

Name: \_\_\_\_\_

## Program 3: Next Step

**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/UCKzG54s7P7RleuAHAaVnNw/featured>



Week 17 Session 1				Week 17 Session 2				Week 18 Session 1				Week 18 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
<b>Warm-up</b>				<b>Warm-up</b>				<b>Warm-up</b>				<b>Warm-up</b>							
Jumps	Broad Jump	3x6	Wall calf mobility 15es	Measure distance and track:	Jumps	Broad Jump	3x6	Wall calf mobility 15es	Measure distance and track:	Jumps	Broad Jump	3x6	Wall calf mobility 15es	Measure distance and track:	Jumps	Broad Jump	3x6	Wall calf mobility 15es	Measure distance and track:
Jumps	Lateral Hops continuous	3x6es	Couch Stretch 15 es		Jumps	Lateral Hops continuous	3x6es	Couch Stretch 15 es		Jumps	Lateral Hops continuous	3x6es	Couch Stretch 15 es		Jumps	Lateral Hops continuous	3x6es	Couch Stretch 15 es	
1a	Trapbar Deadlift	4x8	Groin Rock Stretch 60sec		1a	Kettle Bell Swing	4x6	Groin Rock Stretch 60sec		1a	Trapbar Deadlift	4x8	Groin Rock Stretch 60sec		1a	Kettle Bell Swing	4x6	Groin Rock Stretch 60sec	
1b	Banded Chin-ups or bodyweight (use less of a band or add weight each week)	3x6			1b	DB Single Arm Bench Press	3x8es			1b	Banded Chin-ups or bodyweight	3x6			1b	DB Single Arm Bench Press	3x8es		
2a	Dumbbell (DB) Single Leg RDL	3x10es			2a	DB 5 Point Lunge	3x5each			2a	Dumbbell (DB) Single Leg RDL	3x10es			2a	DB 5 Point Lunge	3x5each		
2b	Kneeling Paloff Press (Tempo 1:3:1)	3x10es	Side lying rotation 10es		2b	Split Position DB Row	3x8es	Side lying rotation 10es		2b	Kneeling Paloff Press (Tempo 1:3:1)	3x10es	Side lying rotation 10es		2b	Split Position DB Row	3x8es	Side lying rotation 10es	
2c	Lateral Bear Crawl	3x15sec each way			2b	Stability Ball Roll-out	2x10			2c	Lateral Bear Crawl	3x15sec each way			2b	Stability Ball Roll-out	3x10		
<b>Cool-Down</b>				<b>Cool-Down</b>				<b>Cool-Down</b>				<b>Cool-Down</b>							
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 19 Session 1				Week 19 Session 2				Week 20 Session 1				Week 20 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
<b>Warm-up</b>				<b>Warm-up</b>				<b>Warm-up</b>				<b>Warm-up</b>							
Jumps	Broad Jump	4x5	Wall calf mobility 15es	Measure distance and track:	Jumps	Broad Jump	4x5	Wall calf mobility 15es	Measure distance and track:	Jumps	Broad Jump	4x5	Wall calf mobility 15es	Measure distance and track:	Jumps	Broad Jump	4x5	Wall calf mobility 15es	Measure distance and track:
Jumps	Lateral Hops continuous	3x6es	Couch Stretch 15 es		Jumps	Lateral Hops continuous	3x6es	Couch Stretch 15 es		Jumps	Lateral Hops continuous	3x6es	Couch Stretch 15 es		Jumps	Lateral Hops continuous	3x6es	Couch Stretch 15 es	
1a	Trapbar Deadlift	4x8	Groin Rock Stretch 60sec		1a	Kettle Bell Swing	4x6	Groin Rock Stretch 60sec		1a	Trapbar Deadlift	4x8	Groin Rock Stretch 60sec		1a	Kettle Bell Swing	4x6	Groin Rock Stretch 60sec	
1b	Banded Chin-ups or bodyweight	3x6			1b	DB Single Arm Bench Press	3x8es			1b	Banded Chin-ups or bodyweight	3x6			1b	DB Single Arm Bench Press	3x8es		
2a	Dumbbell (DB) Single Leg RDL	3x11es			2a	DB 5 Point Lunge	3x5each			2a	Dumbbell (DB) Single Leg RDL	3x11es			2a	DB 5 Point Lunge	3x5each		
2b	Kneeling Paloff Press (Tempo 1:3:1)	3x11es	Side lying rotation 10es		2b	Split Position DB Row	3x8es	Side lying rotation 10es		2b	Kneeling Paloff Press (Tempo 1:3:1)	3x11es	Side lying rotation 10es		2b	Split Position DB Row	3x8es	Side lying rotation 10es	
2c	Lateral Bear Crawl	3x20sec each way			2b	Stability Ball Roll-out	3x11			2c	Lateral Bear Crawl	3x20sec each way			2b	Stability Ball Roll-out	3x12		
<b>Cool-Down</b>				<b>Cool-Down</b>				<b>Cool-Down</b>				<b>Cool-Down</b>							
