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

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

**Wednesday**

**Exercises** – Pushups - 10 reps every minute for 10 minutes – rest the remainder of the minute and prepare for the next one

Standard pushups, prowler pushups, archer pushups (5 each side), posted one arm pushups (5 each side), rolling plyo pushups, Hannibal pushups, foot plant on wall pushups, cliffhanger pushups, hand plant on wall pushups, standard pushups (5 with 20 second hold, 5 with 40 second hold)

**Thursday**

**Exercise**

1 mile run/jog

**Friday**

**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 1:30 min planks on elbows

Skill work

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

**MCYHA Scrimmage**

**Saturday/Sunday**

One day practice; one day off day

**Exercise**

* 5 rounds
	+ 30 decline pushups
	+ 20 Bulgarian split squats (each leg)
	+ 20 Twisting pistons (each side)
	+ 25 Split Squat Jumps (each leg)
	+ 20 inverted rows
	+ 20 db/weight roll up and switch (crunch up lift weight off bench, crunch up and place weight back on bench – 10 with weight, 10 without)

Skill Training

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

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

**Monday**

1 mile run (Beat 8 Min)

**Tuesday**

**Exercises** – as many as you can do in 60 seconds, 30 seconds rest between exercises

**Push-ups, Box Jumps (find stairs), Diagonal Jumping planks (R/L =1), Diamond Cutter Pushups, Sprinter Lunges (R/L =1), Squat Burpees, Reverse Corkscrew, DB 10lb Renegade Row, DB 10lb Thrusters, DB 10lb straight bar curl (hold ends together)**

Skill Training

* Stick handle tennis ball or other ball 5 min, passing practice with someone if you can

Strategy Work

* **Read an article on mental preparation**

Question: What are you fueling your body with?

One way to manage your nutrition is to log your input – download and use the **My Fitness Pal** application.

**80% of your physical conditioning is going to be about what you are fueling your body with. The other 20% is going to be about your training and recovery approach.**