



Off-Season
Development
Program
2026

Table of Contents		
Cover page page 1		
Abbreviations + Ideas page 2		
Program Overview page 3		
Build Your Own Warm-Up page 4		
Daily Overview / Lift page 5 - 14		
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>Open Gym Times (free): Monday, Thursday, & Friday: available for 14 years of age and older 04:00 - 05:00 pm Sunday: Self-run with coach supervision 08:00 - 09:00 am 12:30 - 02:00 pm</p>		
<p>Optional Speed Class (additional charge) Monday: available for 9 years of age and older 08:15 - 08:45 pm Tuesday - Thursday: 06:30 - 07:00 am 07:00 - 07:30 am 07:30 - 08:00 am Saturday: 09:00 - 09:30 am 09:30 - 10:00 am 01:00 - 01:30 pm 01:30 - 02:00 pm Sunday: 11:30 - 12:00 pm 12:00 - 12:30 pm</p>		
<p>Optional Speed / Strength Class (additional charge): Saturday: 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 Sunday: program 10:00 - 11:30 am</p>		
<p>Optional Strength Class (additional charge): Saturday: 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 Sunday: program 09:00 - 10:00 am</p>		
<p>Additional Class Registration Link will be sent out to your spring registration emails</p>		
<p>Private Training for Jr Sharks Program (additional charge) reach out or speak to individual coaches</p>		
<p>VALD results consulting (additional charge) contact Shane: sgalaviz@sharksice.com</p>		

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.

Build Your Own Warmup		
	Exercise	Distance/Time/Reps
Raise 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
Activate 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
Mobilize 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	
Potentiate 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		
Activity	Sets	Reps
Warm up		
Stretch Movement (Linear) -- (i.e.Skips, jog, shuffle)		
Plyo		
Box Jump	3	x5
Speed		
Athletic Stance Sprint	4	x15 yrds
Lift		
Interval Conditioning		
Tempo Run :15/:30	x8	Add 1 Each Week
Day 2		
Activity	Sets	Reps
Warm up		
Ladder Drills	6	x2
Mini Band Walks (Monster)	4	x10 yrds
Plyo		
Lateral Box Jumps	3	x3ea
Power		
MB Slam	3	x10
MB Squat Press	3	x10
Speed		
Lat quick feet to sprint	4	x15 yrds
Lift		
Conditioning		
Slide Board	10	:30/1Min

Phase 1 - Prime							
Day 1							
Exercise + sets	Tempo	WK1	Reps	WK2	Reps	WK3	Reps
1a. MB Slams x3			x10		x12		x15
			x10		x12		x15
			x10		x12		x15
1b. Hip Flexor Stretch x2		-		-		-	
1c. Quad Bent Knee Hip Ext. x2		-	x5 ea.	-	x8 ea.	-	x10 ea.
2a. Goblet squat x3			x8		x8		x8
			x8		x8		x8
			x8		x8		x8
2b. Dead Hang x3		-	x30 sec	-	x30 sec	-	x30 sec
2c. Shoulder taps (slow) x2		-	x10 ea.	-	x12 ea.	-	x15 ea.
2d. Chest Stretch x2		-		-		-	
3a. DB Straight Leg DL x3			x8		x8		x8
			x8		x8		x8
			x8		x8		x8
3b. Cable Rows w/long bar x3			x8 ea.		x10 ea.		x10 ea.
			x8		x10		x10
			x8		x10		x10
3c. Bear Crawl KB Reach Through x2			x5 ea.		x5 ea.		x5 ea.
3d. Hamstring Stretch x2		-		-		-	
Day 2							
Exercise + sets	Tempo	WK1	Reps	WK2	Reps	WK3	Reps
1a. Push-ups x3		BW	x8 ea.	BW	x10 ea.	BW	x12 ea.
1b. Plank w/10 sec exhale x2		-	:30	-	:30	-	:30
1c. Lat Stretch x2		-	:30	-	:30	-	:30
2a. Kneeling 1-Arm DB Press x3			x8 ea.		x8 ea.		x8 ea.
			x8		x8		x8
			x8		x8		x8
2b. Bent Knee Side Bridge x2		-	:30	-	:30	-	:30
2c. Quad Stretch x2		-		-		-	
3a. YTWL x3		BW	x8		x10		x12
		BW	x8		x10		x12
		BW	x8		x10		x12
3b. Tricep Ext. x3			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
			50 yrds		50 yrds		50 yrds
			50 yrds		50 yrds		50 yrds

