

**CANISIUS COLLEGE HOCKEY TRAINING PROGRAM 2011**

**WEEK OF MAY 23 - 29**

**DAY 1**

	SET	1	2	3	4
	REPS	10	10	8	8
	PLYOS / BODYWEIGHT	8	8	8	8
HIGH PULL					
DB 45' LUNGES					
SQUATS ON BOSU					
HANG CLEAN					
DB LATERAL LUNGES					
BOSU STRIDE					
SQUAT					
DB FRONT LUNGES					
MED BALL SCOOP					

**DAY 2**

	SET	1	2	3	4
	REPS	10	10	8	8
DB SHOULDER PRESS					
DB BENCH PRESS					
DB FRONT RAISES					
DB INCLINE					
DB BENTOVER RAISES					
DB FLYES					
DB UPRIGHT ROWS					
ROTATIONAL PUSHUPS					

**DAY 3**

	SET	1	2	3	4
	REPS	10	10	8	8
	PLYOS / BODYWEIGHT	8	8	8	8
HIGH PULL					
DB STEP UPS					
BAND LATERALS					
PUSH PRESS					
DB DEADLIFT					
BAND 45'S					
HANG CLEAN					
MED BALL OVERHEAD SQUAT					
BAND FIGURE 8					

**DAY 4**

	SET	1	2	3	4
	REPS	10	10	8	8
DB ROWS					
DB HAMMER CURL					
DB PRONE ROWS					
DB KICKBACKS					
DB SHRUGS					
DB TRICEP PRESS					
PULLUPS					
DB CURLS					

**WEEK OF MAY 30 - JUNE 5**

**DAY 1**

	SET	1	2	3	4	5
	REPS	10	10	8	8	6
	PLYOS / BODYWEIGHT	8	8	8	8	
HIGH PULL						
BAND LATERALS						
BOSU 2 ON TO SQUAT						
HANG CLEAN						
BAND HIP FLEXORS						
BOSU LATERAL BOUNDS						
SQUAT						
LUNGE JUMPS						
PB HAMSTRING CURLS						

**DAY 2**

	SET	1	2	3	4	5
	REPS	10	10	8	8	6
DB ROTATIONAL PRESS						
PB PUSHUPS						
DB UPRIGHT ROWS						
DB BENCH WITH DRIVE						
DB LATERAL RAISES						
BOSU CROSS OVER PUSHUPS						
SHOULDER SCARECROW REHAB						
BOSU POP PUSHUPS						

**DAY 3**

	SET	1	2	3	4	5
	REPS	10	10	8	8	6
	PLYOS / BODYWEIGHT	8	8	8	8	
HIGH PULL						
BAND LATERALS						
MED BALL SCOOPS						
PUSH PRESS						
DB LATERAL LUNGES						
DB 45' LUNGES						
HANG CLEAN						
DB SINGLE LEG SQUAT						
DB FRONT LUNGES						

**DAY 4**

	SET	1	2	3	4	5
	REPS	10	10	8	8	6
PULLUPS						
DB CURL						
REVERSE GRIP ROWS						
SINGLE ARM EXTENSION						
DB MIDLINE ROWS						
DB KICKBACKS						
SINGLE LEG ROWS						
DB HAMMER CURLS						



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**CANISIUS COLLEGE HOCKEY TRAINING PROGRAM 2011**

**WEEK OF JUNE 6 - 12**

**DAY 1**

	SET	1	2	3	4
	REPS	10	8	8	6
	PLYOS / BODYWEIGHT	8	8	8	8
HIGH PULL					
PB HAMSTRING CURLS					
DB LATERAL LUNGES					
HANG CLEAN					
PB KNEE TUCKS					
LUNGE JUMPS					
SQUAT					
DB FRONT LUNGES					
45° BOUNDING					

**DAY 2**

	SET	1	2	3	4
	REPS	10	8	8	6
DB SHOULDER PRESS					
DB BENCH PRESS					
DB FRONT RAISES					
DB INCLINE					
DB BENTOVER RAISES					
DB FLYES					
DB UPRIGHT ROWS					
ROTATIONAL PUSHUPS					

