b>Forearms</b>	Wrist curl superset 1/ea							
<b>Leg superset:</b>	Leg press 3/10 (or Squats)							
<b>1. Quads</b>	(or Overhead BB Squats)							
<b>2. Calves</b>	3 way calf raises 3/10							
<b>3. X-Jumps</b>	pause jumps 3/10							
<b>Hamstrings</b>	Leg curls 3/10 each							
<b>Superset</b>	single leg Lunge jumps							
<b>Bosu Ball</b>	10 seconds each leg x3							
<b>Balance</b>								
<b>Sports Specific</b>	Single-leg box jumps: up-down-up 3/8 Overspeed jumps 1/10							
<b>Tibialis</b>	Reverse calf raises 1/40							
<b>Abs</b>	Abs superset 3/failure Leg raises 3/failure							
<b>Low back</b>	Hyperextensions 2/15							
<b>Obliques</b>	with Russian twist							