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

Phase 2 - Strength (low + heavy reps, drop sets)

Day 1							
Exercise + sets	Tempo	WK1	Reps	WK2	Reps	WK3	Reps
1a. Vertical Jump x3		-	x3 ea.	-	x3 ea.	-	x3 ea.
1b. PVC Around the world x2		-		-		-	
1c. Quad Hip Ext x2		-	x5 ea.	-	x8 ea.	-	x10 ea.
2b. 90 Degree Dead Hang x3		BW	x30 sec	BW	x30 sec	BW	x30 sec
2c. Stability Ball- Stir the Pot (knees) x2		-	x10 ea.	-	x12 ea.	-	x15 ea.
2d. Chest Stetch x2		-		-		-	
3a. 1-Arm/1-Leg DB 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.
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.
3c. MB Get Up x3		-	x3 ea	-	x3 ea	-	x3 ea
3d. Hamstring Stretch x2		-		-		-	
Day 2							
Exercise + sets	Tempo	WK1	Reps	WK2	Reps	WK3	Reps
1a. SA Bench 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.	-	x8 ea.	-	x10 ea.
		-	x5 ea.	-	x8 ea.	-	x10 ea.
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.
2b. Side Bridge x2		-	3x:10	-	4x:10	-	5x:10
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
3b. Lateral 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 yrds		50 yrds		50 yrds
			50 yrds		50 yrds		50 yrds
			50 yrds		50 yrds		50 yrds

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

Phase 3 - Time Under Tension							
Day 1							
Exercise + sets	Tempo	WK1	Reps	WK2	Reps	WK3	Reps
1a. Reverse MB OH Toss x3			x10ea.		x12ea.		x15ea.
1b. Quad W/Alt. Arm/Leg Ext. x2			x5 ea		x8 ea		x10 ea.
1c. Prayer Squat Rocks x2		-		-		-	
2a. DB 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)
	5 / 1 / 1(C)		x5(E)		x5(C)		x5(H)
	1 / 5 / 1(H)		x6(E)		x6(C)		x6(H)
2b. Ecc. Chin Up x3 - Jump up and slowly lower down	1 / 1 / 5(E)		x4(E)		x4(E)		x4(E)
	1 / 1 / 5(E)		x5(E)		x5(E)		x5(E)
	1 / 1 / 5(E)		x6(E)		x6(E)		x6(E)
2c. Stability Ball - Stir the Pot (knees) x2		-	x10 ea.	-	x12 ea.	-	x15 ea.
2d. Chest Stretch x2		-		-		-	
3a. 1-Arm/1-Leg KB Straight Leg DL x3 - start at the top	5 / 1 / 1(E)		x4(E)		x4(C)		x4(E)
	1 / 1 / 5(C)		x5(E)		x5(C)		x5(E)
	5 / 1 / 1(E)		x6(E)		x6(C)		x6(E)
3b. Underhand Sandbag Row x3 - Keep back straight	5 / 1 / 1(E)		x4(E)		x4(C)		x4(E)
	1 / 1 / 5(C)		x5(E)		x5(C)		x5(E)
	5 / 1 / 1(E)		x6(E)		x6(C)		x6(E)
3c. Bear Crawl KB Reach Through x2			x5 ea.		x5 ea.		x5 ea.
3d. Hamstring Stretch x2		-		-		-	
Day 2							
Exercise + sets	Tempo	WK1	Reps	WK2	Reps	WK3	Reps
1a. Release Push-ups x3	2 / 2 / 2		x6		x8		x10
1b. Plank w/Arm Reach x2			x5 ea.		x8 ea.		x10 ea.
1c. Lat Stretch x2		-		-		-	
2a. Standing 1-Arm MB Press x3	1 / 1 / 5(E)		x4(E)		x4(C)		x4(H)
	5 / 1 / 1(C)		x5(E)		x5(C)		x5(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.
2c. Quad Stretch x2		-		-		-	
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
3b. Kneeling Zottman Curl x2	1 / 1 / 5(E)		x6 (E)		x6 (C)		x6 (E)
	5 / 1 / 1(C)		x6 (E)		x6 (C)		x6 (E)
3c. 1-Arm OH KB Walk- x3 - 25 yds there, 25 yds back			x50 yrds		x50 yrds		x50 yrds
			x50 yrds		x50 yrds		x50 yrds
			x50 yrds		x50 yrds		x50 yrds

