

***THERE ARE NO SHORT CUTS TO ANY PLACE WORTH GOING!***

<b>Monday, May 21</b>	<b>(reps x weight)</b>			
Squats	15x _____	14x _____	13x _____	12x _____
Leg Curls	15x _____	14x _____	13x _____	12x _____
Leg Extensions	15x _____	14x _____	13x _____	12x _____
Abductors	15x _____	14x _____	13x _____	12x _____
Adductors	15x _____	14x _____	13x _____	12x _____
Wide Grip Pull-ups	15x _____	14x _____	13x _____	12x _____
Hyperextensions	15x _____	14x _____	13x _____	12x _____
One Arm Dumbbell Rows	15x _____	14x _____	13x _____	12x _____
Hammer Curls	15x _____	14x _____	13x _____	12x _____
Wrist Curls	15x _____	14x _____	13x _____	12x _____
Wrist Extensions	15x _____	14x _____	13x _____	12x _____
45 min aerobic workout	Activity:	Miles:		
<b>Tuesday, May 22</b>	<b>(reps x weight)</b>			
Bench Press	15x _____	14x _____	13x _____	12x _____
Incline Bench Press	15x _____	14x _____	13x _____	12x _____
Military Press	15x _____	14x _____	13x _____	12x _____
Upright Rows	15x _____	14x _____	13x _____	12x _____
Front Raises	15x _____	14x _____	13x _____	12x _____
Lateral Raises	15x _____	14x _____	13x _____	12x _____
Flat Tricep Curls	15x _____	14x _____	13x _____	12x _____
Dips - weighted	15x _____	14x _____	13x _____	12x _____
Abs	10	10	10	10
Agility Workout	Do Agility exercises 1-5 three times each			
<b>Wednesday, May 23</b>	<b>(reps/leg)</b>			
Squat Jump	5	5		
Split Squat Jump	5	5		
Cycled Split Squat Jump	5	5		
Skate Stride Jump	10 yards	10 yards		
Double Leg Tuck Jump	5	5		
Double Leg Vert Power Jump	5	5		
Drop Push-up	5	5		
Plyometric Sit-up	5	5		

<b>Thursday, May 24</b>	<b>(reps x weight)</b>			
Front Squats	15x _____	14x _____	13x _____	12x _____
Step ups	15x _____	14x _____	13x _____	12x _____
Lunges	15x _____	14x _____	13x _____	12x _____
Abductors	15x _____	14x _____	13x _____	12x _____
Adductors	15x _____	14x _____	13x _____	12x _____
Lat Pulldowns	15x _____	14x _____	13x _____	12x _____
Hyperextensions	15x _____	14x _____	13x _____	12x _____
Seated Rows	15x _____	14x _____	13x _____	12x _____
Bicep Curls	15x _____	14x _____	13x _____	12x _____
Wrist Curls	15x _____	14x _____	13x _____	12x _____
Wrist Extensions	15x _____	14x _____	13x _____	12x _____
Agility Workout	Tennis Ball Drills			
<b>Friday, May 25</b>	<b>(reps x weight)</b>			
Military Press	15x _____	14x _____	13x _____	12x _____
Incline Bench Press	15x _____	14x _____	13x _____	12x _____
Bench Press	15x _____	14x _____	13x _____	12x _____
Upright Rows	15x _____	14x _____	13x _____	12x _____
Front Raises	15x _____	14x _____	13x _____	12x _____
Lateral Raises	15x _____	14x _____	13x _____	12x _____
Close Grip Bench Press	15x _____	14x _____	13x _____	12x _____
Tricep Pushdowns	15x _____	14x _____	13x _____	12x _____
Abs	10	10	10	10
Anaerobic Workout	Phase 1			
<b>Saturday, May 26</b>	<b>(reps/leg)</b>			
Squat Jump	10	10		
Split Squat Jump	10	10		
Cycled Split Squat Jump	10	10		
Skate Stride Jump	30 yards	30 yards		
Standing Long Jump	30 yards	30 yards		
Double Leg Speed Hop	30 yards	30 yards		
Drop Push-up	10	10		
Plyometric Sit-up	10	10		
<b>Sunday, May 27</b>	Active Rest - Activity			

***THE ROAD TO THE NCAA TOURNAMENT STARTS HERE!!!***

Men's Ice Hockey

Training Log

***THERE ARE NO SHORT CUTS TO ANY PLACE WORTH GOING!***

<b>Monday, May 28</b>	<b>(reps x weight)</b>			
Squats	15x _____	14x _____	13x _____	12x _____
Leg Curls	15x _____	14x _____	13x _____	12x _____
Leg Extensions	15x _____	14x _____	13x _____	12x _____
Abductors	15x _____	14x _____	13x _____	12x _____
Adductors	15x _____	14x _____	13x _____	12x _____
Wide Grip Pull-ups	15x _____	14x _____	13x _____	12x _____
Hyperextensions	15x _____	14x _____	13x _____	12x _____
One Arm Dumbbell Rows	15x _____	14x _____	13x _____	12x _____
Hammer Curls	15x _____	14x _____	13x _____	12x _____
Wrist Curls	15x _____	14x _____	13x _____	12x _____
Wrist Extensions	15x _____	14x _____	13x _____	12x _____
45 min aerobic workout	Activity:		Miles:	
<b>Tuesday, May 29</b>	<b>(reps x weight)</b>			
Bench Press	15x _____	14x _____	13x _____	12x _____
Incline Bench Press	15x _____	14x _____	13x _____	12x _____
Military Press	15x _____	14x _____	13x _____	12x _____
Upright Rows	15x _____	14x _____	13x _____	12x _____
Front Raises	15x _____	14x _____	13x _____	12x _____
Lateral Raises	15x _____	14x _____	13x _____	12x _____
Flat Tricep Curls	15x _____	14x _____	13x _____	12x _____
Dips - weighted	15x _____	14x _____	13x _____	12x _____
Abs	10	10	10	10
Agility Workout	Do Agility exercises 1-5 three times each			
<b>Wednesday, May 30</b>	<b>(reps/leg)</b>			
Squat Jump	5	5		
Split Squat Jump	5	5		
Cycled Split Squat Jump	5	5		
Skate Stride Jump	10 yards	10 yards		
Double Leg Tuck Jump	5	5		
Double Leg Vert Power Jump	5	5		
Drop Push-up	5	5		
Plyometric Sit-up	5	5		

