***Everyday Jog minimum of 5 minutes to warm up***

***Subscribe to Athlean X YouTube Channel – learn about being an athlete – apply what you learn.***

**Thursday**

**Exercises**

Awesome 4’s Keep Track of Your Time

* 400 challenge – 100 plank knees to elbows (2=1), 100 spider man push-ups, 100 squats, 100 tricep dips
* 30 sprints, 10 backward sprints 20 yards
* 4 2 min wall sits – hold 5 lbs

**Friday**

**Scrimmage – Pepsi Ice Center if Available**

**Exercise**

1 mile run/jog (beat 9 min)

**Saturday/Sunday**

One day practice; one day off day

**Exercise**

* 5 rounds
  + 20 Burpee Pushup in 1min
  + 20 KB swings in 1 min
  + 20 Box Jumps in 1 min
  + 20 KB goblet squat in 1 min
  + 1 min rest

Skill Training

* Stick handle tennis ball or other ball 10 min **Connor McDavid Style (YouTube it)**

***And/Or Purchase the Athean X program, follow the training/nutrition plan and be physically ready for the season.***

**Monday**

**Exercises**

Awesome 4’s Beat Your Time

* 400 challenge – 100 plank knees to elbows (2=1), 100 spider man push-ups, 100 squats, 100 tricep dips
* 20 sprints 20 backwards sprints 20 yards
* 4 2 min wall sits – hold 5 lbs

Skill Training

* Stick handle tennis ball or other ball 10 min, passing practice with someone if you can

Strategy Work

* **Read an article on speed skating techniques**

**Tuesday**

1 mile run/job (beat 9 min)

**Wednesday**

**Exercise**

Jump Rope for 10 minutes – 2 side by side, 2 twist, 2 high knee, 2 regular, 2 double unders

4 sets 20 ninja tuck jumps

4 1 min planks on elbows

Skill work

* Stick handle tennis ball or other ball 10 min **Connor McDavid Style (YouTube it)**