**DAY 3**

	SET	1	2	3	4
	REPS	10	8	8	6
	PLYOS / BODYWEIGHT	8	8	8	8
HIGH PULL					
DB STEP UPS					
BAND LATERALS					
PUSH PRESS					
DB DEADLIFT					
BAND 45'S					
HANG CLEAN					
MED BALL OVERHEAD SQUAT					
BAND FIGURE 8					

**DAY 4**

	SET	1	2	3	4
	REPS	10	8	8	6
DB ROWS					
DB HAMMER CURL					
DB PRONE ROWS					
DB KICKBACKS					
DB SHRUGS					
DB TRICEP PRESS					
LAT PULLDOWN MACHINE					
TRICEP PUSHDOWNS ON MACHINE					

**WEEK OF JUNE 13 - 19**

**DAY 1**

	SET	1	2	3	4	5
	REPS	10	8	8	6	6
	PLYOS / BODYWEIGHT	8	8	8	8	
HIGH PULL						
SINGLE LEG VERTICAL BAND 45'S						
HANG CLEAN						
LATERAL BOUNDS						
DB SINGLE LEG SQUAT						
SQUAT						
LUNGE JUMPS						
BOSU HIP LIFT						

**DAY 2**

	SET	1	2	3	4	5
	REPS	10	8	8	6	6
DB ROTATIONAL PRESS						
PB PUSHUPS						
DB UPRIGHT ROWS						
DB BENCH WITH DRIVE						
DB LATERAL RAISES						
BOSU CROSS OVER PUSHUPS						
DB SHRUGS						
BOSU POP PUSHUPS						

**DAY 3**

	SET	1	2	3	4	5
	REPS	10	8	8	6	6
	PLYOS / BODYWEIGHT	8	8	8	8	
HIGH PULL						
BAND WALKS						
MED BALL SCOOPS						
PUSH PRESS						
DB LATERAL LUNGES						
DB 45° LUNGES						
HANG CLEAN						
DB SINGLE LEG SQUAT						
DB FRONT LUNGES						

**DAY 4**

	SET	1	2	3	4	5
	REPS	10	8	8	8	6
PULLUPS						
DB CURL						
REVERSE GRIP ROWS						
SINGLE ARM EXTENSION						
DB MIDLINE ROWS						
DB KICKBACKS						
DB PRONE ROW						
DB HAMMER CURLS						



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**CANISIUS COLLEGE HOCKEY TRAINING PROGRAM 2011**

**WEEK OF JUNE 20 - 26**

**DAY 1**

	SET	1	2	3	4
	REPS	8	8	6	6
	PLYOS / BODYWEIGHT	8	8	8	8
HIGH PULL					
DB 45' LUNGES					
MED BALL SCOOP					
HANG CLEAN					
DB LATERAL LUNGES					
MED BALL VERTICAL					
SQUAT					
DB FRONT LUNGES					
MED BALL BURPEE					

**DAY 2**

	SET	1	2	3	4
	REPS	8	8	6	6
DB SHOULDER PRESS					
DB BENCH PRESS					
DB FRONT RAISES					
DB INCLINE					
DB BENTOVER RAISES					
DB FLYES					
DB UPRIGHT ROWS					
ROTATIONAL PUSHUPS					

**DAY 3**

	SET	1	2	3	4
	REPS	8	8	6	6
	PLYOS / BODYWEIGHT	8	8	8	8
HIGH PULL					
DB STEP UPS					
BAND LATERALS					
PUSH PRESS					
DB DEADLIFT					
BAND 45'S					
HANG CLEAN					
MED BALL OVERHEAD SQUAT					
BAND FIGURE 8					

**DAY 4**

	SET	1	2	3	4
	REPS	8	8	6	6
DB ROWS					
DB HAMMER CURL					
DB PRONE ROWS					
DB KICKBACKS					
DB SHRUGS					
DB TRICEP PRESS					
BAND ROWS					
DB SINGLE ARM EXTENSION					