<b>Thursday, May 31</b>	<b>(reps x weight)</b>			
Front Squats	15x _____	14x _____	13x _____	12x _____
Step ups	15x _____	14x _____	13x _____	12x _____
Lunges	15x _____	14x _____	13x _____	12x _____
Abductors	15x _____	14x _____	13x _____	12x _____
Adductors	15x _____	14x _____	13x _____	12x _____
Lat Pulldowns	15x _____	14x _____	13x _____	12x _____
Hyperextensions	15x _____	14x _____	13x _____	12x _____
Seated Rows	15x _____	14x _____	13x _____	12x _____
Bicep Curls	15x _____	14x _____	13x _____	12x _____
Wrist Curls	15x _____	14x _____	13x _____	12x _____
Wrist Extensions	15x _____	14x _____	13x _____	12x _____
Agility Workout	Tennis Ball Drills			
<b>Friday, June 1</b>	<b>(reps x weight)</b>			
Military Press	15x _____	14x _____	13x _____	12x _____
Incline Bench Press	15x _____	14x _____	13x _____	12x _____
Bench Press	15x _____	14x _____	13x _____	12x _____
Upright Rows	15x _____	14x _____	13x _____	12x _____
Front Raises	15x _____	14x _____	13x _____	12x _____
Lateral Raises	15x _____	14x _____	13x _____	12x _____
Close Grip Bench Press	15x _____	14x _____	13x _____	12x _____
Tricep Pushdowns	15x _____	14x _____	13x _____	12x _____
Abs	10	10	10	10
Anaerobic Workout	Phase 1			
<b>Saturday, June 2</b>	<b>(reps/leg)</b>			
Squat Jump	10	10		
Split Squat Jump	10	10		
Cycled Split Squat Jump	10	10		
Skate Stride Jump	30 yards	30 yards		
Standing Long Jump	30 yards	30 yards		
Double Leg Speed Hop	30 yards	30 yards		
Drop Push-up	10	10		
Plyometric Sit-up	10	10		
<b>Sunday, June 3</b>	Active Rest - Activity			

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<b>Monday, June 4</b>	<b>(reps x weight)</b>			
Squats	15x _____	14x _____	13x _____	12x _____
Leg Curls	15x _____	14x _____	13x _____	12x _____
Leg Extensions	15x _____	14x _____	13x _____	12x _____
Abductors	15x _____	14x _____	13x _____	12x _____
Adductors	15x _____	14x _____	13x _____	12x _____
Wide Grip Pull-ups	15x _____	14x _____	13x _____	12x _____
Hyperextensions	15x _____	14x _____	13x _____	12x _____
One Arm Dumbbell Rows	15x _____	14x _____	13x _____	12x _____
Hammer Curls	15x _____	14x _____	13x _____	12x _____
Wrist Curls	15x _____	14x _____	13x _____	12x _____
Wrist Extensions	15x _____	14x _____	13x _____	12x _____
45 min aerobic workout	Activity:		Miles:	
<b>Tuesday, June 5</b>	<b>(reps x weight)</b>			
Bench Press	15x _____	14x _____	13x _____	12x _____
Incline Bench Press	15x _____	14x _____	13x _____	12x _____
Military Press	15x _____	14x _____	13x _____	12x _____
Upright Rows	15x _____	14x _____	13x _____	12x _____
Front Raises	15x _____	14x _____	13x _____	12x _____
Lateral Raises	15x _____	14x _____	13x _____	12x _____
Flat Tricep Curls	15x _____	14x _____	13x _____	12x _____
Dips - weighted	15x _____	14x _____	13x _____	12x _____
Abs	10	10	10	10
Agility Workout	Do Agility exercises 1-5 three times each			
<b>Wednesday, June 6</b>	<b>(reps/leg)</b>			
Squat Jump	5	5		
Split Squat Jump	5	5		
Cycled Split Squat Jump	5	5		
Skate Stride Jump	10 yards	10 yards		
Double Leg Tuck Jump	5	5		
Double Leg Vert Power Jump	5	5		
Drop Push-up	5	5		
Plyometric Sit-up	5	5		

<b>Thursday, June 7</b>	<b>(reps x weight)</b>			
Front Squats	15x _____	14x _____	13x _____	12x _____
Step ups	15x _____	14x _____	13x _____	12x _____
Lunges	15x _____	14x _____	13x _____	12x _____
Abductors	15x _____	14x _____	13x _____	12x _____
Adductors	15x _____	14x _____	13x _____	12x _____
Lat Pulldowns	15x _____	14x _____	13x _____	12x _____
Hyperextensions	15x _____	14x _____	13x _____	12x _____
Seated Rows	15x _____	14x _____	13x _____	12x _____
Bicep Curls	15x _____	14x _____	13x _____	12x _____
Wrist Curls	15x _____	14x _____	13x _____	12x _____
Wrist Extensions	15x _____	14x _____	13x _____	12x _____
Agility Workout	Tennis Ball Drills			
<b>Friday, June 8</b>	<b>(reps x weight)</b>			
Military Press	15x _____	14x _____	13x _____	12x _____
Incline Bench Press	15x _____	14x _____	13x _____	12x _____
Bench Press	15x _____	14x _____	13x _____	12x _____
Upright Rows	15x _____	14x _____	13x _____	12x _____
Front Raises	15x _____	14x _____	13x _____	12x _____
Lateral Raises	15x _____	14x _____	13x _____	12x _____
Close Grip Bench Press	15x _____	14x _____	13x _____	12x _____
Tricep Pushdowns	15x _____	14x _____	13x _____	12x _____
Abs	10	10	10	10
Anaerobic Workout	Phase 1			
<b>Saturday, June 9</b>	<b>(reps/leg)</b>			
Squat Jump	10	10		
Split Squat Jump	10	10		
Cycled Split Squat Jump	10	10		
Skate Stride Jump	30 yards	30 yards		
Standing Long Jump	30 yards	30 yards		
Double Leg Speed Hop	30 yards	30 yards		
Drop Push-up	10	10		
Plyometric Sit-up	10	10		
<b>Sunday, June 10</b>	Active Rest - Activity			

