*A Uni *B Uni *C Uni *D Uni *E Uni *F Uni SUN Prehab Pha WEE	nload Final We nload Final We nload Final We nload If Team nload Final We NDAY	24 1 8 Prehab / Re Prehab / Re eek- Do Only 2 Sets an eek- Do Only 2 Sets an eek- Do Only 2 Sets an Half a Training Camp is this W eek- Do Only 2 Sets an MONDAY 1 Prehab/Rehab Blocks 1,2,3	May 15 22 29 Phab GPP d Increase Rest d Increase Rest d Increase Rest d Increase Rest d Increase Rest TUESDAY 2 SAQ, Core, Cardio		led Program	10 10 10	ly 17 24 ax Power FRIDAY 5 Prehab/Reh	31 *D	7 14	t Con *E
*A Uni *B Uni *C Uni *D Uni *E Uni *F Uni SUN Prehab Pha WEEI	10 17 10	Prehab / Ro eek- Do Only 2 Sets an eek- Do 1 Less Set and eek- Do Only 2 Sets an eek- Cut Reps in Half a Training Camp is this V eek- Do Only 2 Sets an MONDAY 1 Prehab/Rehab	May 15 22 29 ehab GPP d Increase Rest d Increase Rest d Increase Rest d Increase Rest Veek d Increase Rest TUESDAY 2 SAQ, Core,Cardio	WEEK START	NG 9 26 3 Strength *C 1 1 1 1 1 1 1 1 1 1 1 1 1	Ju 10 Ma	FRIDAY 5		7 14 Met *E	4 21 t Con *E
*A Uni *B Uni *C Uni *D Uni *E Uni *F Uni *F Uni Vietab Prehab Pha WEEI	10 17 10	Prehab / Ro eek- Do Only 2 Sets an eek- Do 1 Less Set and eek- Do Only 2 Sets an eek- Cut Reps in Half a Training Camp is this V eek- Do Only 2 Sets an MONDAY 1 Prehab/Rehab	15 22 29 ehab GPP id Increase Rest Veek Increase Rest Id Increase Rest SAQ, Core, Cardio	June 5 12 1 *B Max *B Image: state stat	9 26 3 Strength	10 Ma	FRIDAY 5		7 14 Met *E	4 21 t Con *E
*A Uni *B Uni *C Uni *D Uni *E Uni *F Uni *F Uni VIII Prehab Pha WEEI	10 17 10	Prehab / Ro eek- Do Only 2 Sets an eek- Do 1 Less Set and eek- Do Only 2 Sets an eek- Cut Reps in Half a Training Camp is this V eek- Do Only 2 Sets an MONDAY 1 Prehab/Rehab	15 22 29 ehab GPP id Increase Rest Veek Increase Rest Id Increase Rest SAQ, Core, Cardio	June 5 12 1 *B Max *B Image: state stat	9 26 3 Strength	10 Ma	FRIDAY 5		7 14 Met *E	4 21 t Con *E
*A Uni *B Uni *C Uni *D Uni *E Uni *F Uni *F Uni VIII Prehab Pha WEEI	10 17 10	Prehab / Ro eek- Do Only 2 Sets an eek- Do 1 Less Set and eek- Do Only 2 Sets an eek- Cut Reps in Half a Training Camp is this V eek- Do Only 2 Sets an MONDAY 1 Prehab/Rehab	15 22 29 ehab GPP id Increase Rest Veek Increase Rest Id Increase Rest SAQ, Core, Cardio	*B WEDNESDAY 3 Prehab/Rehab	Strength *C	10 Ma	FRIDAY 5		7 14 Met *E	4 21 t Con *E
*A Uni *B Uni *C Uni *D Uni *E Uni *F Uni *F Uni VIII Prehab Pha WEEI	nload Final We nload Final We nload Final We nload Final We nload If Team nload Final We NDAY	Prehab / Ro eek- Do Only 2 Sets an eek- Do 1 Less Set and eek- Do Only 2 Sets an eek- Cut Reps in Half a Training Camp is this V eek- Do Only 2 Sets an MONDAY 1 Prehab/Rehab	ehab GPP d Increase Rest d Increase Rest d Increase Rest ind Increase Rest Veek d Increase Rest TUESDAY 2 SAQ, Core,Cardio	*B WEDNESDAY 3 Prehab/Rehab	Strength *C	Ma	FRIDAY 5		Met *E	t Con *E
*B Unl *C Unl *D Unl *E Unl *F Unl SUN Prehab J Pha WEEL	nload Final We nload Final We nload Final We nload If Team nload Final We NDAY	eek- Do 1 Less Set and eek- Do Only 2 Sets an eek- Cut Reps in Half a Training Camp is this W eek- Do Only 2 Sets an MONDAY 1 <u>Prehab/Rehab</u>	I Increase Rest Id Increase Rest Ind Increase Rest Veek Id Increase Rest TUESDAY 2 SAQ, Core,Cardio	*B WEDNESDAY 3 Prehab/Rehab	THURSDAY 4	io	5		SATURD	
