WOLVERINE HOCKEY SUMMER WORKOUT					Name:				
Week 12					***Phase 5: Prep for season***				
Monday			wt.		Tuesday		reps		
4 circuits of 20 seconds					5-10-5 drill		8		
Hamstring Curls					5 yard sprint		12		
Pushups					10 yard sprint		10		
Med Ball Twist					20 yard sprint		8		
Pullups					40 yard sprint		6		
Cable Triceps Ext.					300 yard run under 1:05		4		
Crunches									
Lunges									
Hammer Curls									
Leg Press									
Wednesday	sets	reps			Thursday	sets	reps	wt.	
Cont. Diagonal Bound	5	10			A1-Squats	8	3		
Jump Up/Jump Down	5	10			A2-Swiss Ball Russian Twist	5	20		
Speed Hops	5	10			B1-Flat Bench Press	8	3		
Push Explosion	5	10			B2-Reverse Hypers	5	20		
Split Jumps	5	10			C1-1-Arm Cable Row	8	3		
					C2-Med Ball Throwdown	5	20		
					D1-RDL	5	5		
					D2-Close Grip Bench	5	5		
					E1-Fat Bar Curls	5	5		
					E2-Shrugs	5	5		
Friday					Saturday		reps		
3 mile under 30 min					1-5 done 10 yards/rest/back				
					1. Straight Leg March		4		
					2. Inch Worm		4		
					3. Spiderman		4		
					4. Lateral Lunge Walk		4		
					5. Duck Walk		4		
					6. Iron Cross		4		
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WOLVERINE HOCKEY SUMMER WORKOUT					Name:				
Week 13					***Phase 5: Prep for season***				
Monday			wt.		Tuesday		reps		
4 circuits of 25 seconds					5-10-5 drill		8		
Hamstring Curls					5 yard sprint		12		
Pushups					10 yard sprint		10		
Med Ball Twist					20 yard sprint		8		
Pullups					40 yard sprint		6		
Cable Triceps Ext.					300 yard run under 1:05		4		
Crunches									
Lunges									
Hammer Curls									
Leg Press									
Wednesday	sets	reps			Thursday	sets	reps	wt.	
Cont. Diagonal Bound	5	10			A1-Squats	8	3		
Jump Up/Jump Down	5	10			A2-Swiss Ball Russian Twist	5	20		
Speed Hops	5	10			B1-Flat Bench Press	8	3		
Push Explosion	5	10			B2-Reverse Hypers	5	20		
Split Jumps	5	10			C1-1-Arm Cable Row	8	3		
					C2-Med Ball Throwdown	5	20		
					D1-RDL	5	5		
					D2-Close Grip Bench	5	5		
					E1-Fat Bar Curls	5	5		
					E2-Shrugs	5	5		
Friday					Saturday		reps		
3.5 mile under 35 min					1-5 done 10 yards/rest/back				
					1. Straight Leg March		4		
					2. Inch Worm		4		
					3. Spiderman		4		
					4. Lateral Lunge Walk		4		
					5. Duck Walk		4		
					6. Iron Cross		4		
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WOLVERINE HOCKEY SUMMER WORKOUT					Name:				
Week 14					***Phase 5: Prep for season***				
Monday			wt.		Tuesday		reps		
4 circuits of 30 seconds					5-10-5 drill		10		
Hamstring Curls					5 yard sprint		14		
Pushups					10 yard sprint		12		
Med Ball Twist					20 yard sprint		10		
Pullups					40 yard sprint		8		
Cable Triceps Ext.					300 yard run under 1:05		4		
Crunches									
Lunges									
Hammer Curls									
Leg Press									
Wednesday	sets	reps			Thursday	sets	reps	wt.	
Cont. Diagonal Bound	5	10			A1-Squats	8	3		
Jump Up/Jump Down	5	10			A2-Swiss Ball Russian Twist	5	20		
Speed Hops	5	10			B1-Flat Bench Press	8	3		
Push Explosion	5	10			B2-Reverse Hypers	5	20		
Split Jumps	5	10			C1-1-Arm Cable Row	8	3		
					C2-Med Ball Throwdown	5	20		
					D1-RDL	5	5		
					D2-Close Grip Bench	5	5		
					E1-Fat Bar Curls	5	5		
					E2-Shrugs	5	5		
Friday					Saturday		reps		
4 mile run under 40 minutes					1-5 done 10 yards/rest/back				
					1. Straight Leg March		4		
					2. Inch Worm		4		
					3. Spiderman		4		
					4. Lateral Lunge Walk		4		
					5. Duck Walk		4		
					6. Iron Cross		4		
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