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

Phase 4 - Explosive/Power							
Day 1							
Exercise + sets	Tempo	WK1	Reps	WK2	Reps	WK3	Reps
1a. DB Snatch x3 - or Wtd. Vertical Jump			x5 ea.		x5 ea.		x5 ea.
			x5 ea.		x5 ea.		x5 ea.
			x5 ea.		x5 ea.		x5 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.
2a. DB Walking Lunges x3 - Back knee touches the ground each step - After lunges immediately into 5 hurrdles (no rest)			x10ea. +5		x10ea. +5		x10ea. +5
			x10ea. +5		x10ea. +5		x10ea. +5
			x10ea. +5		x10ea. +5		x10ea. +5
2b. Hurdle Jump W/Bounce x2			x5		x5		x6
2c. Chin up x2			x5		x5		x6
2d. Wheel Roll Out x2		-	x10	-	x12	-	x15
2e. Shoulder Stretch x2		-		-		-	
3a. 2-Arm/1-LEG KB SLDL x3			x4 ea.		x4 ea.		x5 ea.
			x4 ea.		x4 ea.		x5 ea.
			x4 ea.		x4 ea.		x5 ea.
3b. Inverted Rows x3			x6 ea.		x6 ea.		x6 ea.
			x6 ea.		x6 ea.		x6 ea.
3c. Sandbag Get Up x2		-	x5 ea	-	x5 ea	-	x5 ea
3d. Hamstring Stretch x2		-		-		-	
Day 2							
Exercise + sets	Tempo	WK1	Reps	WK2	Reps	WK3	Reps
1a. DB Bench Press x3 - 2 arms - After bench immediately into MB chest pass (no rest)			x5		x5		x5
			x5		x5		x5
			x5		x5		x5
1b. MB Chest Pass x3		6 lbs	x10	6 lbs	x10	6 lbs	x10
1c. Tall Plank to Low Plank x2			x5 ea.		x5 ea.		x5 ea.
1d. Lat Stretch x2		-		-		-	
2a. DB Curl & PressPress 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.
2c. Quad Stretch x2		-		-		-	
3a. External Rotation x3 (banded)		-	x10 ea.	-	x10	-	x10
3b. Cable Tricep Ext. x3			x10		x10		x10
			x10		x10		x10
			x10		x10		x10
3c. CrossWalk- x3 - 1-straight up/1-hand suitcase - 25 yrds there, 25 yrds back			x50 yrds		x50 yrds		x50 yrds
			x50 yrds		x50 yrds		x50 yrds
			x50 yrds		x50 yrds		x50 yrds

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

Phase 5 - Pre-Season Performance

Day 1

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.
1b. Dead Bugs x2			x5 ea.		x8 ea.		x10 ea.
1c. Psoas Stretch x2		-		-		-	
Strength Circuit- x3		-	-	-	-	-	-
DB RFESS			x8ea.		x10ea.		x12ea.
Pull Up (weight optional)			x6		x7		x8
DB Bench Press			x8		x10		x12
Wheel Roll Out		-	x10	-	x12	-	x14
Squat Jump			x10		x12		x14
TRX Row		-	x8	-	x10	-	x12
Alt. Arm DB Shoulder Press			x8ea.		x10ea.		x12ea.
KB 1-Leg SLDL			x8ea.		x10ea.		x12ea.
1-Arm Cable Row			x8ea.		x10ea.		x12ea.
Plank Series (low plank, each side bridge)		-	x:30 ea	-	:30 ea	-	:30 ea

Day 2

Exercise + sets	Tempo	WK1	Reps	WK2	Reps	WK3	Reps
Leg Circuit- 1:30 REST REQUIRED x3		BW	-	Goblet DB	-	2 Dumbbells	-
Squat Jump		-	x10		x10		x10
Lunge		-	x10ea.		x10ea.		x10ea.
Step Up		-	x10ea.		x10ea.		x10ea.
Squat		-	x20		x20		x20
Plate Circuit- x3		5 - 15 lb DB or plate					
Overhead Squat			x10		x12		x14
Plate Row			x10ea.		x12ea.		x14ea.
Push Up (plate on back)			x10		x12		x14
Straight Leg Sit Up (plate on chest)			x10		x12		x14
Plate SLDL			x10ea.		x12ea.		x14ea.
Upright Row			x10		x12		x14
Staggered Push Up		-	x10ea.	-	x12ea.	-	x14ea.
Squat +Press+Tricep Extension			x10		x12		x14
Steering Wheel			x:30		:45		1:00
Plank Series (plate on back)			x:30 ea		:30 ea		:30 ea