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Men's Ice Hockey

Training Log

***THERE ARE NO SHORT CUTS TO ANY PLACE WORTH GOING!***

<b>Monday, June 11</b>	<b>(reps x weight)</b>			
Squats	15x _____	14x _____	13x _____	12x _____
Leg Curls	15x _____	14x _____	13x _____	12x _____
Leg Extensions	15x _____	14x _____	13x _____	12x _____
Abductors	15x _____	14x _____	13x _____	12x _____
Adductors	15x _____	14x _____	13x _____	12x _____
Wide Grip Pull-ups	15x _____	14x _____	13x _____	12x _____
Hyperextensions	15x _____	14x _____	13x _____	12x _____
One Arm Dumbbell Rows	15x _____	14x _____	13x _____	12x _____
Hammer Curls	15x _____	14x _____	13x _____	12x _____
Wrist Curls	15x _____	14x _____	13x _____	12x _____
Wrist Extensions	15x _____	14x _____	13x _____	12x _____
45 min aerobic workout	Activity:	Miles:		
<b>Tuesday, June 12</b>	<b>(reps x weight)</b>			
Bench Press	15x _____	14x _____	13x _____	12x _____
Incline Bench Press	15x _____	14x _____	13x _____	12x _____
Military Press	15x _____	14x _____	13x _____	12x _____
Upright Rows	15x _____	14x _____	13x _____	12x _____
Front Raises	15x _____	14x _____	13x _____	12x _____
Lateral Raises	15x _____	14x _____	13x _____	12x _____
Flat Tricep Curls	15x _____	14x _____	13x _____	12x _____
Dips - weighted	15x _____	14x _____	13x _____	12x _____
Abs	10	10	10	10
Agility Workout	Do Agility exercises 1-5 three times each			
<b>Wednesday, June 13</b>	<b>(reps/leg)</b>			
Squat Jump	5	5		
Split Squat Jump	5	5		
Cycled Split Squat Jump	5	5		
Skate Stride Jump	10 yards	10 yards		
Double Leg Tuck Jump	5	5		
Double Leg Vert Power Jump	5	5		
Drop Push-up	5	5		
Plyometric Sit-up	5	5		

<b>Thursday, June 14</b>	<b>(reps x weight)</b>			
Front Squats	15x _____	14x _____	13x _____	12x _____
Step ups	15x _____	14x _____	13x _____	12x _____
Lunges	15x _____	14x _____	13x _____	12x _____
Abductors	15x _____	14x _____	13x _____	12x _____
Adductors	15x _____	14x _____	13x _____	12x _____
Lat Pulldowns	15x _____	14x _____	13x _____	12x _____
Hyperextensions	15x _____	14x _____	13x _____	12x _____
Seated Rows	15x _____	14x _____	13x _____	12x _____
Bicep Curls	15x _____	14x _____	13x _____	12x _____
Wrist Curls	15x _____	14x _____	13x _____	12x _____
Wrist Extensions	15x _____	14x _____	13x _____	12x _____
Agility Workout	Tennis Ball Drills			
<b>Friday, June 15</b>	<b>(reps x weight)</b>			
Military Press	15x _____	14x _____	13x _____	12x _____
Incline Bench Press	15x _____	14x _____	13x _____	12x _____
Bench Press	15x _____	14x _____	13x _____	12x _____
Upright Rows	15x _____	14x _____	13x _____	12x _____
Front Raises	15x _____	14x _____	13x _____	12x _____
Lateral Raises	15x _____	14x _____	13x _____	12x _____
Close Grip Bench Press	15x _____	14x _____	13x _____	12x _____
Tricep Pushdowns	15x _____	14x _____	13x _____	12x _____
Abs	10	10	10	10
Anaerobic Workout	Phase 1			
<b>Saturday, June 16</b>	<b>(reps/leg)</b>			
Squat Jump	10	10		
Split Squat Jump	10	10		
Cycled Split Squat Jump	10	10		
Skate Stride Jump	30 yards	30 yards		
Standing Long Jump	30 yards	30 yards		
Double Leg Speed Hop	30 yards	30 yards		
Drop Push-up	10	10		
Plyometric Sit-up	10	10		
<b>Sunday, June 17</b>	Active Rest - Activity			

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Men's Ice Hockey

Training Log

***THERE ARE NO SHORT CUTS TO ANY PLACE WORTH GOING!***

<b>Monday, June 18</b>	<b>(reps x weight)</b>			
Squats	15x _____	14x _____	13x _____	12x _____
Leg Curls	15x _____	14x _____	13x _____	12x _____
Leg Extensions	15x _____	14x _____	13x _____	12x _____
Abductors	15x _____	14x _____	13x _____	12x _____
Adductors	15x _____	14x _____	13x _____	12x _____
Wide Grip Pull-ups	15x _____	14x _____	13x _____	12x _____
Hyperextensions	15x _____	14x _____	13x _____	12x _____
One Arm Dumbbell Rows	15x _____	14x _____	13x _____	12x _____
Hammer Curls	15x _____	14x _____	13x _____	12x _____
Wrist Curls	15x _____	14x _____	13x _____	12x _____
Wrist Extensions	15x _____	14x _____	13x _____	12x _____
45 min aerobic workout	Activity:	Miles:		
<b>Tuesday, June 19</b>	<b>(reps x weight)</b>			
Bench Press	15x _____	14x _____	13x _____	12x _____
Incline Bench Press	15x _____	14x _____	13x _____	12x _____
Military Press	15x _____	14x _____	13x _____	12x _____
Upright Rows	15x _____	14x _____	13x _____	12x _____
Front Raises	15x _____	14x _____	13x _____	12x _____
Lateral Raises	15x _____	14x _____	13x _____	12x _____
Flat Tricep Curls	15x _____	14x _____	13x _____	12x _____
Dips - weighted	15x _____	14x _____	13x _____	12x _____
Abs	10	10	10	10
Agility Workout	Do Agility exercises 1-5 three times each			
<b>Wednesday, June 20</b>	<b>(reps/leg)</b>			
Squat Jump	5	5		
Split Squat Jump	5	5		
Cycled Split Squat Jump	5	5		
Skate Stride Jump	10 yards	10 yards		
Double Leg Tuck Jump	5	5		
Double Leg Vert Power Jump	5	5		
Drop Push-up	5	5		
Plyometric Sit-up	5	5		

