



Off-Season  
Development  
Program  
2026

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Abbreviations		Conditioning Ideas
Alt. = Alternating	Lat = Lateral	Tempo Runs (15 Sec Sprint, 30 Sec Recovery Jog)
AMRAP = As Many Reps As Possible	MB = Medicine Ball	Liners
BB = Barbell	Min = Minute	Assault Bike Intervals (15 Sec Fast, 30 Sec Recovery)
BW = Body Weight	OH = Overhead	Hill Runs
Con. = Concentric	RDL = Romanian Deadlift	Sled Pushes / Drags
DB = Dumbbell	RFE = Rear Foot Elevated	Line Hops (Forward / Back / Side To Side)
DL = Deadlift	Rot. = Rotation	Jump Rope (1 Min Intervals)
Ea. = Each Side	SA = Single Arm	Burpees (1 Min Intervals)
Ecc = Eccentric	SL = Single Leg	Ab Exercises (V-Ups, Tuck-Ups, Flutter Kicks, Scissor Kicks, Hollow H)
Ext. = Extension	SS = Split Squat	Planks (1 Min Intervals)
FR = Front Rack	SQ = Squat	Mountain Climbers
KB = Kettlebell		Ladder Drills
		Weighted Lunge Walks (20 Yards Minimum)
Active Rest Ideas		Recovery Ideas
Go On A Hike		Get 8–10 hours of sleep
Slide Board		Stay hydrated throughout the day
Swimming		Prioritize protein + carbs; Include fruits/veggies for nutrients
Shooting Pucks		Relaxation / quiet time (no phone)
Yoga		Getting outside (sunlight + fresh air)
Touch Grass		Stretching (post-workout or before bed)
Play Another Sport		Cold plunge / Sauna
Ride a Bike		Foam rolling
Golf		Mobility flow (10–20 minutes)
Surfing		Massage (or use a massage gun)
Pickleball		Light band work
Optional Additional Work		
<p><b>Open Gym Times (free): Monday, Thursday, &amp; Friday:</b> available for 14 years of age and older 04:00 - 05:00 pm <b>Sunday:</b> Self-run with coach supervision 08:00 - 09:00 am 12:30 - 02:00 pm</p>		
<p><b>Optional Speed Class (additional charge) Monday:</b> available for 9 years of age and older 08:15 - 08:45 pm <b>Tuesday - Thursday:</b> 06:30 - 07:00 am 07:00 - 07:30 am 07:30 - 08:00 am <b>Saturday:</b> 09:00 - 09:30 am 09:30 - 10:00 am 01:00 - 01:30 pm 01:30 - 02:00 pm <b>Sunday:</b> 11:30 - 12:00 pm 12:00 - 12:30 pm</p>		
<p><b>Optional Speed / Strength Class (additional charge): Saturday:</b> available for 11 years of age and older 10:00 - 11:30 am 02:00 - 03:30 pm Classes will be directly related to the Off-Season Development <b>Sunday:</b> program 10:00 - 11:30 am</p>		
<p><b>Optional Strength Class (additional charge): Saturday:</b> available for 11 years of age and older 11:30 - 12:30 pm 03:30 - 04:30 pm Classes will be directly related to the Off-Season Development <b>Sunday:</b> program 09:00 - 10:00 am</p>		
<b>Additional Class Registration Link</b> will be sent out to your spring registration emails		
<b>Private Training for Jr Sharks Program (additional charge)</b> reach out or speak to individual coaches		
<b>VALD results consulting (additional charge)</b> contact Shane: sgalaviz@sharksice.com		

### Things to keep in mind

**Program Purpose:**

- Spring Development is designed to help each athlete push themselves, build strength and speed, and develop the self-discipline needed to prepare for the upcoming season.
- Each phase of training builds on the previous one to safely develop strength, control, power, and performance throughout the offseason.

**Training Expectations:**

- Coaches will lead scheduled dryland training sessions each week to teach proper technique, intent, and execution.
- Athletes are responsible for completing the remaining workouts and active recovery on their own time.
- The weekly calendar is a guide that shows both your scheduled team workouts and an example of how to plan your week. Be sure to plan ahead so you are not repeating the same workout on back-to-back days.

**Example Weekly Structure:**

- AAA/AA: 2 coached sessions + 2 independent workouts + active rest day
- A/Travel: 1 coached session + 3 independent workouts + active rest day

**Strength Training Guidelines:**

- Track your weights each week by filling in the orange columns.
- If you are able to complete all reps with good form and minimal struggle, increase the weight on the next set.
- At the start of each new week, begin with the weight you finished with the previous week, and continue to progress if you are able.
- Focus on quality of movement first, then increase weight.

**Conditioning Guidelines:**

- All conditioning should be done using interval training.
- Recommended work:rest ratios range from 1:1 to 1:5 depending on the workout. (i.e., work for 1 min, rest for 3 mins)

### Phase 1 - Prime

This phase focuses on preparing the body for more intense training. Athletes will work on priming key muscle groups, improving mobility, and learning proper movement patterns. The goal is to build a strong foundation by reinforcing good technique and control before increasing the intensity in later phases.

### Phase 2 - Strength

This phase is focused on building overall strength through heavier weights and lower repetitions. Athletes will challenge themselves by pushing heavier loads while maintaining proper form. Since this is the offseason and there are no tournaments, it is the perfect time to push your limits, build strength, and allow the body to adapt, even if that means being a little sore.

### Phase 3 - Time Under Tension

In this phase, athletes will slow down their movements using controlled tempos. By spending more time in each phase of the lift (eccentric, concentric, or holding positions), muscles are forced to work harder for longer periods of time. This helps improve strength, control, and technique while reinforcing proper movement patterns.