**WEEK OF JUNE 27 - JULY 3**

**DAY 1**

	SET	1	2	3	4	5
	REPS	8	8	6	6	4
	PLYOS / BODYWEIGHT	8	8	8	8	
HIGH PULL						
DB SINGLE LEG SQUAT						
BAND HIP FLEXOR						
HANG CLEAN						
SINGLE LEG DRIVE						
BOSU SINGLE LEG HIP LIFT						
SQUAT						
MED BALL OVERHEAD VERTICAL						
PB HAMSTRING CURLS						

**DAY 2**

	SET	1	2	3	4	5
	REPS	8	8	6	6	4
DB ROTATIONAL PRESS						
PB PUSHUPS						
DB UPRIGHT ROWS						
DB BENCH WITH DRIVE						
DB LATERAL RAISES						
BOSU CROSS OVER PUSHUPS						
SHOULDER SCARECROW REHAB						
BOSU POP PUSHUPS						

**DAY 3**

	SET	1	2	3	4	5
	REPS	8	8	6	6	4
	PLYOS / BODYWEIGHT	8	8	8	8	
HIGH PULL						
BAND 45'S						
MED BALL SCOOPS						
PUSH PRESS						
DB LATERAL LUNGES						
DB 45' LUNGES						
HANG CLEAN						
DB SINGLE LEG SQUAT						
DB FRONT LUNGES						

**DAY 4**

	SET	1	2	3	4	5
	REPS	8	8	6	6	4
PULLUPS						
DB CURL						
REVERSE GRIP ROWS						
SINGLE ARM EXTENSION						
DB MIDLINE ROWS						
DB KICKBACKS						
SINGLE LEG ROWS						
DB HAMMER CURLS						



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**CANISIUS COLLEGE HOCKEY TRAINING PROGRAM 2011**

**WEEK OF JULY 11 - 17**

**DAY 1**

	SET	1	2	3	4
	REPS	8	6	6	4
	PLYOS / BODYWEIGHT	8	8	8	8
HIGH PULL					
DB 45° LUNGES					
MED BALL SCOOP					
HANG CLEAN					
DB LATERAL LUNGES					
MED BALL VERTICAL					
SQUAT					
DB FRONT LUNGES					
MED BALL BURPEE					

**DAY 2**

	SET	1	2	3	4
	REPS	8	6	6	4
DB SHOULDER PRESS					
DB BENCH PRESS					
DB FRONT RAISES					
DB INCLINE					
DB BENTOVER RAISES					
DB FLYES					
DB UPRIGHT ROWS					
ROTATIONAL PUSHUPS					

**DAY 3**

	SET	1	2	3	4
	REPS	8	6	6	4
	PLYOS / BODYWEIGHT	8	8	8	8
HIGH PULL		0	0	0	0
DB STEP UPS					
BAND LATERALS					
PUSH PRESS		0	0	0	0
DB DEADLIFT					
BAND 45'S					
HANG CLEAN		0	0	0	0
MED BALL OVERHEAD SQUAT					
BAND FIGURE 8					

**DAY 4**

	SET	1	2	3	4
	REPS	8	6	6	4
DB ROWS					
DB HAMMER CURL					
DB PRONE ROWS					
DB KICKBACKS					
DB SHRUGS					
DB TRICEP PRESS					
PULLUPS					
DB CURL					

**WEEK OF JULY 18 - 24**

**DAY 1**

	SET	1	2	3	4	5
	REPS	8	6	6	4	4
	PLYOS / BODYWEIGHT	8	8	8	8	
HIGH PULL						
MED BALL SCOOP						
BAND HIP FLEXOR						
HANG CLEAN						
SINGLE LEG DRIVE						
BOSU SINGLE LEG HIP LIFT						
SQUAT						
MED BALL OVERHEAD VERTICAL						
PB HAMSTRING CURLS						

**DAY 2**

	SET	1	2	3	4	5
	REPS	8	6	6	4	4
DB ROTATIONAL PRESS						
PB PUSHUPS						
DB UPRIGHT ROWS						
DB BENCH WITH DRIVE						
DB LATERAL RAISES						
BOSU CROSS OVER PUSHUPS						
SHOULDER SCARECROW REHAB						
BOSU POP PUSHUPS						

