

Off-Ice Training Requirements

During try-outs players will be tested on the following requirements;

Run 5K Targets

- <= 21 minutes Professional
- <= 22 minutes AHL
- <= 23 minutes ECHL
- <= 24 minutes Senior.
- This should be done 2 – 3 times per week.

Interval Training:

Start with a Jog of 10 Metres, then Sprint 20 metres, then Jog 10 Metres, then walk back to starting position (recovery period) and repeat 10 times. Commence with 10 repetitions adding one repetition per week. Your end goal is 15 plus repetitions. This should be done 2 – 3 times per week.

Push-ups: Maximum number in 60 seconds.

Sit-ups: With knees bent. Maximum number in 60 seconds.

Chin-ups:

- 25 repetitions Professional
- 20 repetitions AHL
- 15 repetitions ECHL
- 10 repetitions Senior.

We encourage you to belong to health and fitness club during the summer months to work on weight training. Please see your family physician before commencing working out.

Mark Atkinson, Head Coach