### Phase 4 - Explosive/Power

This phase focuses on developing explosive strength and speed. Athletes will perform movements quickly and with intent to improve their ability to generate force. Power training helps translate the strength built in earlier phases into faster skating, quicker reactions, and more explosive performance on the ice.

### Phase 5 - Pre-Season Performance

This phase prepares athletes for the intensity of the upcoming season and will take place during the three weeks leading up to the first official practices. Training will focus on conditioning, competition, and pushing physical and mental limits. Workouts will be challenging and designed to simulate the demands of hockey, helping athletes build confidence, resilience, and readiness before stepping on the ice for the season.

April						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			04/01/2026	04/02/2026	04/03/2026	04/04/2026
green/purple: at home workout (days flexible)						
orange: required team dryland training						
04/05/2026	04/06/2026	04/07/2026	04/08/2026	04/09/2026	04/10/2026	04/11/2026
04/12/2026	04/13/2026	04/14/2026	04/15/2026	04/16/2026	04/17/2026	04/18/2026
					AAA tryouts	
04/19/2026	04/20/2026	04/21/2026	04/22/2026	04/23/2026	04/24/2026	04/25/2026
AAA tryouts						
04/26/2026	04/27/2026	04/28/2026	04/29/2026	04/30/2026		
		at home: day 1	phase 1: day 2 w/coaches	phase 1: day 3 w/coaches		

May						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					05/01/2026	05/02/2026
green/purple: at home workout (days flexible)					at home: day 4	active rest day
orange: required team dryland training						
05/03/2026	05/04/2026	05/05/2026	05/06/2026	05/07/2026	05/08/2026	05/09/2026
	at home: day 2		phase 1: day 1 w/coaches	phase 1: day 4 w/coaches	at home: day 3	active rest day
05/10/2026	05/11/2026	05/12/2026	05/13/2026	05/14/2026	05/15/2026	05/16/2026
		at home: day 1	phase 1: day 2 w/coaches	phase 1: day 3 w/coaches	at home: day 4	active rest day
05/17/2026	05/18/2026	05/19/2026	05/20/2026	05/21/2026	05/22/2026	05/23/2026
	at home: day 2		phase 2: day 1 w/coaches	phase 2: day 4 w/coaches	at home: day 3	active rest day
05/24/2026	05/25/2026	05/26/2026	05/27/2026	05/28/2026	05/29/2026	05/30/2026
		at home: day 1	phase 2: day 2 w/coaches	phase 2: day 3 w/coaches	at home: day 4	active rest day

June						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	06/01/2026	06/02/2026	06/03/2026	06/04/2026	06/05/2026	06/06/2026
	phase 2 — at home					active rest day
06/07/2026	06/08/2026	06/09/2026	06/10/2026	06/11/2026	06/12/2026	06/13/2026
	phase 3 — at home					active rest day
06/14/2026	06/15/2026	06/16/2026	06/17/2026	06/18/2026	06/19/2026	06/20/2026
	phase 3 — at home					active rest day
06/21/2026	06/22/2026	06/23/2026	06/24/2026	06/25/2026	06/26/2026	06/27/2026
	phase 3 — at home					active rest day
06/28/2026	06/29/2026	06/30/2026				
	phase 4 — at home					

July						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			07/01/2026	07/02/2026	07/03/2026	07/04/2026
			phase 4 — at home			active rest day
07/05/2026	07/06/2026	07/07/2026	07/08/2026	07/09/2026	07/10/2026	07/11/2026
	phase 4 — at home					active rest day
07/12/2026	07/13/2026	07/14/2026	07/15/2026	07/16/2026	07/17/2026	07/18/2026
	phase 4 — at home					active rest day
07/19/2026	07/20/2026	07/21/2026	07/22/2026	07/23/2026	07/24/2026	07/25/2026
	phase 5 — at home					active rest day
07/26/2026	07/27/2026	07/28/2026	07/29/2026	07/30/2026	07/31/2026	08/01/2026
	phase 5 — at home					
08/02/2026	08/03/2026	08/04/2026	08/05/2026	08/06/2026	08/07/2026	08/08/2026
	phase 5 (optional) — at home					

<b>Build Your Own Warmup</b>		
	<b>Exercise</b>	<b>Distance/Time/Reps</b>
<b>Raise</b> Pick at least 3	Shuffle Right & Left	20 yd Ea
	Carioca Right/Left	20 yd Ea
	Skip Fwd/Backward	20 yd Ea
	Z Shuffle Fwd/Back	20 yd Ea
	Backpedal	2x20yd
	Jump Rope	4 Footworks, 30s ea
<b>Activate</b> Pick at least 1 each color	Lateral Lunge	x5ea
	Side Plank	x10s ea
	X Under Lunge	x5ea
	Yoga Pushup + Reach	x4ea
	Left/Right Bear Crawl	10 yds each
	Pushup Position Shoulder Taps	x10ea
	Mini Band Lateral walks	10 yds each
	Mini Band March	x5ea
	SL Glute Bridge	x5ea
<b>Mobilize</b> Pick 2 Teal at least 1 White and 1 Orange	90/90 Hip Rotation	x5ea
	Seated Knee Drop	x5ea
	1/2 Kneeling Groin Rocker Stretch	x5ea
	Groiner + Rotation	x5ea
	Open Book	x5ea
	Squat to T Spine Rotation	x5ea
	1/2 Kneeling Wall T-Spine Rotation	x5ea
	Cat-Cow	x8
	1/2 Kneeling Hip Flexor Series	x10-20s ea
Chest Opener	x20 total	
<b>Potentiate</b> Pick 5	Skater Jump to Stick	x6ea
	Single Leg RDL to 3 Step Burst	x2 ea Leg
	Lateral Lunge to Burst	x2 ea way
	Lateral Push to Move	x6ea
	Rotational Broad Jump	x3ea
	Skater Jump with Forward Travel	x6ea
	Lateral 1/2 Kneeling Sprint Start	x2ea
	Sprints	2x 10 yards
	Partner Line Push (R/L/Back to Back)	1x7 sec each
	Shuffle Mirror with Partner	1x Leader + 1x Follower

