

# Hockey Canada

## Training Programs

**Beginner** 0 - 6 months of structured training plan  
**Intermediate** 6 months - 1 year structured training plan  
**Advanced** > 1 year structured training plan



Day 1		Beginner		Intermediate		Advanced		Video Link
Exercise		Sets	Reps	Sets	Reps	Sets	Reps	
A1	Un - Loaded Acceleration / Odd Position Start	2	10 m	3	10 m	3	20 m	<a href="#">Watch</a>
A2	Set Pattern Agility	2	2 ea dir	3	2 ea dir	3	3 ea dir	<a href="#">Watch</a>
A3	Body Weight Squat	2	6 - 8	3	6 - 8	3	8 - 12	<a href="#">Watch</a>
A4	Hip Bridge (Single or Double Leg)	2	6 - 8	3	6 - 8	3	8 - 12	<a href="#">Watch</a>
A5	Modified Push Up or Push Up	2	6 - 8	3	6 - 8	3	8 - 12	<a href="#">Watch</a>
A6	Towel Resisted Pull	2	6 - 8	3	6 - 8	3	8 - 12	<a href="#">Watch</a>

Day 2		Beginner		Intermediate		Advanced		Video Link
Exercise		Sets	Reps	Sets	Reps	Sets	Reps	
B1	Hill Sprint or Stair Sprint	2	10 m / 1 set	3	10 m / 1 set	3	20 m / 2 set	<a href="#">Watch</a>
B2	Unspecified Pattern Agility	2	2 ea dir	3	2 ea dir	3	3 ea dir	<a href="#">Watch</a>
B3	Split Squat	2	6 - 8 ea	3	6 - 8 ea	3	8 - 12 ea	<a href="#">Watch</a>
B4	Wide Grip Over Head Squat	2	6 - 8	3	6 - 8	3	8 - 12	<a href="#">Watch</a>
B5	Deficit Push Up	2	6 - 8	3	6 - 8	3	8 - 12	<a href="#">Watch</a>
B6	Towel Pull Up	2	6 - 8	3	6 - 8	3	8 - 12	<a href="#">Watch</a>

Day 3		Beginner		Intermediate		Advanced		Video Link
Exercise		Sets	Reps	Sets	Reps	Sets	Reps	
C1	Sled Pull or Partner Resist	2	10 m	3	10 m	3	20 m	<a href="#">Watch</a>
C2	Cognitive Pattern Agility	2	2 ea dir	3	2 ea dir	3	3 ea dir	<a href="#">Watch</a>
C3	Back / Front Squat	2	6 - 8	3	6 - 8	3	8 - 12	<a href="#">Watch</a>
C4	Rear Foot Elevated (RFE) Split Squat	2	6 - 8 ea	3	6 - 8 ea	3	8 - 12 ea	<a href="#">Watch</a>
C5	Decline Push Up	2	6 - 8	3	6 - 8	3	8 - 12	<a href="#">Watch</a>
C6	Towel Resisted Pull	2	6 - 8	3	6 - 8	3	8 - 12	<a href="#">Watch</a>