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 21 Session 1					Week 21 Session 2					Week 22 Session 1					Week 22 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
<b>Warm-up</b>					<b>Warm-up</b>					<b>Warm-up</b>					<b>Warm-up</b>				
Jumps	Broad Jump	4x5	Wall calf mobility 15es	Measure distance and track:	Jumps	Broad Jump	4x5	Wall calf mobility 15es	Measure distance and track:	Jumps	Broad Jump	4x5	Wall calf mobility 15es	Measure distance and track:	Jumps	Broad Jump	4x5	Wall calf mobility 15es	Measure distance and track:
Jumps	Lateral Hops continuous	4x6es	Couch Stretch 15 es		Jumps	Lateral Hops continuous	3x6es	Couch Stretch 15 es		Jumps	Lateral Hops continuous	4x6es	Couch Stretch 15 es		Jumps	Lateral Hops continuous	3x6es	Couch Stretch 15 es	
1a	Trapbar Deadlift	4x8	Groin Rock Stretch 60sec		1a	Kettle Bell Swing	4x6	Groin Rock Stretch 60sec		1a	Trapbar Deadlift	4x8	Groin Rock Stretch 60sec		1a	Kettle Bell Swing	4x6	Groin Rock Stretch 60sec	
1b	Banded Chin-ups or bodyweight	3x6			1b	DB Single Arm Bench Press	3x8es			1b	Banded Chin-ups or bodyweight	3x6			1b	DB Single Arm Bench Press	3x8es		
2a	Dumbbell (DB) Single Leg RDL	3x12es			2a	DB 5 Point Lunge	3x5each			2a	Dumbbell (DB) Single Leg RDL	3x12es			2a	DB 5 Point Lunge	3x5each		
2b	Kneeling Paloff Press (Tempo 1:3:1)	3x12es	Side lying rotation 10es		2b	Split Position DB Row	3x8es	Side lying rotation 10es		2b	Kneeling Paloff Press (Tempo 1:3:1)	3x12es	Side lying rotation 10es		2b	Split Position DB Row	3x8es	Side lying rotation 10es	
2c	Lateral Bear Crawl	3x25sec each way			2b	Stability Ball Roll-out	3x13			2c	Lateral Bear Crawl	3x25sec each way			2b	Stability Ball Roll-out	3x14		
<b>Cool-Down</b>					<b>Cool-Down</b>					<b>Cool-Down</b>					<b>Cool-Down</b>				
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	
<b>Week 23 Session 1</b>					<b>Week 23 Session 2</b>					<b>Week 24 Session 1</b>					<b>Week 24 Session 2</b>				
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
<b>Warm-up</b>					<b>Warm-up</b>					<b>Warm-up</b>					<b>Warm-up</b>				
Jumps	Broad Jump	4x5	Wall calf mobility 15es	Measure distance and track:	Jumps	Broad Jump	4x5	Wall calf mobility 15es	Measure distance and track:	Jumps	Broad Jump	4x5	Wall calf mobility 15es	Measure distance and track:	Jumps	Broad Jump	4x5	Wall calf mobility 15es	Measure distance and track:
Jumps	Lateral Hops continuous	4x6es	Couch Stretch 15 es		Jumps	Lateral Hops continuous	3x6es	Couch Stretch 15 es		Jumps	Lateral Hops continuous	4x6es	Couch Stretch 15 es		Jumps	Lateral Hops continuous	3x6es	Couch Stretch 15 es	
1a	Trapbar Deadlift	4x8	Groin Rock Stretch 60sec		1a	Kettle Bell Swing	4x6	Groin Rock Stretch 60sec		1a	Trapbar Deadlift	4x8	Groin Rock Stretch 60sec		1a	Kettle Bell Swing	4x6	Groin Rock Stretch 60sec	
1b	Banded Chin-ups or bodyweight	3x6			1b	DB Single Arm Bench Press	3x8es			1b	Banded Chin-ups or bodyweight	3x6			1b	DB Single Arm Bench Press	3x8es		
2a	Dumbbell (DB) Single Leg RDL	3x13es			2a	DB 5 Point Lunge	3x5each			2a	Dumbbell (DB) Single Leg RDL	3x13es			2a	DB 5 Point Lunge	3x5each		
2b	Kneeling Paloff Press (Tempo 1:3:1)	3x13es	Side lying rotation 10es		2b	Split Position DB Row	3x8es	Side lying rotation 10es		2b	Kneeling Paloff Press (Tempo 1:3:1)	3x13es	Side lying rotation 10es		2b	Split Position DB Row	3x8es	Side lying rotation 10es	
2c	Lateral Bear Crawl	3x30sec each way			2b	Stability Ball Roll-out	3x14			2c	Lateral Bear Crawl	3x30sec each way			2b	Stability Ball Roll-out	3x14		
<b>Cool-Down</b>					<b>Cool-Down</b>					<b>Cool-Down</b>					<b>Cool-Down</b>				
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	