Phase 1 - Prime					
Day 1			Day 3		
Activity	Sets	Reps	Activity	Sets	Reps
Warm up			Warm up		
Stretch Movement (Linear) -- (i.e.Skips, jog, shuffle)			Stretch Movement (Linear) -- (i.e.Skips, jog, shuffle)		
Plyo			Plyo		
Box Jump	3	x5	Single Leg box jump	3	x5 ea
Speed			Speed		
Athletic Stance Sprint	4	x15 yrds	40% → 60% → 80% sprint	4	x20 yrds
Lift			Lift		
Interval Conditioning			Conditioning		
Tempo Run :15/:30	x8	Add 1 Each Week	Tempo Run :15/:30	x8	Add 1 Each Week
Day 2			Day 4		
Activity	Sets	Reps	Activity	Sets	Reps
Warm up			Warm up		
Ladder Drills	6	x2	Ladder Drills	6	x2
Mini Band Walks (Monster)	4	x10 yrds	Mini Band Walk (Lateral)	4	x10 yrds
Plyo			Plyo		
Lateral Box Jumps	3	x3ea	Lateral SL Box Jump	3	x4ea
Power			Power		
MB Slam	3	x10	MB Rainbow slam	3	x10 ea
MB Squat Press	3	x10	Band Power Rot	3	x10 ea
Speed			Speed		
Lat quick feet to sprint	4	x15 yrds	Cross Over Stop	4	x10 ea
Lift			Lift		
Conditioning			Conditioning		
Slide Board	10	:30/1Min	Slide Board	10	:30/1Min

Phase 1 - Prime																
Day 1								Day 3								
Exercise + sets	Tempo	WK1	Reps	WK2	Reps	WK3	Reps	Exercise + sets	Tempo	WK1	Reps	WK2	Reps	WK3	Reps	
1a. KettleBell Swing x3 - snap with your hips (hinge), not squatting			x10		x12		x15	1a. 2-Arm Landmine Press x3			x8 ea.		x8 ea.		x8 ea.	
			x10		x12		x15					x8 ea.		x8 ea.		x8 ea.
			x10		x12		x15					x8 ea.		x8 ea.		x8 ea.
1b. Hip Flexor Stretch x2		-		-		-		1b. 90/90 x2		-		-		-		
1c. Quad Bent Knee Hip Ext. x2		-	x5 ea.	-	x8 ea.	-	x10 ea.	1c. Quad Shoulder mobility x2		-	x5 ea.	-	x8 ea.	-	x10 ea.	
2a. BB (saftey bar or front) squat x3			x8		x8		x8	2a. DB RFE SS x3 - start with knee on pad - 2 dumbbells			x8		x8		x8	
			x8		x8		x8					x8		x8		x8
			x8		x8		x8					x8		x8		x8
2b. Chin Up x3		-	x8	-	x8	-	x8	2b. Alt. Grip Chin Up x2		-	x8	-	x8	-	x8	
2c. Shoulder taps (slow) x2		-	x10 ea.	-	x12 ea.	-	x15 ea.	2c. Shoulder taps (slow) x2		-	x10 ea.	-	x12 ea.	-	x15 ea.	
2d. Chest Stretch x2		-		-		-		2d. Chest Stretch x2		-		-		-		
3a. DB Straight Leg DL x3			x8		x8		x8	3a. Ball-Hamstring Leg Curl x3 - start on your back, feet on ball, hips up			x8		x10		x10	
			x8		x8		x8					x8		x10		x10
			x8		x8		x8					x8		x10		x10
3b. Cable Rows w/long bar x3			x8 ea.		x10 ea.		x10 ea.	3b. Inverted Row x3			x8		x10		x10	
			x8		x10		x10						x10		x10	
			x8		x10		x10						x10		x10	
3c. Bear Crawl KB Reach Through x3			x5 ea.		x5 ea.		x5 ea.	3c. SL Balance w/Ball x3		-	x5 ea.	-	x5 ea.	-	x5 ea.	
3d. Hamstring Stretch x2		-		-		-		3d. Hamstring Stretch x2		-		-		-		
Day 2								Day 4								
Exercise + sets	Tempo	WK1	Reps	WK2	Reps	WK3	Reps	Exercise + sets	Tempo	WK1	Reps	WK2	Reps	WK3	Reps	
1a. 1-Arm DB Bench Press x3			x8 ea.		x10 ea.		x12 ea.	1a. 1-Arm DB Incline Press x3			x8 ea.		x10 ea.		x12 ea.	
			x8 ea.		x10 ea.		x12 ea.					x8 ea.		x10 ea.		x12 ea.
			x8 ea.		x10 ea.		x12 ea.					x8 ea.		x10 ea.		x12 ea.
1b. Plank w/10 sec exhale x2		-	:30	-	:30	-	:30	1b. Plank w/10 sec exhale x2			:30		:30		:30	
1c. Lat Stretch x2		-	:30	-	:30	-	:30	1c. Lat Stretch x2			:30		:30		:30	
2a. Kneeling 1-Arm DB Press x3			x8 ea.		x8 ea.		x8 ea.	2a. Kneeling DB Curl and Press x3			x8		x8		x8	
			x8		x8		x8					x8		x8		x8
			x8		x8		x8					x8		x8		x8
2b. Bent Knee Side Bridge x2		-	:30	-	:30	-	:30	2b. Bent Knee Side Bridge x2		-	:30	-	:30	-	:30	
2c. Quad Stretch x2		-		-		-		2c. Quad Stretch x2		-		-		-		
3a. YTWL x3			x8		x10		x12	3a. Band External Rotation x3			x8		x10		x12	
			x8		x10		x12					x8		x10		x12
			x8		x10		x12					x8		x10		x12
3b. Tricep Ext. x3			x8		x8		x8	3b. DB Crossbody Curls x3	2/0/2		x8		x8		x8	
			x8		x8		x8					x8		x8		x8
			x8		x8		x8					x8		x8		x8
3c. Suitcase Carry x3 - only 1 weight - try not to lean to the other side, engage core			50 yrds		50 yrds		50 yrds	3c. Suitcase Carry x3 - only 1 weight - try not to lean to the other side, engage core			50 yrds		50 yrds		50 yrds	
			50 yrds		50 yrds		50 yrds					50 yrds		50 yrds		50 yrds
			50 yrds		50 yrds		50 yrds					50 yrds		50 yrds		50 yrds