*B Unl *C Unl *D Unl *E Unl *F Unl SUN Prehab J Pha WEEL	nload Final We nload Final We nload Final We nload If Team nload Final We NDAY	eek- Do 1 Less Set and eek- Do Only 2 Sets an eek- Cut Reps in Half a Training Camp is this W eek- Do Only 2 Sets an MONDAY 1 <u>Prehab/Rehab</u>	I Increase Rest Id Increase Rest Ind Increase Rest Veek Id Increase Rest TUESDAY 2 SAQ, Core,Cardio	3 <u>Prehab/Rehab</u>	4	io	5			DAY
*B Unl *C Unl *D Unl *E Unl *F Unl SUN Prehab J Pha WEEL	nload Final We nload Final We nload Final We nload If Team nload Final We NDAY	eek- Do 1 Less Set and eek- Do Only 2 Sets an eek- Cut Reps in Half a Training Camp is this W eek- Do Only 2 Sets an MONDAY 1 <u>Prehab/Rehab</u>	I Increase Rest Id Increase Rest Ind Increase Rest Veek Id Increase Rest TUESDAY 2 SAQ, Core,Cardio	3 <u>Prehab/Rehab</u>	4		5			DAY
*C Unl *D Unl *E Unl *F Unl SUN Prehab WEEL	nload Final We nload Final We nload If Team nload Final We NDAY	eek- Do Only 2 Sets an eek- Cut Reps in Half a Training Camp is this W eek- Do Only 2 Sets an MONDAY 1 <u>Prehab/Rehab</u>	d Increase Rest Ind Increase Rest Veek Id Increase Rest TUESDAY 2 SAQ, Core,Cardio	3 <u>Prehab/Rehab</u>	4		5	nab		DAY
*D Unl *E Unl *F Unl SUN Prehab Pha WEEL	nload Final We nload If Team nload Final We NDAY 0 / Rehab nase	eek- Cut Reps in Half a Training Camp is this W eek- Do Only 2 Sets an MONDAY 1 Prehab/Rehab	Ind Increase Rest Veek Id Increase Rest TUESDAY 2 SAQ, Core,Cardio	3 <u>Prehab/Rehab</u>	4	lio	5	nab		DAY
*E Uni *F Uni SUN Prehab WEEI	nload If Team ' nload Final We NDAY o / Rehab nase	Training Camp is this W eek- Do Only 2 Sets an MONDAY 1 <u>Prehab/Rehab</u>	Veek d Increase Rest TUESDAY 2 SAQ, Core,Cardio	3 <u>Prehab/Rehab</u>	4	lio	5	ab		DAY
*F Unl SUN Prehab WEE	nload Final We NDAY o / Rehab nase	eek- Do Only 2 Sets an MONDAY 1 <u>Prehab/Rehab</u>	d Increase Rest TUESDAY 2 SAQ. Core.Cardio	3 <u>Prehab/Rehab</u>	4	lio	5	nab		DAY
Prehab / Pha WEEI	o / Rehab nase	1 <u>Prehab/Rehab</u>	2 <u>SAQ, Core,Cardio</u>	3 <u>Prehab/Rehab</u>	4	lio	5	nab		DAY
Prehab / Pha WEEI	o / Rehab nase	1 <u>Prehab/Rehab</u>	2 <u>SAQ, Core,Cardio</u>	3 <u>Prehab/Rehab</u>	4	lio	5	ab		DAY
Pha WEEI	nase	Prehab/Rehab	SAQ, Core,Cardio	Prehab/Rehab	-	lio	-	ab	6	
Pha WEEI	nase				SAQ, Core,Carc	lio	Prehab/Reh	lab		
WEEI		Blocks 1,2,3		Blocks 1,2,3						
7		- · · · ·					Blocks 1,2	-		
	EK 1/3	Shooting	<u>Stickhandling</u>		Shooting		Stickhandlin	ng		
	7	8	9	10	11		12		13	
	o / Rehab	Prehab/Rehab	SAQ, Core,Cardio	Prehab/Rehab	SAQ, Core,Caro	lio	Prehab/Reh	ab		
Pha	nase	Blocks 1,2,3		Blocks 1,2,3			Blocks 1,2			
WEE	EK 2/3	Shooting	Stickhandling		Shooting		Stickhandlin	ng		
1	14	15	16	17	18		19		20	
	o / Rehab	Prehab/Rehab	SAQ, Core,Cardio	Prehab/Rehab	SAQ, Core,Carc	lio	Prehab/Reh			
	nase	Blocks 1,2,3	Official III	Blocks 1,2,3	C!!		Blocks 1,2			
WEE	EK 3/3	Shooting	Stickhandling		Shooting		Stickhandlin	ng		
2	21	22	23	24	25	+	26		27	
	PP	GPP Blocks 1,2,3	SAQ, Core, Cardio	GPP Blocks 1,2,3	SAQ, Core, Care	lio G	PP Blocks	1,2,3		
Pha	nase									
WEE	EK 1/3	Shooting	Stickhandling		Shooting		Stickhandlin	ng		
ļ										
	28	29	30	31	_					0
GF	IPP	GPP Blocks 1,2,3	SAQ, Core, Cardio	GPP Blocks 1,2,3	-	Λ		n	3	550
Pha WEEI			1	1				/		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
