

Name: _____

Program 2: Building the Foundation

Program Notes

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/UCKzG5467P7RleuAHAaVnNww/featured>



Week 9 Session 1					Week 9 Session 2					Week 10 Session 1					Week 10 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	Bodyweight Jump Squat	3x6	Couch Stretch 15 reps per side		Jumps	Bodyweight Jump Squat	3x6	Couch Stretch 15 reps per side		Jumps	Bodyweight Jump Squat	4x6	Couch Stretch 15 reps per side		Jumps	Bodyweight Jump Squat	4x6	Couch Stretch 15 reps per side	
Jumps	Lateral Hop and Stick	3x6es			Jumps	Lateral Hop and Stick	3x6es			Jumps	Lateral Hop and Stick	3x6es			Jumps	Lateral Hop and Stick	3x6es		
1a	Goblet Squat (try to increase weight each session) (Tempo 2:1:1)	4x8	Groin Rock Stretch 60sec		1a	DB RDL (try to increase weight per session) (Tempo 2:1:1)	4x8	Groin Rock Stretch 60sec		1a	Goblet Squat (try to increase weight each session) (Tempo 2:1:1)	4x8	Groin Rock Stretch 60sec		1a	DB RDL (try to increase weight per session) (Tempo 2:1:1)	4x8	Groin Rock Stretch 60sec	
1b	Eccentric Chin-up (5 sec lower)	3x6			1b	Bottom up push-up (add weight if easy or elevate feet)	3x6			1b	Eccentric Chin-up (5 sec lower)	3x6			1b	Bottom up push-up (add weight if easy or elevate feet)	3x6		
2a	Knee Pull to single leg RDL	3x10es			2a	Goblet Cossack Squat (Tempo 2:1:1)	3x10es			2a	Knee Pull to single leg RDL	3x10es			2a	Goblet Cossack Squat (Tempo 2:1:1)	3x10es		
2b	Bear Crawl	3x20sec	Side lying rotation 10es		2b	Straight leg Inverted row (add weight or elevated feet if easy) (Tempo 1:1:2)	3x10	Side lying rotation 10es		2b	Bear Crawl	3x20sec	Side lying rotation 10es		2b	Straight leg Inverted row (add weight or elevated feet if easy) (Tempo 1:1:2)	3x10	Side lying rotation 10es	
2c	Side Plank with abduction	3x30sec each side			2b	Deadbug (Tempo 1:1:1)	3x11es			2c	Side Plank with abduction	3x30sec each side			2b	Deadbug (Tempo 1:1:1)	3x11es		
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 11 Session 1					Week 11 Session 2					Week 12 Session 1					Week 12 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	Bodyweight Jump Squat	4x6	Couch Stretch 15 reps per side		Jumps	Bodyweight Jump Squat	4x6	Couch Stretch 15 reps per side		Jumps	Jump Squat (add 10% bodyweight in terms of weight)	4x6	Couch Stretch 15 reps per side		Jumps	Jump Squat (add 10% bodyweight in terms of weight)	4x6	Couch Stretch 15 reps per side	
Jumps	Lateral Hop and Stick	3x6es			Jumps	Lateral Hop and Stick	3x6es			Jumps	Lateral Hop and Stick	3x6es			Jumps	Lateral Hop and Stick	3x6es		
1a	Goblet Squat (try to increase weight each session) (Tempo 2:1:1)	4x8	Groin Rock Stretch 60sec		1a	DB RDL (try to increase weight per session) (Tempo 2:1:1)	4x8	Groin Rock Stretch 60sec		1a	Goblet Squat (try to increase weight each session) (Tempo 2:1:1)	4x8	Groin Rock Stretch 60sec		1a	DB RDL (try to increase weight per session) (Tempo 2:1:1)	4x8	Groin Rock Stretch 60sec	
1b	Eccentric Chin-up (5 sec lower)	4x6			1b	Bottom up push-up (add weight if easy or elevate feet)	3x7			1b	Eccentric Chin-up (5 sec lower)	4x6			1b	Bottom up push-up (add weight if easy or elevate feet)	3x8		
2a	Knee Pull to single leg RDL	3x11es			2a	Goblet Cossack Squat (Tempo 2:1:1)	3x11es			2a	Knee Pull to single leg RDL	3x12es			2a	Goblet Cossack Squat (Tempo 2:1:1)	3x11es		
2b	Bear Crawl	3x25sec	Side lying rotation 10es		2b	Straight leg Inverted row (add weight or elevated feet if easy) (Tempo 1:1:2)	3x10	Side lying rotation 10es		2b	Bear Crawl	3x30sec	Side lying rotation 10es		2b	Straight leg Inverted row (add weight or elevated feet if easy) (Tempo 1:1:2)	3x10	Side lying rotation 10es	
2c	Side Plank with abduction	3x35sec each side			2b	Deadbug (Tempo 1:1:1)	3x11es			2c	Side Plank with abduction	3x40sec each side			2b	Deadbug (Tempo 1:1:1)	3x11es		
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 13 Session 1					Week 13 Session 2					Week 14 Session 1					Week 14 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					Warm-up					Warm-up					Warm-up				
