

SAMPLE OFF ICE SUMMER PLAN			
	PHASE 1	PHASE 2	PHASE 3
TIMELINES	3 - 4 Weeks	3 - 4 Weeks	3 - 4 Weeks
	June	July	August
FREQUENCY	3 - 4 Workouts	4 - 5 Workouts	5 Workouts
	Per Week	Per Week	Per Week
DURATION	60 Minutes	60 - 90 Minutes	90 - 120 Minutes
	<i>Note: Duration depends on intensity of exercises & athlete's dedicated time available</i>		
HYDRATION	Before, During & After Workout	Before, During & After Workout	Before, During & After Workout
Water & or Sports Drinks	<i>Note: Try to drink before you are thirsty.</i>		
PROPER WARM-UP	10 Minutes	10 - 15 Minutes	15 - 20 Minutes
	Light Jog, Bike, or In Line Skating, Mobility & Stretches Generate Body Heat	Light Jog, Bike, or In Line Skating, Mobility & Stretches Balance Exercises	Light Jog, Bike, or In Line Skating, Mobility & Stretches Balance Exercises
WORK	45 Minutes	75 Minutes	90 Minutes
INTENSITY	How Hard You Work. It is Expressed as a Percentage of Effort.		
	65 % - 85 % for Aerobic Exercises 75 % - 100 % for Anaerobic Exercises 85 - 100 % to improve Power & Speed. 100 % for 5 - 10 seconds "All Out" for Quickness.		
SETS & REPS	Gradually Increase Each Workout No: of Sets / Reps	Gradually Increase Each Workout No: of Sets / Reps	Gradually Increase Each Workout No: of Sets / Reps
Guideline For Exercise Mix:	<i>Note: End of last set and last couple repetitions of exercises should be difficult / fatiguing.</i>		
	Number of Exercises	Number of Exercises	Number of Exercises
Balance (In Warm Up)	1	1	1
Mobility (In Warm Up)	1	1	1
Aerobic	2	1	0 to 1
Anaerobic	0	2	2 to 3
Speed	1	1	0 to 1
Quickness	1	1	2
Agility	1	1	2
Strength	2	1	0 to 1
Power	1	2	2 to 3
Core Stability	2	3	4
PROPER REST	Between 30 - 45 Seconds After Aerobic & Strength. Between 45 - 90 Seconds After Anaerobic, Speed & Power Exercises.	Between 30 - 45 Seconds After Aerobic & Strength. Between 45 - 90 Seconds After Anaerobic, Speed & Power Exercises.	Between 30 - 45 Seconds After Aerobic & Strength. Between 45 - 90 Seconds After Anaerobic, Speed & Power Exercises.
	<i>Note: 1 day off each week for progressive relaxation - light walk Note: Break up training - light aerobic training middle of the weeks</i>		
COOL DOWN	5 Minutes	5 Minutes	10 Minutes
	Walk Around Drop Heart Rate to Normal Then Stretch	Walk Around Drop Heart Rate to Normal Then Stretch	Walk Around Drop Heart Rate to Normal Then Stretch
	<i>Note: Longer the workout the longer the cool down period.</i>		
JOURNAL	Log Your Training Activities and Monitor Your Progresses and Successes - Daily, Weekly & Monthly		
GOLDEN RULES	Always Listen To Your Body Never Stretch or Exercise into Pain If It Hurts Stop the Exercise If You Feel Dizzy: Stop the Training Session.		