



The Strategic Progression Training™

Off-Ice Training and Conditioning Program

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Introduction

Hello and welcome to the Strategic Progression Training™ program of SCE Hockey. This is an introductory program that has been designed for young hockey players to teach them the value of physical exercise and nutritional eating. It will help them achieve a healthier lifestyle over all and will of course also lead to improved performance on the ice.

We're please to see that you have decided to take the first step towards a new lifestyle by participating in our Off-Ice training and conditioning program. We also recognize the trust you put in us to help you reach your goals. We take your commitment very seriously and guarantee the same strong commitment from our group. We have been involved in the fitness field well before it became an "industry" and have seen many fads and gadgets come and go. Our group has an extensive background in sports and fitness and has a real passion for helping others reach their full potential when it comes to a healthier lifestyle.

This introductory program is designed to progressively teach you the fundamentals of exercising and healthy eating. We have broken it down into 3 categories that we will cover throughout this camp. Each category will focus on a different aspect of the SPT™ in preparing you to reach your new fitness goals.

In the first category we will show you the basics of a healthier life style and help you put the right habits in place to reach your goals. Some may say "I don't have enough discipline to do this". But as someone old and wise once put it "we are all 100% committed to our habits". So it's not necessarily that we lack discipline but rather we need to make sure we have the right habits in place!

The second category will put more emphasis on learning more about nutrition and how it will affect your energy levels and help fuel your body. You really need to start viewing your eating as a way to fuel your machinery/body. I'm sure you heard the line "you are what you eat"! The only question is how and what to eat?

In the third category we will learn more about training and new exercises to allow you more variety and different ways to challenge your body. In order for your body to continue to respond and grow you need to attack it with a wide range of different exercises.

These 3 categories are designed to get you started and educated on the fundamentals in building a stronger and healthier body. Being in shape and having more energy will increase the quality of your life in all other areas as well.

Are you ready for the challenge?

The Challenge

We are all creatures of habit! The first challenge you will face is to break your current routines and habits and replace them with new healthier ones. It has been proven that it takes 21 days of repeatedly doing something to create a habit or, in other words approximately 3 weeks. This is the foundation for going forward. You absolutely need to put good habits in place.

We suggest you break it down in two parts, eating and training. The first thing you will want to put in place for your eating habits is a meal schedule. You need to eat at least three real meals and two snacks at predetermined times during the day. These meals need to be spread out approximately 2-3 hours apart. We have created a chart in Appendix A to help you keep track of your meals but also to help you put this new habit in place. You will write down what you ate and the time of your meal. Then at the end of the day you will check off the “habit” box if and only if you had all your meals and at the right time of the day. By doing this for 21 days you will start to build your new habit. You will also create a record of your meals that will be very valuable going forward. If one day you miss a meal you will simply start over for another 21 days to get back on track.

When it comes to your training schedule we would like you to focus mostly on getting your workouts in on the days you set out to do them. Again, this first summer is about changing your lifestyle and the patterns you have built over a long time. It will not be easy but you will want to always keep in mind the outcome you are looking for and the goals you have set for yourself. Your first program will not contain a lot of complicated and difficult exercises, but don't worry they will come! The idea is to get your schedule working first and prioritizing your time based on what's important to you. Again, in Appendix A you will find your initial program and a chart to track your progress in a similar fashion to your eating habits.

Over the summer your main goal is to work these 2 categories into your daily routines, to the point of how brushing your teeth and getting dressed in the morning is second nature. It's simply something you do on a daily basis. You must not underestimate the value of putting these habits in place. Reaching your goals will very heavily depend on your success in meeting this challenge. But we also want to point out that you need to keep everything in perspective. Do not give up if you miss one day. You have spent a lifetime building your current habits so make sure you give yourself some time to put the new ones in place. It's important to reinforce some positive feedback as well. Pat yourself on the back when you stay on track.

Basic Nutrition

As we mentioned earlier “You are what you eat!” So what does that mean? Well, eating right isn’t necessarily complicated but can still be a challenge in the fast food society we live in today. In order to lose weight and feel energized it’s not enough to sweat up a storm and hit the weights hard in the gym. Healthy eating and having a strategic meal plan are critical to your success. Another factor that complicates good eating habits is the busy schedules and stressful life most of us have. We will go over some key fundamentals here to help you get started.

There are basically three major groups of nutrients that you need to eat every day, protein, carbohydrates and fat. And of course, let’s not forget water. In this first phase we will give you a basic overview of what these groups are and how they affect your body and the results you are aiming for.

Protein

This is the body’s main structural nutrient that helps maintain your muscles. If you take away the water about 75% of your body consists of protein. In other words protein is a very important component of your body. Protein is needed in increasing muscle strength and size and helps prevent muscle tissue breakdown that occur during strenuous exercise. One to one and half grams of protein per pound of bodyweight daily is recommended for maximum muscle strength and growth, as well as to prevent muscle deterioration and loss of lean body mass to energy requirements. Protein is very important component in the recovery and recuperation process after a hard work out.