Jumps	Jump Squat (add 10% bodyweight in terms of weight)	4x6	Couch Stretch 15 reps per side		Jumps	Jump Squat (add 10% bodyweight in terms of weight)	4x6	Couch Stretch 15 reps per side		Jumps	Jump Squat (add 10% bodyweight in terms of weight)	4x6	Couch Stretch 15 reps per side		Jumps	Jump Squat (add 10% bodyweight in terms of weight)	4x6	Couch Stretch 15 reps per side	
Jumps	Lateral Hop and Stick	3x6es			Jumps	Lateral Hop and Stick	3x6es			Jumps	Lateral Hop and Stick	3x6es			Jumps	Lateral Hop and Stick	3x6es		
1a	Goblet Squat (try to increase weight each session) (Tempo 2:1:1)	4x8	Groin Rock Stretch 60sec		1a	DB RDL (try to increase weight per session) (Tempo 2:1:1)	4x8	Groin Rock Stretch 60sec		1a	Goblet Squat (try to increase weight each session) (Tempo 2:1:1)	4x8	Groin Rock Stretch 60sec		1a	DB RDL (try to increase weight per session) (Tempo 2:1:1)	4x8	Groin Rock Stretch 60sec	
1b	Eccentric Chin-up (6 sec lower)	4x6			1b	Bottom up push-up (add weight if easy or elevate feet)	3x9			1b	Eccentric Chin-up (6 sec lower)	4x6			1b	Bottom up push-up (add weight if easy or elevate feet)	3x10		
2a	Knee Pull to single leg RDL	3x13es			2a	Goblet Cossack Squat (Tempo 2:1:1)	3x10es			2a	Knee Pull to single leg RDL	3x14es			2a	Goblet Cossack Squat (Tempo 2:1:1)	3x10es		
2b	Bear Crawl	3x35sec	Side lying rotation 10es		2b	Straight leg Inverted row (add weight or elevated feet if easy) (Tempo 1:1:2)	3x10	Side lying rotation 10es		2b	Bear Crawl	3x40sec	Side lying rotation 10es		2b	Straight leg Inverted row (add weight or elevated feet if easy) (Tempo 1:1:2)	3x10	Side lying rotation 10es	
2c	Side Plank with abduction	3x45sec each side			2b	Deadbug (Tempo 1:1:1)	3x12es			2c	Side Plank with abduction	3x50sec each side			2b	Deadbug (Tempo 1:1:1)	3x12es		
Cool-Down					Cool-Down					Cool-Down					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 15 Session 1					Week 15 Session 2					Week 16 Session 1					Week 16 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					Warm-up					Warm-up					Warm-up				
Jumps	Jump Squat (add 10% bodyweight in terms of weight)	4x6	Couch Stretch 15 reps per side		Jumps	Jump Squat (add 10% bodyweight in terms of weight)	4x6	Couch Stretch 15 reps per side		Jumps	Jump Squat (add 10% bodyweight in terms of weight)	4x6	Couch Stretch 15 reps per side		Jumps	Jump Squat (add 10% bodyweight in terms of weight)	4x6	Couch Stretch 15 reps per side	
Jumps	Lateral Hop and Stick	3x6es			Jumps	Lateral Hop and Stick	3x6es			Jumps	Lateral Hop and Stick	3x6es			Jumps	Lateral Hop and Stick	3x6es		
1a	Goblet Squat (try to increase weight each session) (Tempo 2:1:1)	4x8	Groin Rock Stretch 60sec		1a	DB RDL (try to increase weight per session) (Tempo 2:1:1)	4x8	Groin Rock Stretch 60sec		1a	Goblet Squat (try to increase weight each session) (Tempo 2:1:1)	4x8	Groin Rock Stretch 60sec		1a	DB RDL (try to increase weight per session) (Tempo 2:1:1)	4x8	Groin Rock Stretch 60sec	
1b	Eccentric Chin-up (max time lower)	3x6			1b	Bottom up push-up (add weight if easy or elevate feet)	3x11			1b	Eccentric Chin-up (max time lower)	3x6			1b	Bottom up push-up (add weight if easy or elevate feet)	3x12		
2a	Knee Pull to single leg RDL	3x14es			2a	Goblet Cossack Squat (Tempo 2:1:1)	3x10es			2a	Knee Pull to single leg RDL	3x14es			2a	Goblet Cossack Squat (Tempo 2:1:1)	3x10es		
2b	Bear Crawl	3x45sec	Side lying rotation 10es		2b	Straight leg Inverted row (add weight or elevated feet if easy) (Tempo 1:1:2)	3x10	Side lying rotation 10es		2b	Bear Crawl	3x50sec	Side lying rotation 10es		2b	Straight leg Inverted row (add weight or elevated feet if easy) (Tempo 1:1:2)	3x10	Side lying rotation 10es	
2c	Side Plank with abduction	3x55sec each side			2b	Deadbug (Tempo 1:1:1)	3x13es			2c	Side Plank with abduction	3x60sec each side			2b	Deadbug (Tempo 1:1:1)	3x13es		
Cool-Down					Cool-Down					Cool-Down					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	