	~~~	~~		SAQ, Core, Cardio	GPP Blocks 1,2,3	
S. <u>P.E.E.U.</u>	ine 202	73				
June 2023				Shooting	Stickhandling	
4	5	6	7	8	9	10
GPP	GPP Blocks 1,2,3	SAQ, Core, Cardio	GPP Blocks 1,2,3	SAQ, Core, Cardio	GPP Blocks 1,2,3	
Phase						
WEEK 3/3	Shooting	Stickhandling		Shooting	Stickhandling	
11	12	13	14	15	16	17
Max Strength	Strength	Core, Cardio	Strength	Core, Cardio	Strength	
Phase	Blocks 1,2,3		Blocks 1,2,3		Blocks 1,2,3	
WEEK 1/4	Shooting	Stickhandling		Shooting	Stickhandling	
18	19	20	21	22	23	24
Max Strength	Strength	Core, Cardio	Strength	Core, Cardio	Strength	
Phase	Blocks 1,2,3		Blocks 1,2,3		Blocks 1,2,3	
WEEK 2/4	Shooting	Stickhandling		Shooting	Stickhandling	
25	26	27	28	29	30	
Max Strength	Strength	Core, Cardio	Strength	Core, Cardio	Strength	
Phase	Blocks 1,2,3		Blocks 1,2,3		Blocks 1,2,3	
WEEK 3/4	Shooting	Stickhandling		Shooting	Stickhandling	

## <u>SPEEDU.CA</u>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
J	uly 202	23				1
2	3	4	5	6	7	8
Max Strength	Strength	Core, Cardio	Strength	Core, Cardio	Strength	
Phase	Blocks 1,2,3		Blocks 1,2,3		Blocks 1,2,3	
WEEK 4/4	Shooting	Stickhandling		Shooting	Stickhandling	
9	10	11	12	13	14	15
Max Power	SAQ			SAQ		
Phase	Power Blocks 1,2	Strength Blocks 1,2	Core	Power Blocks 1,2	Strength Blocks 1,2	
WEEK 1/4	Cardio- Sprints		Cardio- Sprints		Cardio- Shuttles	
	Shooting	RBL Stickhandling		<u>Shooting</u>	RBL Stickhandling	
16	17	18	19	20	21	22
Max Power	SAQ			SAQ		
Phase	Power Blocks 1,2	Strength Blocks 1,2	Core	Power Blocks 1,2	Strength Blocks 1,2	
WEEK 2/4	Cardio- Sprints		Cardio- Sprints		Cardio- Shuttles	
	Shooting	RBL Stickhandling		Shooting	RBL Stickhandling	
23	24	25	27	28	29	30
Max Power	SAQ			SAQ		
Phase	Power Blocks 1,2	Strength Blocks 1,2	Core	Power Blocks 1,2	Strength Blocks 1,2	
WEEK 3/4	Cardio- Sprints		Cardio- Sprints		Cardio- Shuttles	
	Shooting	RBL Stickhandling		Shooting	RBL Stickhandling	
30	31					
	SAQ					
	<u>SAQ</u>					
	Power Blocks 1,2					

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
Max Power				<u>SAQ</u>		
Phase		Strength Blocks 1,2	Core	Power Blocks 1,2	Strength Blocks 1,2	
WEEK 4/4			Cardio- Sprints		Cardio- Shuttles	
		RBL Stickhandling		eedu.ca/drill/workout-oi-	RBL Stickhandling	
6	7	8	9	10	11	12
Met Con	Power Block 1	SAQ		SAQ		
Phase	Strength Block 1	Tabatas 1	Core	Power Block 2	Tabatas 2	
WEEK 1/4	Cardio- Sprints		Cardio- Sprints	Strength Block 2	Cardio- Sprints	
	Shooting	RBL Stickhandling		Shooting	RBL Stickhandling	
13	14	15	16	17	18	19
Met Con	Power Block 1	SAQ		SAQ		
Phase	Strength Block 1	Tabatas 1	Core	Power Block 2	Tabatas 2	
WEEK 2/4	Cardio- Sprints		Cardio- Sprints	Strength Block 2	Cardio- Sprints	
	Shooting	RBL Stickhandling		Shooting	RBL Stickhandling	
20	21	22	23	24	25	26
Met Con	Power Block 1	SAQ		SAQ		•
Phase	Strength Block 1	Tabatas 1	Core	Power Block 2	Tabatas 2	
WEEK 3/4	Cardio- Sprints		Cardio- Sprints	Strength Block 2	Cardio- Sprints	, wg
	Shooting	RBL Stickhandling		Shooting	RBL Stickhandling	Aug '23
27	28	29	30	31	Sept 1, 23	20
Met Con	Power Block 1	SAQ		SAQ		
Phase	Strength Block 1	Tabatas 1	Core	Power Block 2	Tabatas 2	S.P.Z.E.D.
WEEK 4/4	Cardio- Sprints		Cardio- Sprints	Strength Block 2	Cardio- Sprints	
	Shooting	RBL Stickhandling		Shooting	RBL Stickhandling	
		C D	EED	ПСЛ		