Phase 2 - Strength					
Day 1			Day 3		
Activity	Sets	Reps	Activity	Sets	Reps
Warm up			Warm up		
Stretch Movement (Linear) -- (i.e.Skips, jog, shuffle)			Stretch Movement (Linear) -- (i.e.Skips, jog, shuffle)		
Plyo			Plyo		
Banded Broad Jump	3	x5	Broad Jump	3	x5
Speed			Speed		
Sprint from Kneeling	4	x15 yrds	Up Hill Sprint or sled sprint	4	x15 yrds
Lift			Lift		
Conditioning			Conditioning		
150yrd Shuttle	x8	4	150yrd Shuttle	x9	
Day 2			Day 4		
Activity	Sets	Reps	Activity	Sets	Reps
Warm up			Warm up		
Stretch Movement (Lateral) -- (i.e.Skips, jog, shuffle)			Stretch Movement (Lateral) -- (i.e.Skips, jog, shuffle)		
Plyo			Plyo		
Skater Jumps (height)	3	x8 ea	Skater Jump Stick Landing	3	x5 ea
Power			Power		
MB Standing Rotation Toss	3	x10 ea	MB Standing Rotation Toss	3	x10 ea
MB Over Head Wall Slam	3	x10 ea	MB Over Head Wall Slam	3	x10 ea
Speed			Speed		
Skater jump to sprint	4	x15 yrds	Box Drill (Sprint, shuffle, back)	4	x2 ea
Lift			Lift		
Conditioning			Conditioning		
Slide Board	10	:30/:30	Slide Board	10	:30/:30

Phase 2 - Strength															
Day 1								Day 3							
Exercise + sets	Tempo	WK1	Reps	WK2	Reps	WK3	Reps	Exercise + sets	Tempo	WK1	Reps	WK2	Reps	WK3	Reps
1a. DB Snatch x3			x3 ea. x3 ea. x3 ea.		x3 ea. x3 ea. x3 ea.		x3 ea. x3 ea. x3 ea.	1a. Hang High Pull x3 - BB or Sandbags			x3 x3 x3		x3 x3 x3		x3 x3 x3
1b. PVC Around the world x2		-		-		-		1b. 90/90 Hip Ext. x2		-		-		-	
1c. Quad Hip Ext x2		-	x5 ea.	-	x8 ea.	-	x10 ea.	1c. Open Book x2 ea		-		-		-	
2a. BB (saftey bar or front) squat x3			x3 x3 x3		x3 x3 x3		x3 x3 x3	2a. BB (saftey bar or front) Split Squat x3 - start with 135 lbs			x3 ea. x3 ea. x3 ea.		x3 ea. x3 ea. x3 ea.		x3 ea. x3 ea. x3 ea.
2b. Weighted Pull up x3 - slow & controlled, no swinging - all the way down, all the way up			x5 x5 x5		x5 x5 x5		x6 x6 x6	2b. Wtd. Chin Up x3			x5 x5 x5		x5 x5 x5		x5 x5 x5
2c. Stability Ball- Stir the Pot (knees) x2		-	x10 ea.	-	x12 ea.	-	x15 ea.	2c. SL Pallof Press Hold x2		-	x10 ea.	-	x12 ea.	-	x15 ea.
2d. Chest Stetch x2		-		-		-		2d. Chest Stetch x2		-		-		-	
3a. 1-Arm/1-Leg KB Straight Leg DL x3 - weight in the arm opposite to the working leg			x6 ea. x6 ea. x6 ea.		x6 ea. x6 ea. x6 ea.		x6 ea. x6 ea. x6 ea.	3a. SL Ball Leg Curl x3 - non working knee tucked to chest			x6 ea. x6 ea. x6 ea.		x6 ea. x6 ea. x6 ea.		x6 ea. x6 ea. x6 ea.
3b. 1-Arm Bent Over KB Rows x3 - elbow stays by your side			x6 ea. x6 ea. x6 ea.		x6 ea. x6 ea. x6 ea.		x6 ea. x6 ea. x6 ea.	3b. Upper Back Bent Over DB Row x3 - elbow lateral to your body			x6 ea. x6 ea. x6 ea.		x6 ea. x6 ea. x6 ea.		x6 ea. x6 ea. x6 ea.
3c. MB Get Up x3		-	x3 ea	-	x3 ea	-	x3 ea	3c. MB Get Up x3		-	x3 ea	-	x3 ea	-	x3 ea
3d. Hamstring Stretch x2		-		-		-		3d. Hamstring Stretch x2		-		-		-	
Day 2								Day 4							
Exercise + sets	Tempo	WK1	Reps	WK2	Reps	WK3	Reps	Exercise + sets	Tempo	WK1	Reps	WK2	Reps	WK3	Reps
1a. Bench Press x3			x5 x5 x5		x5 x5 x5		x5 x5 x5	1a. Incline Press x3			x5 x5 x5		x5 x5 x5		x5 x5 x5
1b. Plank w/Arm Extension x2 - inner arm to ear, head neutral		-	x5 ea. x5 ea.	-	x8 ea. x8 ea.	-	x10 ea. x10 ea.	1b. Plank w/Arm Extension x2 - inner arm to ear, head neutral		-	x5 ea. x5 ea.	-	x8 ea. x8 ea.	-	x10ea x10ea
1c. Lat Stretch x2		-		-		-		1c. Lat Stretch x2		-		-		-	
2a. 1-Arm KB OH Press x3			x6 ea. x6 ea. x6 ea.		x6 ea. x6 ea. x6 ea.		x6 ea. x6 ea. x6 ea.	2a. Half Kneel 1-Arm DB Shoulder Press x3 - weight in the arm opposite to the forward knee			x6 ea. x6 ea. x6 ea.		x6 ea. x6 ea. x6 ea.		x6 ea. x6 ea. x6 ea.
2b. Side Bridge x2		-	3x:10	-	4x:10	-	5x:10	2b. Side Bridge x2		-	3x:10	-	4x:10	-	5x:10
2c. Quad Stretch x2		-		-		-		2c. Quad Stretch x2		-		-		-	
3a. DB Pull Over x3 - back flat on bench, no arching - only go as far as you can			x6 x6 x6		x6 x6 x6		x6 x6 x6	3a. Tricep Ext. x3			x6 x6 x6		x6 x6 x6		x6 x6 x6
3b. Lateral Raise x2			x10 x10		x10 x10		x10 x10	3b. Front Raise x2			x10 x10		x10 x10		x10 x10
3c. Farmers Carry x3 - go down 10 lbs from your final suitcase carry - 1 weight in each hand			50 yds 50 yds 50 yds		50 yds 50 yds 50 yds		50 yds 50 yds 50 yds	3c. Farmers Carry x3 - go down 10 lbs from your final suitcase carry - 1 weight in each hand			50 yds 50 yds 50 yds		50 yds 50 yds 50 yds		50 yds 50 yds 50 yds