<b>Thursday, June 21</b>	<b>(reps x weight)</b>			
Front Squats	15x _____	14x _____	13x _____	12x _____
Step ups	15x _____	14x _____	13x _____	12x _____
Lunges	15x _____	14x _____	13x _____	12x _____
Abductors	15x _____	14x _____	13x _____	12x _____
Adductors	15x _____	14x _____	13x _____	12x _____
Lat Pulldowns	15x _____	14x _____	13x _____	12x _____
Hyperextensions	15x _____	14x _____	13x _____	12x _____
Seated Rows	15x _____	14x _____	13x _____	12x _____
Bicep Curls	15x _____	14x _____	13x _____	12x _____
Wrist Curls	15x _____	14x _____	13x _____	12x _____
Wrist Extensions	15x _____	14x _____	13x _____	12x _____
Agility Workout	Tennis Ball Drills			
<b>Friday, June 22</b>	<b>(reps x weight)</b>			
Military Press	15x _____	14x _____	13x _____	12x _____
Incline Bench Press	15x _____	14x _____	13x _____	12x _____
Bench Press	15x _____	14x _____	13x _____	12x _____
Upright Rows	15x _____	14x _____	13x _____	12x _____
Front Raises	15x _____	14x _____	13x _____	12x _____
Lateral Raises	15x _____	14x _____	13x _____	12x _____
Close Grip Bench Press	15x _____	14x _____	13x _____	12x _____
Tricep Pushdowns	15x _____	14x _____	13x _____	12x _____
Abs	10	10	10	10
Anaerobic Workout	Phase 1			
<b>Saturday, June 23</b>	<b>(reps/leg)</b>			
Squat Jump	10	10		
Split Squat Jump	10	10		
Cycled Split Squat Jump	10	10		
Skate Stride Jump	30 yards	30 yards		
Standing Long Jump	30 yards	30 yards		
Double Leg Speed Hop	30 yards	30 yards		
Drop Push-up	10	10		
Plyometric Sit-up	10	10		
<b>Sunday, June 24</b>	Active Rest - Activity			

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***THERE ARE NO SHORT CUTS TO ANY PLACE WORTH GOING!***

<b>Monday, June 25</b>	(reps x weight)	<b>Thursday, June 28</b>	(reps x weight)
Active Rest		OFF	
<b>Tuesday, June 26</b>	(reps x weight)	<b>Friday, June 29</b>	(reps x weight)
Active Rest		SELF TEST 1	SELF TEST 1
<b>Wednesday, June 27</b>	(reps/leg)	<b>Saturday, June 30</b>	(reps/leg)
Active Rest		OFF	
		<b>Sunday, July 1</b>	CANADA DAY

***THE ROAD TO THE NCAA TOURNAMENT STARTS HERE!!!***

***THERE ARE NO SHORT CUTS TO ANY PLACE WORTH GOING!***

Monday, July 2	(reps x weight)	Thursday, July 5	(reps x weight)
OFF		Front Squats 12x____ 11x____ 11x____ 10x____ Step ups 12x____ 11x____ 11x____ 10x____ Lunges 12x____ 11x____ 11x____ 10x____ Abductors 12x____ 11x____ 11x____ 10x____ Adductors 12x____ 11x____ 11x____ 10x____ Lat Pulldowns 12x____ 11x____ 11x____ 10x____ Hyperextensions 12x____ 11x____ 11x____ 10x____ Seated Rows 12x____ 11x____ 11x____ 10x____ Bicep Curls 12x____ 11x____ 11x____ 10x____ Wrist Curls 12x____ 11x____ 11x____ 10x____ Wrist Extensions 12x____ 11x____ 11x____ 10x____ Anaerobic Workout Phase 2 Day 2	
Tuesday, July 3	(reps x weight)	Friday, July 6	(reps x weight)
OFF		Military Press 12x____ 11x____ 11x____ 10x____ Incline Bench Press 12x____ 11x____ 11x____ 10x____ Bench Press 12x____ 11x____ 11x____ 10x____ Upright Rows 12x____ 11x____ 11x____ 10x____ Front Raises 12x____ 11x____ 11x____ 10x____ Lateral Raises 12x____ 11x____ 11x____ 10x____ Close Grip Bench Press 12x____ 11x____ 11x____ 10x____ Tricep Pushdowns 12x____ 11x____ 11x____ 10x____ Abs 10 10 10 10 Agility Workout Exercises 1-5 3 times each	
Wednesday, July 4	(reps/leg)	Saturday, July 7	(reps/leg)
OFF	INDEPENDENCE DAY	Squat Jump 15 15 Pike Jump 15 15 Double Leg Tuck 15 15 Box or Bench Jumps 15 15 Skate Stride Jump 20 yards 20 yards Single Leg Speed Hop 20 yards 20 yards Drop Push-up 25 25 Plyometric Sit-up 20 20	
		Sunday, July 8	Active Rest - Activity

