

# JUVENILE & INTERMEDIATE

## Off-Ice Strength & Jump/Plyometric Yearly Training Cycle

	Early Off Season		Late Off Season		Pre-Season				In-Season			
Competition schedule	Transition or Active Rest				select comps	select comps	select comps	select comps	Regionals		Junior Nationals	
Months/Season	Jan	Feb	March	Apr	May	June	July	August	Sept.	October	November	December
On-ice training	Active Rest after natls take a break, work on ideas for new programs and work on new elements	Work on new programs, Develop new elements	Finish new programs, develop new elements	Finish new programs, develop new elements	Go through programs	Go through programs, start to run back-to-back programs	Same as July	Refine program, back to back run throughs, intense training	Same as Sept. Refine programs. Intense training. 3Taper for regionals	Continue refinement of program. Same as September	Continued refinement of program. ♣Taper to Jr. Nationals.	
Strength training frequency	None after Nationals 1-2 X per week (Jan) 2 X in Feb.	3 X per week	3 X per week	2 - 3 X per week	2 X per week	2 X per week	1 - 2 X per week	1 - 2 X per week	2 X per week ♣Taper for Regionals	2 X per week ♣Taper for Jr. Nationals late November	2 X per week ♣Taper for Jr. Nationals	
*Intensity of strength training	Low	Light	Light	Light/Moderate	Light/Moderate	Light/Moderate	Moderate/High	Moderate/High	High	High	High	
Jump and Plyometric frequency	0	0	0	0	1 X per week	1 X per week	1 X per week	1 X per week	1 X per week with taper	1 X per week with taper. Late November	1 X per week with taper to Jr. Nationals	
**Intensity of Plyometric training	---	---	---	---	Light	Light	Light to Moderate	Moderate	High	High	High	

\* Intensity of strength exercises is based on volume and intensity. Volume = sets X reps. Intensity = Amount of resistance lifted.

\*\* Intensity of plyometrics is based on: 1. Foot contacts of each drill. (Total number of jumps on the ground/floor) 2. Amplitude or intensity of each drill. Ex: Double leg or single leg jumps. Box heights 12" vs. 18"

\* Refer to handouts on Basic guidelines for Off-Ice Strength and Plyometric Training.

♣Taper is defined as a reduction in frequency and volume or training for physical restoration. Taper according to competition dates.