Phase 3 - Time Under Tension					
Day 1			Day 3		
Activity	Sets	Reps	Activity	Sets	Reps
Warm up			Warm up		
Stretch Movement (Linear) -- (i.e.Skips, jog, shuffle)			Stretch Movement (Linear) -- (i.e.Skips, jog, shuffle)		
Plyo			Plyo		
Hurdle Hops w/ Bounce	3	x5	Single leg Hurdle hop	3	x5
Speed			Speed		
Shuttle sprint (5↑, 5↓, sprint)	4	x15 yrds	Ball Toss Sprints	4	x15 yrds
Lift			Lift		
Conditioning			Conditioning		
300 yrd Shuttle Run	x3		300 yrd Shuttle Run	x4	
Day 2			Day 4		
Activity	Sets	Reps	Activity	Sets	Reps
Warm up			Warm up		
Stretch Movement (Lateral) -- (i.e.Skips, jog, shuffle)			Stretch Movement (Lateral) -- (i.e.Skips, jog, shuffle)		
Plyo			Plyo		
Lateral Hurdle	3	x5	Ladder Drill	3	x5
Speed			Speed		
Lateral Ball Drops	4	x15 yrds	5-10-5 Pro Agility	4	x15 yrds
Lift			Lift		
Conditioning			Conditioning		
Slide Board	10	:30/:30	Slide Board	10	:30/:30