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Men's Ice Hockey

Training Log

***THERE ARE NO SHORT CUTS TO ANY PLACE WORTH GOING!***

<b>Monday, July 9</b>	<b>(reps x weight)</b>			
Squats	12x	11x	11x	10x
Leg Curls	12x	11x	11x	10x
Leg Extensions	12x	11x	11x	10x
Abductors	12x	11x	11x	10x
Adductors	12x	11x	11x	10x
Wide Grip Pull-ups	12x	11x	11x	10x
Hyperextensions	12x	11x	11x	10x
One Arm Dumbbell Rows	12x	11x	11x	10x
Hammer Curls	12x	11x	11x	10x
Wrist Curls	12x	11x	11x	10x
Wrist Extensions	12x	11x	11x	10x
45 minute aerobic workout	Activity:	Miles:		
<b>Tuesday, July 10</b>	<b>(reps x weight)</b>			
Bench Press	12x	11x	11x	10x
Incline Bench Press	12x	11x	11x	10x
Military Press	12x	11x	11x	10x
Upright Rows	12x	11x	11x	10x
Front Raises	12x	11x	11x	10x
Lateral Raises	12x	11x	11x	10x
Flat Tricep Curls	12x	11x	11x	10x
Dips - weighted	12x	11x	11x	10x
Abs	10	10	10	10
Anaerobic Workout	Phase 2	Day 1		
<b>Wednesday, July 11</b>	<b>(reps/leg)</b>			
Squat Jump	5	5		
Pike Jump	5	5		
Double Leg Tuck Jump	5	5		
Double Leg Verticle Power Jump	5	5		
Skate Stride Jump	15 yards	15 yards		
Double Leg Hop	15 yards	15 yards		
Drop Push-up	20	20		
Plyometric Sit-up	15	15		
Agility workout	Tennis Ball Drills			

<b>Thursday, July 12</b>	<b>(reps x weight)</b>			
Front Squats	12x	11x	11x	10x
Step ups	12x	11x	11x	10x
Lunges	12x	11x	11x	10x
Abductors	12x	11x	11x	10x
Adductors	12x	11x	11x	10x
Lat Pulldowns	12x	11x	11x	10x
Hyperextensions	12x	11x	11x	10x
Seated Rows	12x	11x	11x	10x
Bicep Curls	12x	11x	11x	10x
Wrist Curls	12x	11x	11x	10x
Wrist Extensions	12x	11x	11x	10x
Anaerobic Workout	Phase 2	Day 2		
<b>Friday, July 13</b>	<b>(reps x weight)</b>			
Military Press	12x	11x	11x	10x
Incline Bench Press	12x	11x	11x	10x
Bench Press	12x	11x	11x	10x
Upright Rows	12x	11x	11x	10x
Front Raises	12x	11x	11x	10x
Lateral Raises	12x	11x	11x	10x
Close Grip Bench Press	12x	11x	11x	10x
Tricep Pushdowns	12x	11x	11x	10x
Abs	10	10	10	10
Agility Workout	Exercises 1-5	3 times each		
<b>Saturday, July 14</b>	<b>(reps/leg)</b>			
Squat Jump	15	15		
Split Squat Jump	15	15		
Double Leg Tuck	15	15		
Box or Bench Jumps	15	15		
Skate Stride Jump	20 yards	20 yards		
Single Leg Speed Hop	20 yards	20 yards		
Drop Push-up	25	25		
Plyometric Sit-up	20	20		
<b>Sunday, July 15</b>	Active Rest - Activity			

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Men's Ice Hockey

Training Log

***THERE ARE NO SHORT CUTS TO ANY PLACE WORTH GOING!***

<b>Monday, July 16</b>	<b>(reps x weight)</b>			
Squats	12x	11x	11x	10x
Leg Curls	12x	11x	11x	10x
Leg Extensions	12x	11x	11x	10x
Abductors	12x	11x	11x	10x
Adductors	12x	11x	11x	10x
Wide Grip Pull-ups	12x	11x	11x	10x
Hyperextensions	12x	11x	11x	10x
One Arm Dumbbell Rows	12x	11x	11x	10x
Hammer Curls	12x	11x	11x	10x
Wrist Curls	12x	11x	11x	10x
Wrist Extensions	12x	11x	11x	10x
45 minute aerobic workout	Activity:	Miles:		
<b>Tuesday, July 17</b>	<b>(reps x weight)</b>			
Bench Press	12x	11x	11x	10x
Incline Bench Press	12x	11x	11x	10x
Military Press	12x	11x	11x	10x
Upright Rows	12x	11x	11x	10x
Front Raises	12x	11x	11x	10x
Lateral Raises	12x	11x	11x	10x
Flat Tricep Curls	12x	11x	11x	10x
Dips - weighted	12x	11x	11x	10x
Abs	10	10	10	10
Anaerobic Workout	Phase 2	Day 1		
<b>Wednesday, July 18</b>	<b>(reps/leg)</b>			
Squat Jump	5	5		
Pike Jump	5	5		
Double Leg Tuck Jump	5	5		
Double Leg Verticle Power Jump	5	5		
Skate Stride Jump	15 yards	15 yards		
Double Leg Hop	15 yards	15 yards		
Drop Push-up	20	20		
Plyometric Sit-up	15	15		
Agility workout	Tennis Ball Drills			

<b>Thursday, July 19</b>	<b>(reps x weight)</b>			
Front Squats	12x	11x	11x	10x
Step ups	12x	11x	11x	10x
Lunges	12x	11x	11x	10x
Abductors	12x	11x	11x	10x
Adductors	12x	11x	11x	10x
Lat Pulldowns	12x	11x	11x	10x
Hyperextensions	12x	11x	11x	10x
Seated Rows	12x	11x	11x	10x
Bicep Curls	12x	11x	11x	10x
Wrist Curls	12x	11x	11x	10x
Wrist Extensions	12x	11x	11x	10x
Anaerobic Workout	Phase 2	Day 2		
<b>Friday, July 20</b>	<b>(reps x weight)</b>			
Military Press	12x	11x	11x	10x
Incline Bench Press	12x	11x	11x	10x
Bench Press	12x	11x	11x	10x
Upright Rows	12x	11x	11x	10x
Front Raises	12x	11x	11x	10x
Lateral Raises	12x	11x	11x	10x
Close Grip Bench Press	12x	11x	11x	10x
Tricep Pushdowns	12x	11x	11x	10x
Abs	10	10	10	10
Agility Workout	Exercises 1-5	3 times each		
<b>Saturday, July 21</b>	<b>(reps/leg)</b>			
Squat Jump	15	15		
Split Squat Jump	15	15		
Double Leg Tuck	15	15		
Box or Bench Jumps	15	15		
Skate Stride Jump	20 yards	20 yards		
Single Leg Speed Hop	20 yards	20 yards		
Drop Push-up	25	25		
Plyometric Sit-up	20	20		
<b>Sunday, July 22</b>	Active Rest - Activity			

