

National Sledge Hockey

Senior National & Development Sample Max Strength Program

| Day 1 | | | | |
|-------------------------------------------------------------|------------------|---------------------------|-----------------------------------------|-----------------------|
| Shoulder Program Warm Up | | | | |
| <i>Exercise Type</i> | <i>Set x Rep</i> | <i>Relative Intensity</i> | <i>Tempo (E:P:C)</i> | <i>Rest</i> |
| Med Ball Throws & Slams | 2x10 | Light & Fast | X | 60" |
| 1) Weighted Eccentric Neutral Grip Pull Up | 5-6x3 | Heavier than max | 60A (Partner assisted on the way up) | 120"-180" |
| 2) Flat DB Bench Press | 5-6x3 | Heavier than max | | 120"-180" |
| 3a) 1-Arm DB Row on Bench | 3-4x8 | Close to Failure | 201 | 60" between exercises |
| 3b) 1-Arm Landmine Shoulder Press | 3-4x8 | Close to Failure | 201 | |
| 4) Optional Accessory Work (See Bottom of This Page) | | | | |
| 5) Core & Cooldown | | 15-30 minutes | | |

| Day 2 | | | | |
|-------------------------------------------------------------|------------------|---------------------------|----------------------|-----------------------|
| Shoulder Program Warm Up | | | | |
| <i>Exercise Type</i> | <i>Set x Rep</i> | <i>Relative Intensity</i> | <i>Tempo (E:P:C)</i> | <i>Rest</i> |
| Med Ball Throws & Slams | 2x10 | Light & Fast | X | 60" |
| 1) Weighted Push Up (Pause at bottom) | 4-5x5 | Close to Failure | 231 | 120"-180" |
| 2) Weighted TRX Row (Pause at top) | 4-5x5 | Close to Failure | 231 | 120"-180" |
| 3a) Incline Close Grip Bench Press | 3-4x8 | Close to Failure | 201 | 60" between exercises |
| 3b) Wide Grip Lat Pulldown | 3-4x8 | Close to Failure | 201 | |
| 4) Optional Accessory Work (See Bottom of This Page) | | | | |
| 5) Core & Cooldown | | 15-30 minutes | | |

| Day 3 | | | | |
|-------------------------------------------------------------|------------------|---------------------------|----------------------|-----------------------|
| Shoulder Program Warm Up | | | | |
| <i>Exercise Type</i> | <i>Set x Rep</i> | <i>Relative Intensity</i> | <i>Tempo (E:P:C)</i> | <i>Rest</i> |
| Med Ball Throws & Slams | 2x10 | Light & Fast | X | 60" |
| 1) Favourite Type of Weighted Pull Up | 5-8x2 | Build up to MAX | 201 | 180"-240" |
| 2) Favourite Type of Bench Press | 5-8x2 | | 201 | 180"-240" |
| 3a) 1-Arm Cable Row | 2-3x12 | Close to Failure | 601 | 60" between exercises |
| 3b) DB Shoulder Press | 2-3x12 | Close to Failure | 601 | |
| 4) Optional Accessory Work (See Bottom of This Page) | | | | |
| 5) Core & Cooldown or Recovery Cardio | | 15-30 minutes | | |

| Optional Accessory Work | | | | |
|---------------------------------------------|--------|------------|-----|-----------------------|
| a) DB or Cable Biceps Curl | 2-4x12 | To Failure | 301 | 30" between exercises |
| b) Cable Triceps Extension or Skull Crusher | 2-4x12 | To Failure | 301 | |
| c) 3-Way DB Delt Raise | 2-4x8E | To Failure | 301 | |



NATIONAL SLEDGE HOCKEY
January 15 - Feb 2nd



GOAL: Anaerobic Threshold/maintain aerobic capacity/build aerobic power

Workout #1

Zone 4 Intervals
49 min

| | | | | | | | | | |
|------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| | | Zone 4 | | Zone 4 | | Zone 4 | | Zone 4 | |
| | Zone 2 | | Zone 2 | | Zone 2 | | Zone 2 | | Zone 0 |
| Time | 5 min | 6 min | 5 min | 6 min | 5 min | 6 min | 5 min | 6 min | 5 min |

Workout #2

Zone 2 Aerobic Fartlek
45 min

| | | | | | | | | | |
|------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| | | Zone 2 | | Zone 2 | | Zone 2 | | Zone 2 | |
| | Zone 0 | | Zone 0 | | Zone 0 | | Zone 0 | | Zone 0 |
| Time | 5 min | 5 min | 5 min | 5 min | 5 min | 5 min | 5 min | 5 min | 5 min |

Workout #3 - Maximum Aerobic Power (MAP) - new***

33 min

MAP portion - maximum amount of intensity that you can sustain for 3 minutes without dropping intensity. Do not worry about heart rate (will be near max). This should be VERY difficult.

| | | | | | | | | | |
|------|---------------|-------|-----------------------|-------|-----------------------|-------|-----------------------|-------|-----------------------|
| | | MAP | | MAP | | MAP | | MAP | |
| | Zone 1/Zone 2 | | Recovery, light cycle | | Recovery, light cycle | | Recovery, light cycle | | Recovery, light cycle |
| Time | 7 min | 3 min | 2 min | 3 min | 5 min | 3 min | 2 min | 3 min | 5 min |

Workout #4 - Recovery Ride

25 min

| | | | | | |
|------|--------|--------|--------|--------|--------|
| | | Zone 1 | | Zone 1 | |
| | Zone 0 | | Zone 0 | | Zone 0 |
| Time | 5 min | 5 min | 5 min | 5 min | 5 min |

Follow recovery cardio with 10-30minutes of stretching, rolling and mobility