



# How To Plan and Structure Your Hockey Pre-Season

Here are some examples of how to plan and structure your pre-season fitness program

Week	Focus	Strength	Cardio
Week 1	Strength endurance (build a base and prepare body for next phase)	Phase 1 circuit	3 x 1km runs as fast as possible
Week 2			3 x suicides as fast as possible
Week 3	Strength (lift as heavy as possible, keep control and lower slowly)	Phase 2  alternate between workouts A & B	8-10 x 30s / 90s rest
Week 4			6-8 x 45s / 90s rest
Week 5			6-8 x 60s / 60s rest
Week 6			8-10 x 20s / 40s rest
Week 7	Power (explosive movements)	Phase 3  alternate between workouts A & B	8-10 x 30s / 30s rest
Week 8			6-8 x 20s / 10s rest
Week 9			8-10 x 20s / 10s rest
Week 10			4-6 x 40s / 20s rest
Week 11	Speed & Agility (fast speed of movement)	Phase 4  alternate between workouts A & B	S&A Week 1 (M7)
Week 12			S&A Week 2 (M7)
Week 13			S&A Week 3 (M7)
Week 14			S&A Week 4 (M7)
Week 15	Speed endurance (quick recovery between bursts)	Phase 5 maintenance	6 x 5m, 10m, 15m, 20m shuttle
Week 16	Speed endurance (quick recovery between bursts)	Phase 5 maintenance	6 x 2 mins of 30m sprint intervals (i.e. 30m sprint, 30m jog)
Week 17+	Maintain during in-season	Phase 5 maintenance	Depends on your schedule but typically speed endurance or high intensity circuits