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***THERE ARE NO SHORT CUTS TO ANY PLACE WORTH GOING!***

<b>Monday, July 23</b>	<b>(reps x weight)</b>	<b>Thursday, July 26</b>	<b>(reps x weight)</b>
ACTIVE REST	200 Squats 200 Push-ups Abs 30 minute Aerobic	Front Squats	
		ACTIVE REST	200 Squats 200 Push-ups Abs 30 minute Aerobic
<b>Tuesday, July 24</b>	<b>(reps x weight)</b>	<b>Friday, July 27</b>	<b>(reps x weight)</b>
ACTIVE REST	200 Squats 200 Push-ups Abs 30 minute Aerobic	SELF TEST 2	SELF TEST 2
<b>Wednesday, July 25</b>	<b>(reps/leg)</b>	<b>Saturday, July 28</b>	<b>(reps/leg)</b>
ACTIVE REST	200 Squats 200 Push-ups Abs 30 minute Aerobic	OFF	
		<b>Sunday, July 29</b>	Active Rest - Activity

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Men's Ice Hockey

Training Log

***THERE ARE NO SHORT CUTS TO ANY PLACE WORTH GOING!***

<b>Monday, July 30</b>	<b>(reps x weight)</b>			
Squats	10x_____	9x _____	8x _____	
Leg Curls	10x_____	9x _____	8x _____	
Leg Extensions	10x_____	9x _____	8x _____	
Abductors	10x_____	9x _____	8x _____	
Adductors	10x_____	9x _____	8x _____	
Wide Grip Pull-ups	10x_____	9x _____	8x _____	
Hyperextensions	10x_____	9x _____	8x _____	
One Arm Dumbbell Rows	10x_____	9x _____	8x _____	
Hammer Curls	10x_____	9x _____	8x _____	
Wrist Curls	10x_____	9x _____	8x _____	
Wrist Extensions	10x_____	9x _____	8x _____	
45 minute aerobic workout	Activity:		Miles:	
<b>Tuesday, July 31</b>	<b>(reps x weight)</b>			
Bench Press	10x_____	9x _____	8x _____	
Incline Bench Press	10x_____	9x _____	8x _____	
Military Press	10x_____	9x _____	8x _____	
Upright Rows	10x_____	9x _____	8x _____	
Front Raises	10x_____	9x _____	8x _____	
Lateral Raises	10x_____	9x _____	8x _____	
Flat Tricep Curls	10x_____	9x _____	8x _____	
Dips - weighted	10x_____	9x _____	8x _____	
Abs	15	15	15	
Anaerobic Workout	Phase 3	Day 1		
<b>Wednesday, August 1</b>	<b>(reps/leg)</b>			
Squat Jump	5	5	5	5
Pike Jump	5	5	5	5
Double Leg Tuck Jump	5	5	5	5
Double Leg Verticle Power Jump	5	5	5	5
Skate Stride Jump	15 yards	15 yards	15 yards	15 yards
Double Leg Hop	15 yards	15 yards	15 yards	15 yards
Drop Push-up	30	30	30	30
Plyometric Sit-up	25	25	25	25
Agility workout	Tennis Ball Drills			
<b>Thursday, August 2</b>	<b>(reps x weight)</b>			
Front Squats	10x_____	9x _____	8x _____	
Step ups	10x_____	9x _____	8x _____	
Lunges	10x_____	9x _____	8x _____	
Abductors	10x_____	9x _____	8x _____	
Adductors	10x_____	9x _____	8x _____	
Lat Pulldowns	10x_____	9x _____	8x _____	
Hyperextensions	10x_____	9x _____	8x _____	
Seated Rows	10x_____	9x _____	8x _____	
Bicep Curls	10x_____	9x _____	8x _____	
Wrist Curls	10x_____	9x _____	8x _____	
Wrist Extensions	10x_____	9x _____	8x _____	
Anaerobic Workout	Phase 3		Day 2	
<b>Friday, August 3</b>	<b>(reps x weight)</b>			
Military Press	10x_____	9x _____	8x _____	
Incline Bench Press	10x_____	9x _____	8x _____	
Bench Press	10x_____	9x _____	8x _____	
Upright Rows	10x_____	9x _____	8x _____	
Front Raises	10x_____	9x _____	8x _____	
Lateral Raises	10x_____	9x _____	8x _____	
Close Grip Bench Press	10x_____	9x _____	8x _____	
Tricep Pushdowns	10x_____	9x _____	8x _____	
Abs	15	15	15	
Agility Workout	Excercises 6 -10		3 times each	
<b>Saturday, August 4</b>	<b>(reps/leg)</b>			
Squat Jump	15	15	15	15
Split Squat Jump	15	15	15	15
Double Leg Tuck	15	15	15	15
Box or Bench Jumps	15	15	15	15
Skate Stride Jump	30 yards	30 yards	30 yards	30 yards
Single Leg Speed Hop	30 yards	30 yards	30 yards	30 yards
Drop Push-up	30	30	30	30
Plyometric Sit-up	25	25	25	25
<b>Sunday, August 5</b>	Active Rest - Activity			