### Phase 3 - Time Under Tension

Day 1								Day 3								
Exercise + sets	Tempo	WK1	Reps	WK2	Reps	WK3	Reps	Exercise + sets	Tempo	WK1	Reps	WK2	Reps	WK3	Reps	
1a. 1- Arm KB Swing x3 - start w/last weight from phase 1 - don't rotate chest away from the midline - swing KB to chest line	Exp		x10ea.		x12ea.		x15ea.	1a. Hang Clean x2 - hinge to mid thigh, explode up - BB or Sandbag			x5		x5		x5	
			x10ea.		x12ea.		x15ea.					x5		x5		x5
			x10ea.		x12ea.		x15ea.					x5		x5		x5
1b. Quad W/Alt. Arm/Leg Ext. x2			x5 ea		x8 ea		x10 ea.	1c. Quad W/Alt. Arm/Leg Ext. x2			x5 ea		x8 ea		x10 ea.	
1c. Prayer Squat Rocks x2		-		-		-		1c. Prayer Squat Rocks x2		-		-		-		
2a. Trap Bar DL x3 - start at the bottom - 5 sec hold tempo changes each week depending on E/C/H	1/1/5(E)		x4(E)		x4(C)		x4(H)	2a. 1-Leg Box Squat x3 - 3 sec down, 3 sec up			x6 ea.		x8 ea.		x10 ea.	
	5/1/1(C)		x5(E)		x5(C)		x5(H)				x6 ea.		x8 ea.		x10 ea.	
	1/5/1(H)		x6(E)		x6(C)		x6(H)				x6 ea.		x8 ea.		x10 ea.	
2b. Chin Ups x3	1/1/5(E)		x4(E)		x4(C)		x4(H)	2b. Pull Up x3	1/1/5(E)		x4(E)		x4(C)		x4(H)	
	5/1/1(C)		x5(E)		x5(C)		x5(H)		5/1/1(C)		x5(E)		x5(C)		x5(H)	
	1/5/1(H)		x6(E)		x6(C)		x6(H)		1/5/1(H)		x6(E)		x6(C)		x6(H)	
2c. Stability Ball - Stir the Pot (feet) x2		-	x10 ea.	-	x12 ea.	-	x15 ea.	2c. Banded Rot. Hollow Hold x2		-	20s ea.	-	25s ea.	-	30s ea.	
2d. Chest Stretch x2		-		-		-		2d. Chest Stretch x2		-		-		-		
3a. 1-Arm/1-Leg KB SLDL x3 - start at the top	5/1/1(E)		x4(E)		x4(C)		x4(E)	3a. 3-Way Ball-Ham x3 - hips up hamstring curl - bent knees hip bridges - straight legs hip bridges			x8ea		x10ea		x12ea	
	1/1/5(C)		x5(E)		x5(C)		x5(E)				x8ea		x10ea		x12ea	
	5/1/1(E)		x6(E)		x6(C)		x6(E)				x8ea		x10ea		x12ea	
3b. Underhand BB/Sandbag Row x3 - Keep back straight	5/1/1(E)		x4(E)		x4(C)		x4(E)	3b. 1-Arm/1- Leg Cable Row x3	5/1/1(E)		x4(E)		x4(C)		x4(E)	
	1/1/5(C)		x5(E)		x5(C)		x5(E)		1/1/5(C)		x5(E)		x5(C)		x5(E)	
	5/1/1(E)		x6(E)		x6(C)		x6(E)		5/1/1(E)		x6(E)		x6(C)		x6(E)	
3c. Bear Crawl KB Reach Through x2			x5 ea.		x5 ea.		x5 ea.	3c. SL Balance w/Ball x2		-	x5 ea.	-	x5 ea.	-	x5 ea.	
3d. Hamstring Stretch x2		-		-		-		3d. Hamstring Stretch x2		-		-		-		
Day 2								Day 4								
Exercise + sets	Tempo	WK1	Reps	WK2	Reps	WK3	Reps	Exercise + sets	Tempo	WK1	Reps	WK2	Reps	WK3	Reps	
1a. Bench Press Holds x3 - hold for 2 seconds at each point: half way, hover above chest, half way then finish rep	2/2/2		x4		x5		x6	1a. DB Incline Press x3 - hold for 2 seconds at each point: half way, hover above chest, half way then finish rep	2/2/2		x4		x5		x6	
	2/2/2		x4		x5		x6		2/2/2		x4		x5		x6	
	2/2/2		x4		x5		x6		2/2/2		x4		x5		x6	
1b. Plank W/DB Row x2 - if your body rotates, the weight is too heavy			x5 ea.		x8 ea.		x10 ea.	1b. Plank W/DB Row x2			x5 ea.		x8 ea.		x10 ea.	
			x5 ea.		x8 ea.		x10 ea.				x5 ea.		x8 ea.		x10 ea.	
1c. Lat Stretch x2		-		-		-		1c. Lat Stretch x2		-		-		-		
2a. Standing 1-Arm KB Press x3	1/1/5(E)		x4(E)		x4(C)		x4(H)	2a. Standing Alt DB Shoulder Press x3	1/1/5(E)		x4(E)		x4(C)		x4(H)	
	5/1/1(C)		x5(E)		x5(C)		x5(H)		5/1/1(C)		x5(E)		x5(C)		x5(H)	
	1/5/1(H)		x6(E)		x6(C)		x6(H)		1/5/1(H)		x6(E)		x6(C)		x6(H)	
2b. Side Bridge Cable Row Hold x2		-	30 s ea.	-	30 s ea.	-	30 s ea.	2b. Side Bridge Cable Row Hold x2		-	30 s ea.	-	30 s ea.	-	30 s ea.	
2c. Quad Stretch x2		-		-		-		2c. Quad Stretch x2		-		-		-		
3a. YTWL x3 - continuous pace, no pausing	3/3/3		x4		x4		x4	3a. YTWL x3 - continuous pace, no pausing	3/3/3		x4		x4		x4	
	3/3/3		x4		x4		x4		3/3/3		x4		x4		x4	
	3/3/3		x4		x4		x4		3/3/3		x4		x4		x4	
3b. Zottman Curl x2	1/1/5(E)		x6 (E)		x6 (C)		x6 (E)	3b. Zottman Curl x2	1/1/5(E)		x6 (E)		x6 (C)		x6 (E)	
	5/1/1(C)		x6 (E)		x6 (C)		x6 (E)		5/1/1(C)		x6 (E)		x6 (C)		x6 (E)	
3c. 1-Arm Bottoms Up KB Walk- x3 - 25 yds there, 25 yds back			x50 yds		x50 yds		x50 yds	3c. 1-Arm Bottoms Up KB Walk- x3 - 25 yds there, 25 yds back			x50 yds		x50 yds		x50 yds	
			x50 yds		x50 yds		x50 yds				x50 yds		x50 yds		x50 yds	
			x50 yds		x50 yds		x50 yds				x50 yds		x50 yds		x50 yds	

Phase 4 – Explosive/Power					
Day 1			Day 3		
Activity	Sets	Reps	Activity	Sets	Reps
Warm up			Warm up		
Stretch Movement (Linear) -- (i.e.Skips, jog, shuffle)			Stretch Movement (Linear) -- (i.e.Skips, jog, shuffle)		
Speed			Speed		
Sled Push	4	x15 yrds	Partner release sprint	4	x15 yrds
Lift			Lift		
Conditioning			Conditioning		
300 yrd Shuttle Run	x2		300 yrd Shuttle Run	x3	
150yrd Shuttle	x4	4	150yrd Shuttle	x3	
Day 2			Day 4		
Activity	Sets	Reps	Activity	Sets	Reps
Warm up			Warm up		
Stretch Movement (Lateral) -- (i.e.Skips, jog, shuffle)			Stretch Movement (Lateral) -- (i.e.Skips, jog, shuffle)		
Plyo			Plyo		
Banded Skater Jumps	3	x5 ea	Hurdle Maze	3	x8 ea
Power			Power		
MB Standing Rotation Toss	3	x10 ea	MB Standing Rotation Toss	3	x10 ea
MB Over Head Wall Slam	3	x10 ea	MB Over Head Wall Slam	3	x10 ea
Speed			Speed		
1/2 circle shuffle to sprint	4	x15 yrds	Lateral Sled March	4	x15 yrds
Lift			Lift		
Conditioning			Conditioning		
Slide Board	10	:30/:30	Slide Board	10	:30/:30