- Essential for muscle growth and development
- Helps in recovery & recuperation

So where do we find good quality protein? Below is a list of some good sources of protein to help you make the right choice when planning your meals.

Chicken Breast	Egg Whites	Lean ground turkey
Lean ground beef	Low Fat Cottage Cheese	Tuna
Salmon	Turkey Breast	Haddock
Lentils	Soybean	Legumes

Carbohydrates

Carbohydrates provide our body with the fuel it needs for proper organ function and physical activity. Our digestive system handles all carbohydrates in the same way, it tries to break them down into single sugar molecules. These sugars are absorbed into the bloodstream. As the sugar level rises, the pancreas releases a hormone called insulin. Insulin is needed to move sugar from the blood into the cells, where the sugar can then be used as a source of energy.

In a simplified view there are two major types of carbohydrates in foods: simple and complex.

Simple carbohydrates are broken down more quickly and will produce a quick spike in your energy level but will make you feel hungry soon again. Foods in this group have been linked to an increased risk of both diabetes and heart disease.

Complex carbohydrates on the other hand are digested more slowly, causing a more gentle change in blood sugar. This slower digestion also leaves you feeling more satisfied longer. These types of complex carbohydrates, which you can find in whole-grain foods, provide energy over a longer period of time.

- Provides energy
- Eat complex carbohydrates

So again the question is where do we find the complex carbohydrates that will provide us the energy we need? In the chart below we have listed some excellent sources of foods rich in complex carbohydrates that will help you in your planning.

Oatmeal	Brown rice	Whole-grain breads
Sweet Potato	Broccoli	Spinach
Dark green vegetables	Rice cakes	Peas
Cucumbers	Lettuce	Apple

Fat

Is all fat bad? Not necessarily. Some dietary fat is essential for the body to function properly. Fat is responsible for absorbing vitamins A, D, E and K.

What is really important is what type of fats we consume. For our purposes we can simplify how we view fat into good and bad fats.

Bad Fats

Bad fats are grouped in saturated and trans-fats. Both of these have been linked to increased cholesterol levels and heart disease.

Good Fats

We classify the mono-unsaturated fats as the “good” fats. Olive oil and canola oil are both mono-unsaturated. Mono-unsaturated fats are thought to **lower cholesterol**.

Generally we will get enough fats through our diet without too much difficulty. Below are listed some of the “good” fats that our body needs.

Peanuts	Olives	Olive oil
Canola oil	Cashews	Almonds
Avocados	Most other nuts	Omega-3 supplement

Supplements

Does a young athlete require supplements? Well the question that should be answered is; does he have a healthy nutritious diet? Ideally he will receive the nutrition required for a young high level athlete through his diet. But at times this can be a challenge and there is nothing wrong with adding a protein shake after a workout if need be. Also, we would recommend taking a basic multivitamin for children to make sure you cover most of your needs. These are readily available in most drugstores or grocery stores.

Tips

- Plan ahead. Boil lots of rice or potatoes, barbecue a full box of chicken breast etc. for quick heating later.
- Pack a lunch for the game. It can be a challenge to find anything worth while at the arena cafeteria.
- If you stop at a fast food restaurant make smart choices. You can usually find a salad, grilled chicken, and baked potato in most of them.
- Bring WATER with you.

Sample Menu:

Breakfast:

1. Oatmeal w/sugar-free applesauce or cut up banana, skim milk, apple, multivitamin
2. Natural yogurt, muesli, Whole-grain bread with slice of cheese, hard boiled egg, multivitamin
3. 2-3 egg omelet, whole-grain bread w/ slice of cheese, multivitamin

Lunch:

1. Brown rice, chicken breast, broccoli, big glass of water.
2. Sweet potatoes, green peas, baked salmon, big glass of water
3. Brown rice, tuna, garden salad, big glass of water

Dinner:

1. Garden salad, chicken breast, big glass of water
2. Baked potato, steak, green beans, big glass of water
- 3.

Snack:

1. Rice cake w/tuna, cucumber, water
2. Low fat cottage cheese with cut up apple, water

In conclusion: When it comes to eating we want you to understand the importance and the effect it has on your health and the results you will achieve when involved in sports. Your body is an incredible machinery that can heal itself, grow stronger and increase its stamina from training. But in order for this to happen it requires maintenance in terms of nutritional food and proper rest. This is not a process that can be rushed or “crammed” over night. Much like the farmer growing crops it takes patience and good planning to achieve results.

It is also important to realize that during your workout you are actually breaking down the body, it will try to compensate for the new workload by building itself up. But without the proper food and rest it can not accomplish this and all your hard work goes to waste.

Avoid “foods” like French Fries, potato chips, pop, various colorful cereals, white bread, and alike. These items provide 0 nutrients and are loaded with empty calories and sugar. It’s ok to have a treat once in a while, but leave it as such, a treat! A treat is something that’s eaten once a week and is aimed to be “special” and not part of the every day diet.