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***THERE ARE NO SHORT CUTS TO ANY PLACE WORTH GOING!***

<b>Monday, August 6</b>	<b>(reps x weight)</b>			
Squats	10x_____	9x _____	8x _____	
Leg Curls	10x_____	9x _____	8x _____	
Leg Extensions	10x_____	9x _____	8x _____	
Abductors	10x_____	9x _____	8x _____	
Adductors	10x_____	9x _____	8x _____	
Wide Grip Pull-ups	10x_____	9x _____	8x _____	
Hyperextensions	10x_____	9x _____	8x _____	
One Arm Dumbbell Rows	10x_____	9x _____	8x _____	
Hammer Curls	10x_____	9x _____	8x _____	
Wrist Curls	10x_____	9x _____	8x _____	
Wrist Extensions	10x_____	9x _____	8x _____	
45 minute aerobic workout	Activity:		Miles:	
<b>Tuesday, August 7</b>	<b>(reps x weight)</b>			
Bench Press	10x_____	9x _____	8x _____	
Incline Bench Press	10x_____	9x _____	8x _____	
Military Press	10x_____	9x _____	8x _____	
Upright Rows	10x_____	9x _____	8x _____	
Front Raises	10x_____	9x _____	8x _____	
Lateral Raises	10x_____	9x _____	8x _____	
Flat Tricep Curls	10x_____	9x _____	8x _____	
Dips - weighted	10x_____	9x _____	8x _____	
Abs	15	15	15	
Anaerobic Workout	Phase 3	Day 1		
<b>Wednesday, August 8</b>	<b>(reps/leg)</b>			
Squat Jump	5	5	5	5
Pike Jump	5	5	5	5
Double Leg Tuck Jump	5	5	5	5
Double Leg Verticle Power Jump	5	5	5	5
Skate Stride Jump	15 yards	15 yards	15 yards	15 yards
Double Leg Hop	15 yards	15 yards	15 yards	15 yards
Drop Push-up	30	30	30	30
Plyometric Sit-up	25	25	25	25
Agility workout	Tennis Ball Drills			

<b>Thursday, August 9</b>	<b>(reps x weight)</b>			
Front Squats	10x_____	9x _____	8x _____	
Step ups	10x_____	9x _____	8x _____	
Lunges	10x_____	9x _____	8x _____	
Abductors	10x_____	9x _____	8x _____	
Adductors	10x_____	9x _____	8x _____	
Lat Pulldowns	10x_____	9x _____	8x _____	
Hyperextensions	10x_____	9x _____	8x _____	
Seated Rows	10x_____	9x _____	8x _____	
Bicep Curls	10x_____	9x _____	8x _____	
Wrist Curls	10x_____	9x _____	8x _____	
Wrist Extensions	10x_____	9x _____	8x _____	
Anaerobic Workout	Phase 3	Day 2		
<b>Friday, August 10</b>	<b>(reps x weight)</b>			
Military Press	10x_____	9x _____	8x _____	
Incline Bench Press	10x_____	9x _____	8x _____	
Bench Press	10x_____	9x _____	8x _____	
Upright Rows	10x_____	9x _____	8x _____	
Front Raises	10x_____	9x _____	8x _____	
Lateral Raises	10x_____	9x _____	8x _____	
Close Grip Bench Press	10x_____	9x _____	8x _____	
Tricep Pushdowns	10x_____	9x _____	8x _____	
Abs	15	15	15	
Agility Workout	Excercises 6 -10	3 times each		
<b>Saturday, August 11</b>	<b>(reps/leg)</b>			
Squat Jump	15	15	15	15
Split Squat Jump	15	15	15	15
Double Leg Tuck	15	15	15	15
Box or Bench Jumps	15	15	15	15
Skate Stride Jump	30 yards	30 yards	30 yards	30 yards
Single Leg Speed Hop	30 yards	30 yards	30 yards	30 yards
Drop Push-up	30	30	30	30
Plyometric Sit-up	25	25	25	25
<b>Sunday, August 12</b>	Active Rest - Activity			

***THERE ARE NO SHORT CUTS TO ANY PLACE WORTH GOING!***

<b>Monday, August 13</b>	<b>(reps x weight)</b>			
Squats	10x_____	9x _____	8x _____	
Leg Curls	10x_____	9x _____	8x _____	
Leg Extensions	10x_____	9x _____	8x _____	
Abductors	10x_____	9x _____	8x _____	
Adductors	10x_____	9x _____	8x _____	
Wide Grip Pull-ups	10x_____	9x _____	8x _____	
Hyperextensions	10x_____	9x _____	8x _____	
One Arm Dumbbell Rows	10x_____	9x _____	8x _____	
Hammer Curls	10x_____	9x _____	8x _____	
Wrist Curls	10x_____	9x _____	8x _____	
Wrist Extensions	10x_____	9x _____	8x _____	
45 minute aerobic workout	Activity:		Miles:	
<b>Tuesday, August 14</b>	<b>(reps x weight)</b>			
Bench Press	10x_____	9x _____	8x _____	
Incline Bench Press	10x_____	9x _____	8x _____	
Military Press	10x_____	9x _____	8x _____	
Upright Rows	10x_____	9x _____	8x _____	
Front Raises	10x_____	9x _____	8x _____	
Lateral Raises	10x_____	9x _____	8x _____	
Flat Tricep Curls	10x_____	9x _____	8x _____	
Dips - weighted	10x_____	9x _____	8x _____	
Abs	15	15	15	
Anaerobic Workout	Phase 3	Day 1		
<b>Wednesday, August 15</b>	<b>(reps/leg)</b>			
Squat Jump	5	5	5	5
Pike Jump	5	5	5	5
Double Leg Tuck Jump	5	5	5	5
Double Leg Verticle Power Jump	5	5	5	5
Skate Stride Jump	15 yards	15 yards	15 yards	15 yards
Double Leg Hop	15 yards	15 yards	15 yards	15 yards
Drop Push-up	30	30	30	30
Plyometric Sit-up	25	25	25	25
Agility workout	Tennis Ball Drills			
<b>Thursday, August 16</b>	<b>(reps x weight)</b>			
Front Squats	10x_____	9x _____	8x _____	
Step ups	10x_____	9x _____	8x _____	
Lunges	10x_____	9x _____	8x _____	
Abductors	10x_____	9x _____	8x _____	
Adductors	10x_____	9x _____	8x _____	
Lat Pulldowns	10x_____	9x _____	8x _____	
Hyperextensions	10x_____	9x _____	8x _____	
Seated Rows	10x_____	9x _____	8x _____	
Bicep Curls	10x_____	9x _____	8x _____	
Wrist Curls	10x_____	9x _____	8x _____	
Wrist Extensions	10x_____	9x _____	8x _____	
Anaerobic Workout	Phase 3		Day 2	
<b>Friday, August 17</b>	<b>(reps x weight)</b>			
Military Press	10x_____	9x _____	8x _____	
Incline Bench Press	10x_____	9x _____	8x _____	
Bench Press	10x_____	9x _____	8x _____	
Upright Rows	10x_____	9x _____	8x _____	
Front Raises	10x_____	9x _____	8x _____	
Lateral Raises	10x_____	9x _____	8x _____	
Close Grip Bench Press	10x_____	9x _____	8x _____	
Tricep Pushdowns	10x_____	9x _____	8x _____	
Abs	15	15	15	
Agility Workout	Excercises 6 -10		3 times each	
<b>Saturday, August 18</b>	<b>(reps/leg)</b>			
Squat Jump	15	15	15	15
Split Squat Jump	15	15	15	15
Double Leg Tuck	15	15	15	15
Box or Bench Jumps	15	15	15	15
Skate Stride Jump	30 yards	30 yards	30 yards	30 yards
Single Leg Speed Hop	30 yards	30 yards	30 yards	30 yards
Drop Push-up	30	30	30	30
Plyometric Sit-up	25	25	25	25
<b>Sunday, August 19</b>	Active Rest - Activity			