**Phase 4 - Explosive/Power**

Day 1								Day 3							
Exercise + sets	Tempo	WK1	Reps	WK2	Reps	WK3	Reps	Exercise + sets	Tempo	WK1	Reps	WK2	Reps	WK3	Reps
1a. DB Snatch x3			x5 ea. x5 ea. x5 ea.		x5 ea. x5 ea. x5 ea.		x5 ea. x5 ea. x5 ea.	1a. Hang Clean x3 - BB or Sandbag	Exp		x5 x5 x5		x5 x5 x5		x5 x5 x5
1b. Quad Alt. Arm/Leg Ext w 2.5lbs x2		-	x5 ea.	-	x8 ea.	-	x10 ea.	1b. Quad Alt. Arm/Leg Ext w 2.5lbs x2		-	x5 ea.	-	x8 ea.	-	x10 ea.
1c. Prayer Squat Rocks + Knee taps x2		-	x3 ea.	-	x3 ea.	-	x3 ea.	1c. Prayer Squat Rocks + Knee taps x2		-	x3 ea.	-	x3 ea.	-	x3 ea.
2a. Trap Bar DL x3 - 5 TB DL immediately into 5 hurdles (no rest)			x5+5 x5+5 x5+5		x5+5 x5+5 x5+5		x5+5 x5+5 x5+5	2a. MB SL Box Squat x3 - 5 SL Box Squat each leg immediately into 5 SL hurdles (no rest) - MB / Weighted Vest / Sandbag			x5ea+5 x5ea+5 x5ea+5		x5ea+5 x5ea+5 x5ea+5		x5ea+5 x5ea+5 x5ea+5
2b. Hurdle Jump W/Bounce x3			x5		x5		x6	2b. 1-Leg Hurdle Hop W/Bounce x3			x5 ea		x5 ea		x5 ea
2c. Wtd. Chin up x2			x5 x5		x5 x5		x6 x6	2c. Wtd. Pull up x2			x5 x5		x5 x5		x6 x6
2d. Wheel Roll Out x2		-	x10	-	x12	-	x15	2d. TRX Plank Ext. x2		-	x10	-	x12	-	x15
2e. Shoulder Stretch x2		-		-		-		2e. Shoulder Stretch x2		-		-		-	
3a. 2-Arm/1-LEG KB SLDL x3			x4 ea. x4 ea. x4 ea.		x4 ea. x4 ea. x4 ea.		x5 ea. x5 ea. x5 ea.	3a. Slideboard Leg Curl x3			x8 x8 x8		x10 x10 x10		x12 x12 x12
3b. Inverted Rows x3			x6 ea. x6 ea.		x6 ea. x6 ea.		x6 ea. x6 ea.	3b. 1-Arm/1-Leg Cable Row w/pad x3			x8ea. x8		x8ea. x8		x8ea. x8
3c. Sandbag Get Up x2		-	x5 ea	-	x5 ea	-	x5 ea	3c. Sandbag Get Up x2		-	x5 ea	-	x5 ea	-	x5 ea
3d. Hamstring Stretch x2		-		-		-		3d. Hamstring Stretch x3		-		-		-	
Day 2								Day 4							
Exercise + sets	Tempo	WK1	Reps	WK2	Reps	WK3	Reps	Exercise + sets	Tempo	WK1	Reps	WK2	Reps	WK3	Reps
1a. High Pin Bench Press x3 - safety bars at chest line - lower bar to safety bars, release, then grab and explode up			x5 x5 x5		x5 x5 x5		x5 x5 x5	1a. DB Incline Press x3 - focus on moving weight			x3 x3 x3		x3 x3 x3		x3 x3 x3
1b. MB Chest Pass x3		10 lbs	x10	10 lbs	x10	10 lbs	x10	1b. MB Wall Ball x2		10 lbs	x10	10 lbs	x10	10 lbs	x10
1c. Push-up Rows x2			x5 ea.		x5 ea.		x5 ea.	1c. Push-up Rows x2			x5 ea.		x5 ea.		x5 ea.
1d. Lat Stretch x2		-		-		-		1d. Lat Stretch x2		-		-		-	
2a. FR KB 1-Arm Alt. Shoulder Press x3			x5 ea. x5 ea. x5 ea.		x5 ea. x5 ea. x5 ea.		x5 ea. x5 ea. x5 ea.	2a. Alt DB Curl and Press x3			x5 ea. x5 ea. x5 ea.		x5 ea. x5 ea. x5 ea.		x5 ea. x5 ea. x5 ea.
2b. Side Bridge Cable Rows x2			x5 ea. x5 ea.		x5 ea. x5 ea.		x5 ea. x5 ea.	2b. Side Bridge Cable Rows x2			x5 ea. x5 ea.		x5 ea. x5 ea.		x5 ea. x5 ea.
2c. Quad Stretch x2		-		-		-		2c. Quad Stretch x2		-		-		-	
3a. External Rotation x3		max 10 lbs	x10 ea.	max 10 lbs	x10	max 10 lbs	x10	3a. External Rotation x3		max 10 lbs	x10 ea.	max 10 lbs	x10	max 10 lbs	x10
3b. Cable Tricep Ext. x3			x10 x10 x10		x10 x10 x10		x10 x10 x10	3b. Cable Tricep Ext. x3			x10 x10 x10		x10 x10 x10		x10 x10 x10
3c. CrossWalk- x3 - 1-hand bottoms up/1-hand suitcase - 25 yds there, 25 yds back			x50 yds x50 yds x50 yds		x50 yds x50 yds x50 yds		x50 yds x50 yds x50 yds	3c. CrossWalk- x3 - 1-hand bottoms up/1-hand suitcase - 25 yds there, 25 yds back			x50 yds x50 yds x50 yds		x50 yds x50 yds x50 yds		x50 yds x50 yds x50 yds

