



U16 Strength & Conditioning Program

BC Hockey

May 2020



Session #	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Phase 1	First Step						
						1	2
STR- 1 ESD- 1						Review Program	Run a 1600m test email time to mdavey@bchockey.net
STR-3 ESD- 2	Week 1						
	3	4	5	6	7	8	9
	Recovery	STR Session 1	ESD - ISV	STR Session 2	ESD - ISV	STR Session 3	Recovery
STR- 3 ESD-3	Week 2						
	10	11	12	13	14	15	16
	Recovery	STR Session 1	ESD - ISV	STR Session 2	ESD - ISV	STR Session 3	ESD - ISV
STR- 3 ESD- 3	Week 3						
	17	18	19	20	21	22	23
	Recovery	STR Session 1	ESD - ISV	STR Session 2	ESD - ISV	STR Session 3	ESD - ISV
Linear Speed - 1 Lateral Speed - 1 STR- 3 ESD- 3	Week 4						
	24	25	26	27	28	29	30
	Recovery	STR Session 1	Linear Speed ESD - ISV	STR Session 2	Lateral Speed ESD - ISV	STR Session 3	ESD - ISV

"Talent wins games, but teamwork and intelligence wins championships."-- Michael Jordan



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May/June 2020



Session	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 5							
Linear Speed - 2	31	1	2	3	4	5	6
Lateral Speed - 1	Recovery	STR Session 1	Linear Speed	STR Session 2	Lateral Speed	STR Session 3	Linear Speed
STR- 3			ESD - VO2		ESD - ISV		ESD 2
ESD- 3	Week 6 (email mdavey@bchockey.net new 1600m time)						
Linear Speed - 1	7	8	9	10	11	12	13
Lateral Speed - 2	Recovery	STR Session 1	Lateral Speed	STR Session 2	Lateral Speed	STR Session 3	Lateral Speed
STR- 3			1600m test		ESD - ISV		ESD - VO2
ESD- 3	Week 7 (Start of Phase 2)						
Phase 2	14	15	16	17	18	19	20
Linear Speed - 2	Recovery	STR Session 1	Linear Speed	STR Session 2	Lateral Speed	STR Session 3	Linear Speed
Lateral Speed - 1			ESD - VO2		ESD - ISV		ESD - VO2
STR- 3	Week 8						
ESD- 3	21	22	23	24	25	26	27
Linear Speed - 1	Recovery	STR Session 1	Lateral Speed	STR Session 2	Lateral Speed	STR Session 3	Lateral Speed
Lateral Speed - 2			ESD - VO2		ESD - ISV		ESD - VO2
STR- 3	Week 9						
ESD- 3	28	29	30				
Linear Speed - 2	Recovery	STR Session 1	Linear Speed				
Lateral Speed - 1			ESD - VO2				
STR- 3							
ESD- 3							

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July 2020



Session	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 9 continued							
				1	2	3	4
				STR Session 2	Lateral Speed ESD - ISV	STR Session 3	Linear Sped ESD - VO2
Week 10							
	5	6	7	8	9	10	11
Linear Speed - 1 Lateral Speed - 2 STR- 3 ESD- 3	Recovery	STR Session 1	Lateral Speed ESD - VO2	STR Session 2	Linear Speed ESD - VO2	STR Session 3	Lateral Speed ESD - VO2
Week 11 (Taper)							
	12	13	14	15	16	17	18
Linear Speed - 2 Lateral Speed - 1 STR- 3 ESD- 3	Recovery	STR Session 1	Linear Speed ESD - VO2	STR Session 2	Lateral Speed ESD - VO2	STR Session 3	ESD - VO2
Week 12 (Taper)							
	19	20	21	22	23	24	25
Lateral Speed - 1 STR- 3 ESD- 3	Recovery	STR Session 1	ESD - VO2	STR Session 2	Lateral Speed Mobility Focus	Mobility Focus ESD - VO2	Mobility Focus
Week 13 (Shawnigan Lake Camp)							
	26	27	28	29	30	31	
Time to Perform!		1600m test					