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Men's Ice Hockey

Training Log

***THERE ARE NO SHORT CUTS TO ANY PLACE WORTH GOING!***

<b>Monday, August 20</b>	<b>(reps x weight)</b>			
Squats	10x_____	9x _____	8x _____	
Leg Curls	10x_____	9x _____	8x _____	
Leg Extensions	10x_____	9x _____	8x _____	
Abductors	10x_____	9x _____	8x _____	
Adductors	10x_____	9x _____	8x _____	
Wide Grip Pull-ups	10x_____	9x _____	8x _____	
Hyperextensions	10x_____	9x _____	8x _____	
One Arm Dumbbell Rows	10x_____	9x _____	8x _____	
Hammer Curls	10x_____	9x _____	8x _____	
Wrist Curls	10x_____	9x _____	8x _____	
Wrist Extensions	10x_____	9x _____	8x _____	
45 minute aerobic workout	Activity:		Miles:	
<b>Tuesday, August 21</b>	<b>(reps x weight)</b>			
Bench Press	10x_____	9x _____	8x _____	
Incline Bench Press	10x_____	9x _____	8x _____	
Military Press	10x_____	9x _____	8x _____	
Upright Rows	10x_____	9x _____	8x _____	
Front Raises	10x_____	9x _____	8x _____	
Lateral Raises	10x_____	9x _____	8x _____	
Flat Tricep Curls	10x_____	9x _____	8x _____	
Dips - weighted	10x_____	9x _____	8x _____	
Abs	15	15	15	
Anaerobic Workout	Phase 3	Day 1		
<b>Wednesday, August 22</b>	<b>(reps/leg)</b>			
Squat Jump	5	5	5	5
Pike Jump	5	5	5	5
Double Leg Tuck Jump	5	5	5	5
Double Leg Verticle Power Jump	5	5	5	5
Skate Stride Jump	15 yards	15 yards	15 yards	15 yards
Double Leg Hop	15 yards	15 yards	15 yards	15 yards
Drop Push-up	30	30	30	30
Plyometric Sit-up	25	25	25	25
Agility workout	Tennis Ball Drills			

<b>Thursday, August 23</b>	<b>(reps x weight)</b>			
Front Squats	10x_____	9x _____	8x _____	
Step ups	10x_____	9x _____	8x _____	
Lunges	10x_____	9x _____	8x _____	
Abductors	10x_____	9x _____	8x _____	
Adductors	10x_____	9x _____	8x _____	
Lat Pulldowns	10x_____	9x _____	8x _____	
Hyperextensions	10x_____	9x _____	8x _____	
Seated Rows	10x_____	9x _____	8x _____	
Bicep Curls	10x_____	9x _____	8x _____	
Wrist Curls	10x_____	9x _____	8x _____	
Wrist Extensions	10x_____	9x _____	8x _____	
Anaerobic Workout	Phase 3	Day 2		
<b>Friday, August 24</b>	<b>(reps x weight)</b>			
Military Press	10x_____	9x _____	8x _____	
Incline Bench Press	10x_____	9x _____	8x _____	
Bench Press	10x_____	9x _____	8x _____	
Upright Rows	10x_____	9x _____	8x _____	
Front Raises	10x_____	9x _____	8x _____	
Lateral Raises	10x_____	9x _____	8x _____	
Close Grip Bench Press	10x_____	9x _____	8x _____	
Tricep Pushdowns	10x_____	9x _____	8x _____	
Abs	15	15	15	
Agility Workout	Excercises 6 -10	3 times each		
<b>Saturday, August 25</b>	<b>(reps/leg)</b>			
Squat Jump	15	15	15	15
Split Squat Jump	15	15	15	15
Double Leg Tuck	15	15	15	15
Box or Bench Jumps	15	15	15	15
Skate Stride Jump	30 yards	30 yards	30 yards	30 yards
Single Leg Speed Hop	30 yards	30 yards	30 yards	30 yards
Drop Push-up	30	30	30	30
Plyometric Sit-up	25	25	25	25
<b>Sunday, August 26</b>	Active Rest - Activity			

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