**DAY 3**

	SET	1	2	3	4	5
	REPS	8	6	6	4	4
	PLYOS / BODYWEIGHT	8	8	8	8	
HIGH PULL		0	0	0	0	0
BAND 45'S						
MED BALL SCOOPS						
PUSH PRESS		0	0	0	0	0
DB LATERAL LUNGES						
DB 45° LUNGES						
HANG CLEAN		0	0	0	0	0
DB SINGLE LEG SQUAT						
DB FRONT LUNGES						

**DAY 4**

	SET	1	2	3	4	5
	REPS	8	6	6	4	4
PULLUPS						
DB CURL						
REVERSE GRIP ROWS						
SINGLE ARM EXTENSION						
DB MIDLINE ROWS						
DB KICKBACKS						
DB ROWS						
DB HAMMER CURLS						



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**CANISIUS COLLEGE HOCKEY TRAINING PROGRAM 2011**

**WEEK OF JULY 25 - 31**

**DAY 1**

	SET	1	2	3	4
	REPS	6	6	4	4
	PLYOS / BODYWEIGHT	8	8	8	8
HIGH PULL					
DB 45' LUNGES					
MED BALL SCOOP					
HANG CLEAN					
DB LATERAL LUNGES					
MED BALL VERTICAL					
SQUAT					
DB FRONT LUNGES					
MED BALL BURPEE					

**DAY 2**

	SET	1	2	3	4
	REPS	6	6	4	4
DB SHOULDER PRESS					
DB BENCH PRESS					
DB FRONT RAISES					
DB INCLINE					
DB BENTOVER RAISES					
DB FLYES					
DB UPRIGHT ROWS					
ROTATIONAL PUSHUPS					

**DAY 3**

	SET	1	2	3	4
	REPS	6	6	4	4
	PLYOS / BODYWEIGHT	8	8	8	8
HIGH PULL					
DB STEP UPS					
BAND LATERALS					
PUSH PRESS					
DB DEADLIFT					
BAND 45'S					
HANG CLEAN					
MED BALL OVERHEAD SQUAT					
BAND FIGURE 8					

**DAY 4**

	SET	1	2	3	4
	REPS	6	6	4	4
DB ROWS					
DB HAMMER CURL					
DB PRONE ROWS					
DB KICKBACKS					
DB SHRUGS					
DB TRICEP PRESS					
PULLUPS					
DB CURL					

**WEEK OF AUGUST 1 - 7**

**DAY 1**

	SET	1	2	3	4	5
	REPS	6	6	4	4	2
	PLYOS / BODYWEIGHT	8	8	8	8	
HIGH PULL						
PLATE LIFT TO PIVOT						
BAND HIP FLEXOR						
HANG CLEAN						
SINGLE LEG DRIVE						
BOSU SINGLE LEG HIP LIFT						
SQUAT						
MED BALL OVERHEAD VERTICAL						
PB HAMSTRING CURLS						

**DAY 2**

	SET	1	2	3	4	5
	REPS	6	6	4	4	4
DB ROTATIONAL PRESS						
PB PUSHUPS						
DB UPRIGHT ROWS						
DB BENCH WITH DRIVE						
DB LATERAL RAISES						
BOSU CROSS OVER PUSHUPS						
SHOULDER SCARECROW REHAB						
BOSU POP PUSHUPS						

**DAY 3**

	SET	1	2	3	4	5
	REPS	6	6	4	4	2
	PLYOS / BODYWEIGHT	8	8	8	8	
HIGH PULL						
BAND WALKS						
MED BALL SCOOPS						
PUSH PRESS						
DB LATERAL LUNGES						
DB 45' LUNGES						
HANG CLEAN						
DB SINGLE LEG SQUAT						
DB FRONT LUNGES						

**DAY 4**

	SET	1	2	3	4	5
	REPS	6	6	4	4	4
PULLUPS						
DB CURL						
REVERSE GRIP ROWS						
SINGLE ARM EXTENSION						
DB MIDLINE ROWS						
DB KICKBACKS						
SINGLE LEG ROWS						
DB HAMMER CURLS						



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