

Name: _____

Program 1: The Basics

Program Notes
 The goal of the program is to be able to execute specific movements with mostly bodyweight. Master this before adding external load. This program is to be performed 2x a week. Consistency is the biggest factor in training, just try to get it when whenever it fits your schedule.

Tempo is how you execute a movement (example squat 1:2:1) the first number is how long it takes to descend into a position(i.e. lower) the second number is if there is a pause at the bottom, the third number is how fast you should return to the starting position. The acronym es stands for each side.

See BC Hockey High Performance Youtube channel for video explanations <https://www.youtube.com/channel/UJKrG547P7RleuAHaVnNw/featured>



Week 1 Session 1					Week 1 Session 2					Week 2 Session 1					Week 2 Session 2				
Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time
Warm-up																			
Jumps	Two Foot Landing	3x6	30sec	Height:12inches	Jumps	Two Foot Landing	3x6	30sec	Height:12inches	Jumps	Two Foot Landing	3x6	30sec	Height:12inches	Jumps	Two Foot Landing	3x6	30sec	Height:12inches
1a	Prisoner Squat (Tempo 1:2:1)	3x10	Wall calf Mobility (15es)	Weight this session	1a	Nordic Hamstring Drop	3x6 (5 sec lower)	Wall calf Mobility (15es)	Weight next session	1a	Prisoner Squat (Tempo 1:2:1)	3x11	Wall calf Mobility (15es)		1a	Nordic Hamstring Drop	3x6 (5 sec lower)	Wall calf Mobility (15es)	
1b	Inverted Row Bent Knee (Tempo 1:2:1)	3x10			1b	Incline Push-ups (progress to floor if easy)	3x8			1b	Inverted Row Bent Knee (Tempo 1:2:1)	3x11			1b	Incline Push-ups (progress to floor if easy)	3x8		
2a	Cook Hip Lift (Tempo: 1:2:1)	3x8es			2a	Step-ups (add weight if easy, ensure form)	3x10es			2a	Cook Hip Lift (Tempo: 1:2:1)	3x9es			2a	Step-ups (add weight if easy, ensure form)	3x10es		
2b	Bird Dog (Tempo: 1:2:1)	3x10es	Groin Rock Stretch 60sec		2b	Cossack Squat (assisted if needed)	3x10es	Groin Rock Stretch 60sec		2b	Bird Dog (Tempo: 1:2:1)	3x10es	Groin Rock Stretch 60sec		2b	Cossack Squat (assisted if needed)	3x10es	Groin Rock Stretch 60sec	
2c	Side Plank Hold	3x30sec each side			2c	Front Plank	3x40sec			2c	Side Plank Hold	3x35sec each side			2c	Front Plank	3x45sec		
Cool-Down																			
3	Wall Hamstring Stretch	2min per leg	n/a		3	Wall Hamstring Stretch	2min per leg	n/a		3	Wall Hamstring Stretch	2min per leg	n/a		3	Wall Hamstring Stretch	2min per leg	n/a	
4	Couch Stretch	2min per leg	n/a		4	Couch Stretch	2min per leg	n/a		4	Couch Stretch	2min per leg	n/a		4	Couch Stretch	2min per leg	n/a	
Warm-up																			
Jumps	Two Foot Landing	3x6	30sec	Height:15inches	Jumps	Two Foot Landing	3x6	30sec	Height:15inches	Jumps	Two Foot Landing	3x6	30sec	Height:15inches	Jumps	Two Foot Landing	3x6	30sec	Height:15inches
1a	Prisoner Squat (Tempo 1:2:1)	3x12	Wall calf Mobility (15es)		1a	Nordic Hamstring Drop	3x6 (5 sec lower)	Wall calf Mobility (15es)		1a	Prisoner Squat (Tempo 1:2:1)	3x13	Wall calf Mobility (15es)		1a	Nordic Hamstring Drop	3x6 (5 sec lower)	Wall calf Mobility (15es)	
1b	Inverted Row Bent Knee (Tempo 1:2:1)	3x12			1b	Incline Push-ups (progress to floor if easy)	3x9			1b	Inverted Row Bent Knee (Tempo 1:2:1)	3x13			1b	Incline Push-ups (progress to floor if easy)	3x10		
2a	Cook Hip Lift (Tempo: 1:2:1)	3x10es			2a	Step-ups (add weight if easy, ensure form)	3x11es			2a	Cook Hip Lift (Tempo: 1:2:1)	3x11es			2a	Step-ups (add weight if easy, ensure form)	3x11es		
2b	Bird Dog (Tempo: 1:2:1)	3x11es	Groin Rock Stretch 60sec		2b	Cossack Squat (assisted if needed)	3x11es	Groin Rock Stretch 60sec		2b	Bird Dog (Tempo: 1:2:1)	3x11es	Groin Rock Stretch 60sec		2b	Cossack Squat (assisted if needed)	3x11es	Groin Rock Stretch 60sec	
2c	Side Plank Hold	3x40sec each side			2c	Front Plank	3x50sec			2c	Side Plank Hold	3x45sec each side			2c	Front Plank	3x55sec		
Cool-Down																			
3	Wall Hamstring Stretch	2min per leg	n/a		3	Wall Hamstring Stretch	2min per leg	n/a		3	Wall Hamstring Stretch	2min per leg	n/a		3	Wall Hamstring Stretch	2min per leg	n/a	
4	Couch Stretch	2min per leg	n/a		4	Couch Stretch	2min per leg	n/a		4	Couch Stretch	2min per leg	n/a		4	Couch Stretch	2min per leg	n/a	