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August 2020



Session	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 13 continued							
							1
							Recovery
Week 14							
Phase 3 Linear Speed - 1	2	3	4	5	6	7	8
STR- 3 ESD- 3	Recovery	Recovery	STR Session 1	STR Session 2 ESD-Stop&Go	Recovery	STR Session 3	Linear Speed ESD- GRID
Week 15							
Linear Speed - 1 Lateral Speed - 2 STR- 3 ESD- 3	9	10	11	12	13	14	15
	Recovery	STR Session 1	Lateral Speed ESD-Stop&Go	STR Session 2	Linear Speed ESD- GRID	STR Session 3	Lateral Speed ESD-Stop&Go
Week 16							
Linear Speed - 2 Lateral Speed - 1 STR- 3 ESD- 3	16	17	18	19	20	21	22
	Recovery	STR Session 1	Linear Speed ESD- GRID	STR Session 2	Lateral Speed ESD-Stop&Go	STR Session 3	Linear Speed ESD- GRID
Week 17							
Linear Speed - 1 Lateral Speed - 2 STR- 3 ESD- 3	23	24	25	26	27	28	29
	Recovery	STR Session 1	Lateral Speed ESD-Stop&Go	STR Session 2	Linear Speed ESD- GRID	STR Session 3	Lateral Speed ESD-Stop&Go

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August/September 2020

Session	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Week 18 (Taper)								
	30	31	1	2	3	4	5	
Lateral Speed -1 STR- 3 ESD- 3		STR Session 1	ESD- GRID	STR Session 2	Lateral Speed ESD-Stop&Go	STR Session 3	ESD- GRID	
	Week 19 (Taper)							
	6	7	8	9	10	11	12	
STR- 2 ESD- 2	Recovery	STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2			
Maintenance The goal is to maintain strength and condition areas not seen in practice (Aerobic System)	Week 20 (In-Season Programming)							
		13	14	15	16	17	18	19
		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2			
Week 21								
	20	21	22	23	24	25	26	
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2			
Week 22								
	27	28	29	30				
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID				

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October 2020

Session	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 22 cont (Taper)							
					1	2	3
					STR Session 2		
Week 23 (Taper)							
	4	5	6	7	8	9	10
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		
Week 24 (WHL Western Canada Cup)							
	11	12	13	14	15	16	17
STR - 1	ESD-Stop&Go	STR Session 1					
Week 25							
	18	19	20	21	22	23	24
STR- 2 ESD- 1		Recovery	Recovery	Recovery	STR Session 2		
Week 276							
	25	26	27	28	29	30	31
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		

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November 2020

Session	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 27							
	1	2	3	4	5	6	7
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		
Week 28							
	8	9	10	11	12	13	14
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		
Week 29							
	15	16	17	18	19	20	21
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		
Week 30							
	22	23	24	25	26	27	28
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		
Week 31							
	29	30					
STR- 2 ESD- 2		STR Session 1					

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December 2020

Session	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 31 continued							
			1	2	3	4	5
STR- 2 ESD- 2			ESD-Stop&Go	ESD- GRID	STR Session 2		
Week 32							
	6	7	8	9	10	11	12
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		
Week 33							
	13	14	15	16	17	18	19
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		
Week 34 (Champions do not take days off!)							
	20	21	22	23	24	25	26
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	STR Session 2	ESD- GRID	XMAS	
Week 35							
	27	28	29	30	31		
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	STR Session 2	ESD- GRID		

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January 2021

Session	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 35 continued							
						1	2
						New Years	
Week 36							
	3	4	5	6	7	8	9
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		
Week 37							
	10	11	12	13	14	15	16
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		
Week 38							
	17	18	19	20	21	22	23
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		
Week 39							
	24	25	26	27	28	29	30
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		

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January/February 2021

Session	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 40							
	31	1	2	3	4	5	6
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		
Week 41							
	7	8	9	10	11	12	13
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		
Week 42							
	14	15	16	17	18	19	20
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		
Week 43							
	21	22	23	24	25	26	27
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		
Week 44							
	28						
STR- 2 ESD- 2							

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March 2021

Session	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 44 continued							
		1	2	3	4	5	6
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		
Week 45							
	7	8	9	10	11	12	13
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		
Week 46							
	14	15	16	17	18	19	20
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		
Week 47							
	21	22	23	24	25	26	27
STR- 2 ESD- 2		STR Session 1	ESD-Stop&Go	ESD- GRID	STR Session 2		
Week 48							
	28	29	30	31			
STR- 1 ESD- 1		STR Session 1	ESD-Stop&Go	ESD- GRID			

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