

## WILD HOCKEY OFF-SEASON CONDITIONING

Day 1	Reps	Rest
20 yard Hill Sprints	8	90s
20 yard Heavy Sled Push	8	60s
Pro agility	8	30s

Day2	Reps	Rest
200 yard shuttle sprint 25yds down and back four times	6	90s
300 yard shuttle sprint 25yds down and back six times	4	90s

Day 3	Reps	Rest
Battle Rope work (20sec)	8	60s
50 yard shuttle sprint 25 yards down and back once	8	60s

Day 4	Reps	Rest
100 yard shuttle sprint 25 yds down and back twice	6	60s
jump rope/battle ropes Jumps for 20 sec, rest 20 secs, battle ropes 20 secs	6ea	20s

Guys, here is your conditioning and speed work that is to be done in addition to any strength work you are doing this summer.

Beginning on July 20th you will be required to pick one of the options for the day and complete it totally. Then try to complete at least half of the reps of another option for that day.

Example: On Day 1 if you choose the pro agility you would complete 8 reps with 30 seconds rest in between reps. Then once you have completed those you would then complete at least 4 reps of the heavy sled push's.

**Remember your conditioning will be tested day 1 of pre-season!**



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