



HOCKEY PERFORMANCE CYCLE

TRAIN WITH PURPOSE. RECOVER WITH INTENT. PERFORM ON GAME DAY.



PERFORMANCE RULES



SLEEP

7½ - 9 HOURS PER NIGHT

Quality sleep = Better performance



NUTRITION

EAT TO FUEL YOUR GAME

Prioritize lean protein, vegetables, whole grains & healthy fats



HYDRATION

HYDRATE DAILY

Urine should be pale yellow before the game



TRAINING LOAD

INCREASE ONLY ONE VARIABLE

Add weight OR reps OR intervals. Never all three.



RECOVERY

RECOVER TO GET BETTER

Foam roll 5-10 min, stretch, and listen to your body



BACK HEALTH

MOVE WELL, TRAIN SMART

Stop if back pain increases. Quality over intensity.

★ KEY REMINDERS



No hard lower-body training within 24 hours of game day.



Focus on quality, not quantity.



Arrive at the rink with fresh legs and a clear mind.



Short shifts. Full recovery. Play fast.



HOCKEY PERFORMANCE CYCLE

TRAIN WITH PURPOSE. RECOVER WITH INTENT. PERFORM ON GAME DAY.

- GAME DAY
- PRACTICE DAY

MONDAY -5 DAYS	TUESDAY -4 DAYS	WEDNESDAY -3 DAYS	THURSDAY -2 DAYS	FRIDAY -1 DAY	● SATURDAY GAME DAY	● SUNDAY GAME DAY
STRENGTH & POWER POWER • Warm-up • Broad Jumps 3x4 • Med Ball Throws 3x6 • Lateral Bounds 3x5/side STRENGTH • Back Squat 4x5 • Romanian Deadlift 3x6 • Split Squat 3x8/leg • Core (Pallof Press, Planks) ACCESSORY • Pull-Ups or Rows 3x8 • Push-Ups or Press 3x8 • Calf Raises 3x15 FOCUS: BUILD STRENGTH & EXPLOSIVENESS	ON-ICE PRACTICE (INTENSE) PRE-PRACTICE • 10 min dynamic warm-up • Mobility + activation PRACTICE • High intensity on-ice work POST-PRACTICE • 10 min easy bike or walk • Stretch & mobility • Recovery nutrition • Hydrate FOCUS: EXECUTION & RECOVERY	CONDITIONING & MOBILITY CONDITIONING • Bike intervals 6-10 x 1 min hard / 1 min easy or 20-30 min steady (Zone 2-3) STRENGTH (MODERATE) • Core circuit • Upper body (light) • Single-leg stability MOBILITY • Hip flexors • Thoracic spine • Ankles FOCUS: AEROBIC BASE & RECOVERY	ON-ICE PRACTICE (INTENSE) PRE-PRACTICE • 10 min dynamic warm-up • Mobility + activation PRACTICE • High intensity on-ice work POST-PRACTICE • 10 min easy bike or walk • Stretch & mobility • Recovery nutrition • Hydrate FOCUS: EXECUTION & RECOVERY	ACTIVATION / PRIMER ACTIVATION • 15-20 min easy bike or walk • Glute bridges 2x12 • Mini-band walks 2x10 • Bird dogs 2x8 • Hip mobility OPTIONAL (IF FRESH) • 3-5 explosive starts • 3-5 lateral bounds MENTAL PREP • Visualization • Review game plan • Early night FOCUS: ARRIVE FRESH & READY TO PERFORM	GAME 1 BEFORE THE GAME • 5-10 min easy bike or walk • Dynamic warm-up • Activate & focus DURING THE GAME • Short shifts (35-45 sec) • Play fast, compete • Stay engaged AFTER THE GAME • Cool down • Recovery nutrition • Hydrate • Sleep FOCUS: EXECUTE YOUR GAME PLAN	GAME 2 BEFORE THE GAME • 5-10 min easy bike or walk • Dynamic warm-up • Activate & focus DURING THE GAME • Short shifts (35-45 sec) • Play fast, compete • Stay engaged AFTER THE GAME • Cool down • Recovery nutrition • Hydrate • Sleep FOCUS: EXECUTE YOUR GAME PLAN



PERFORMANCE RULES



ARRIVE FRESH
No hard lower-body work within 24 hours of game day.



EXPLODE EARLY
Speed & power work 3-5 days before game.



RECOVER HARD
Mobility, sleep and hydration matter.



SHORT SHIFTS
35-45 seconds.



DELOAD
Every 4th week.



TRACK PERFORMANCE
Leg Pop • Conditioning
Back • Skating



POST-GAME SCORECARD



LEG POP
1 2 3 4 5 6 7 8 9 10 (HIGH)
[] [] [] [] [] [] [] [] [] []



CONDITIONING
1 2 3 4 5 6 7 8 9 10 (HIGH)
[] [] [] [] [] [] [] [] [] []



BACK
1 2 3 4 5 6 7 8 9 10 (HIGH)
[] [] [] [] [] [] [] [] [] []



SKATING
1 2 3 4 5 6 7 8 9 10 (HIGH)
[] [] [] [] [] [] [] [] [] []



KEY REMINDERS



No hard lower-body training within 24 hours of game day.



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