Phase 5 - Pre-Season Performance					
Day 1			Day 3		
Activity	Sets	Reps	Activity	Sets	Reps
Warm up			Warm up		
Stretch Movement (Linear) -- (i.e.Skips, jog, shuffle)			Stretch Movement (Linear) -- (i.e.Skips, jog, shuffle)		
Workout			Workout		
Cool Down			Cool Down		
Day 2			Day 4		
Activity	Sets	Reps	Activity	Sets	Reps
Warm up			Warm up		
Stretch Movement (Lateral) -- (i.e.Skips, jog, shuffle)			Stretch Movement (Lateral) -- (i.e.Skips, jog, shuffle)		
Workout			Conditioning		
Cool Down			Cool Down		

Phase 5 – Pre-Season Performance															
Day 1								Day 3							
Exercise + sets	Tempo	WK1	Reps	WK2	Reps	WK3	Reps	Exercise + sets	Tempo	WK1	Reps	WK2	Reps	WK3	Reps
1a. DB Snatch x3			x5 ea.		x5 ea.		x5 ea.	1a. Bar Complex x3 - Upright Row, Muscle Snatch, Good Am, Squat+Press, Bent Over Row			x6 ea.		x6 ea.		x6 ea.
			x5 ea.		x5 ea.		x5 ea.				x6 ea.		x6 ea.		x6 ea.
			x5 ea.		x5 ea.		x5 ea.				x6 ea.		x6 ea.		x6 ea.
1b. Dead Bugs x2			x5 ea.		x8 ea.		x10 ea.	1b. OH Lunge MB Throw x3			x5 ea.		x5 ea.		x5 ea.
1c. Psoas Stretch x2		-		-		-				-		-		-	
<b>Strength Circuit- x3</b>		-	-	-	-	-	-	<b>Functional Circuit- x3</b>		-	-	-	-	-	-
DB RFESS			x8ea.		x10ea.		x12ea.	1-Leg Skater Squat			x6ea.		x8ea.		x10ea.
Pull Up (weight optional)			x6		x7		x8	Inverted Row		-	x6	-	x7	-	x8
DB Bench Press			x8		x10		x12	Padded Push Up		-	x10	-	x12	-	x14
Wheel Roll Out		-	x10	-	x12	-	x14	TRX Fall Away		-	x10	-	x12	-	x14
Squat Jump			x10		x12		x14	KB Slideboard Split Squat			x8ea.		x10ea.		x12ea.
TRX Row		-	x8	-	x10	-	x12	1-Arm/1-Leg Cable Row			x8ea.		x10ea.		x12ea.
Alt. Arm DB Shoulder Press			x8ea.		x10ea.		x12ea.	TRX Push Up		-	x10	-	x12	-	x14
KB 1-Leg SLDL			x8ea.		x10ea.		x12ea.	TRX Leg Curl		-	x8	-	x10	-	x12
1-Arm Cable Row			x8ea.		x10ea.		x12ea.	Cable Half Kneel Chop			x10ea.		x10ea.		x10ea.
Plank Series (low plank, each side bridge)		-	x:30 ea	-	:30 ea	-	:30 ea	Plank Series		-	x:30 ea	-	:30 ea	-	:30 ea
Day 2								Day 4 (pick 1 from 2 sections)							
Exercise + sets	Tempo	WK1	Reps	WK2	Reps	WK3	Reps	Exercise + sets	Tempo	WK1	Reps	WK2	Reps	WK3	Reps
<b>Leg Circuit- 1:30 REST REQUIRED x3</b>		BW	-	Goblet DB	-	2 Dumbbells	-	<b>Cardio x15 Min</b>			30s/30s		15s/30s		1min/3min
Squat Jump		-	x10		x10		x10	Run							
Lunge		-	x10ea.		x10ea.		x10ea.	Bike							
Step Up		-	x10ea.		x10ea.		x10ea.	Swim							
Squat		-	x20		x20		x20	Slide Board							
<b>Plate Circuit- x3</b>			<b>10 - 25 lb plate</b>					<b>Plyo x15 Min</b>			30s/30s		15s/30s		1min/3min
Overhead Squat			x10		x12		x14	Burpies							
Plate Row			x10ea.		x12ea.		x14ea.	Up-downs							
Push Up (plate on back)			x10		x12		x14	Box Jumps							
Straight Leg Sit Up (plate on chest)			x10		x12		x14	MB Slams							
Plate SLDL			x10ea.		x12ea.		x14ea.	<b>Weight x15 Min</b>			30s/30s		15s/30s		1min/3min
Upright Row			x10		x12		x14	Heavy Lunge Walks							
Staggered Push Up		-	x10ea.	-	x12ea.	-	x14ea.	Sled Pulls / Pushes							
Squat +Press+Tricep Extension			x10		x12		x14	Squats							
Steering Wheel			x:30		:45		:1:00	Bulgarians							
Plank Series (plate on back)			x:30 ea		:30 ea		:30 ea	KB Swings							