Week 5 Session 1					Week 5 Session 2					Week 6 Session 1					Week 6 Session 2				
Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time
Warm-up																			
Jumps	Two Foot Landing	3x6	30sec	Height:18inches	Jumps	Two Foot Landing	3x6	30sec	Height:18inches	Jumps	Two Foot Landing	3x6	30sec	Height:18inches	Jumps	Two Foot Landing	3x6	30sec	Height:18inches
1a	Prisoner Squat (Tempo 1:2:1)	3x14	Wall calf Mobility (15es)		1a	Nordic Hamstring Drop	3x5 (6 sec lower)	Wall calf Mobility (15es)		1a	Overhead Squat (Tempo 2:2:1)	3x11	Wall calf Mobility (15es)		1a	Nordic Hamstring Drop	3x5 (6 sec lower)	Wall calf Mobility (15es)	
1b	Inverted Row Bent Knee (Tempo 1:2:1)	3x14			1b	Incline Push-ups (progress to floor if easy)	3x11			1b	Straight Leg inverted row (Tempo 1:2:1)	3x10			1b	Incline Push-ups (progress to floor if easy)	3x12		
2a	Cook Hip Lift (Tempo: 1:2:1)	3x12es	Groin Rock Stretch 60sec		2a	Step-ups (add weight if easy, ensure form)	3x12es	Groin Rock Stretch 60sec		2a	Cook Hip Lift (Tempo: 1:2:1)	3x13es	Groin Rock Stretch 60sec		2a	Step-ups (add weight if easy, ensure form)	3x12es	Groin Rock Stretch 60sec	
2b	Bird Dog (Tempo: 1:2:1)	3x12es			2b	Cossack Squat (assisted if needed)	3x12es			2b	Bird Dog (Tempo: 1:2:1)	3x12es			2b	Cossack Squat (assisted if needed)	3x12es		
2c	Side Plank Hold	3x50sec each side			2c	Front Plank	3x60sec			2c	Side Plank Hold	3x55sec each side			2c	Front Plank	3x65sec		
Cool-Down																			
3	Wall Hamstring Stretch	2min per leg	n/a		3	Wall Hamstring Stretch	2min per leg	n/a		3	Wall Hamstring Stretch	2min per leg	n/a		3	Wall Hamstring Stretch	2min per leg	n/a	
4	Couch Stretch	2min per leg	n/a		4	Couch Stretch	2min per leg	n/a		4	Couch Stretch	2min per leg	n/a		4	Couch Stretch	2min per leg	n/a	
Warm-up																			
Jumps	Two Foot Landing	3x6	30sec	Height:21inches	Jumps	Two Foot Landing	3x6	30sec	Height:21inches	Jumps	Two Foot Landing	3x6	30sec	Height:21inches	Jumps	Two Foot Landing	3x6	30sec	Height:21inches
1a	Overhead Squat (Tempo 2:2:1)	3x12	Wall calf Mobility (15es)		1a	Nordic Hamstring Drop	3x5 (7 sec lower)	Wall calf Mobility (15es)		1a	Overhead Squat (Tempo 2:2:1)	3x13	Wall calf Mobility (15es)		1a	Nordic Hamstring Drop	3x5 (7 sec lower)	Wall calf Mobility (15es)	
1b	Straight Leg inverted row (Tempo 1:2:1)	3x11			1b	Incline Push-ups (progress to floor if easy)	3x13			1b	Straight Leg inverted row (Tempo 1:2:1)	3x12			1b	Incline Push-ups (progress to floor if easy)	3x14		
2a	Cook Hip Lift (Tempo: 1:2:1)	3x14es	Groin Rock Stretch 60sec		2a	Step-ups (add weight if easy, ensure form)	3x13es	Groin Rock Stretch 60sec		2a	Cook Hip Lift (Tempo: 1:2:1)	3x14es	Groin Rock Stretch 60sec		2a	Step-ups (add weight if easy, ensure form)	3x13es	Groin Rock Stretch 60sec	
2b	Bird Dog (Tempo: 1:2:1)	3x13es			2b	Cossack Squat (assisted if needed)	3x13es			2b	Bird Dog (Tempo: 1:2:1)	3x13es			2b	Cossack Squat (assisted if needed)	3x13es		
2c	Side Plank Hold	3x60sec each side			2c	Front Plank	3x70sec			2c	Side Plank Hold	3x60sec each side			2c	Front Plank	3x75sec		
Cool-Down																			
3	Wall Hamstring Stretch	2min per leg	n/a		3	Wall Hamstring Stretch	2min per leg	n/a		3	Wall Hamstring Stretch	2min per leg	n/a		3	Wall Hamstring Stretch	2min per leg	n/a	
4	Couch Stretch	2min per leg	n/a		4	Couch Stretch	2min per leg	n/a		4	Couch Stretch	2min per leg	n/a		4	Couch Stretch	2min per leg	n/a	