Training

In this third and last category we will go over the training regimen. For these young athletes it is important to work on all aspects of physical development such as agility, strength, cardiovascular and flexibility. Our program is designed such that no special equipment or weights are required and can therefore be practiced by anyone at their own location. A lot of emphasis is based on core strength to provide the athlete with a strong foundation to build on. It is also very important with proper execution of each exercise in order to get the most out of it. Below is a listing of each exercise and a description of key points to think about when performing them. This can be viewed as a simple beginning of mental training and visualization. It teaches the athlete to focus on his performance and concentrate to get the maximum result from each exercise. Taken the right way these are valuable lessons that translate into every day life.

To get you started we will have you perform a fitness test to base-line your current fitness level. This is simply done in order to provide you a starting point to track your progress. We will have you perform this test on a monthly basis over the summer to verify that you are on track with your program and if not make adjustments as necessary. It is important to mention that your numbers are personal and track your personal progress. Other participants may have very different numbers based on their previous experience. What's important is to see that you are moving in the right direction and that the program is working for YOU!

Exercises

Jumping Jacks – Stay tight in the core, high on the ball of the foot. Never let your heel touch the ground. Think skating when performing the exercise with strong ankles and calf muscles. Lift your arms straight and out to the sides, shoulder height.

Up-and-downs – Start with your feet shoulder width apart with arms along your sides. Squat down and jump in to push up position. Jump/tuck your feet back up under your chest and then jump straight up as high as you can. Repeat in a continuous motion. Again, you want a strong core (tight abs), reach back all the way with your feet keeping them close together. Keep your body nice and straight.

Push-ups – Hands are slightly wider than shoulder width apart. Body stays nice and straight. Lower your body until your chest just touches the floor then press straight up. You can modify this exercise to get you started by doing it against a table or similar object to lessen the resistance and allow you to build up your strength before performing it on the floor.

“Push-up-stand” jumps – Start in the push up position keeping your feet together jump/tuck your feet up under your chest and then all the way back.

Wheel Barrow – Requires a partner to hold your feet. Get in the push up position then have your partner grab your feet. Stay nice a straight, then “walk” on your arms forward. As always keep your body tight and strong through-out the exercise.

Sit ups – An old classic! Lay down on your back bend your legs and keep your hands still by your head. Lift your body off the floor until your elbows touch your knees. Then lower yourself back down until your shoulders touch the floor and repeat. Do not “throw” your arms forward or straighten your legs on the way up. If needed you can have someone hold your feet or tuck them under the couch to provide support. The key is to use the abs to lift your body.

Leg lifts – Lay down on your back place your hands palms down under your bum. Keep your feet together then lift your legs up until they point straight up in a 90 degree angle. When you lower your legs down stop 1” off the ground and repeat. Do not “swing” your legs up and down, make sure you control the motion and lift with your abs.

Side Skating Jumps – Stand in hockey stance. Jump from side to side making sure to touch the support leg with the opposite foot and moving your upper body in a skating motion. Stay on the ball of the foot and make a wide jump keeping your head up fixating your eyes on a spot ahead.

Squat Jumps – Squat down touching the ground with your hands just outside of your feet then jump straight up as high as you can, land and repeat in a continuous motion. Make sure your hip comes down below your knee. Keep your head up and your back nice and straight.

And as always before undertaking a strenuous workout program make sure you have consulted medical advice and do not suffer from any condition that prevent you from doing so.

As mention earlier, building up your body takes time and commitment. Be patient, the results will come if you have the determination and will to work hard. As with everything in life it is up to you where you want to go. Talent alone will not get you to the top. Success is created by hard work and determination and a strategic plan to get there. Do not let anyone tell you what you can and can not accomplish. Believe in yourself, learn from mistakes, dare to dream and never give up.

Where do YOU want to go?

TOP 10 OBJECTIVES

1. Determine your goals!
2. Plan for success.
3. Create good habits.
4. Be focused on the task at hand.
5. Eat 5-6 nutritious meals a day.
6. Drink water.
7. AVOID, French Fries, pop, fried food, chips, “slushies”, colorful cereal, white bread etc.
8. Don’t let ANYONE tell you, you can’t do it.
9. Believe in yourself.
10. Support your team mates. Be a team player.

APPENDIX A

Monthly Fitness Test

This will be your baseline against which you will be testing each month. These numbers will track your progress and verify that you are on the right track. It is important to understand that you are tracking YOUR numbers and YOUR progress. The numbers will simply provide a starting point and may vary widely within the group depending on past experience.

	May	June	July	Aug	Sep
Date:					
Push ups floor max					
Up-and-Downs in 30 sec					
Sit ups in 30 sec					
Squat Jumps in 30 sec					
30 meter sprint					
800 meter run on track					
Stretching	5-10 min	5-10 min	5-10 min	5-10 min	5-10 min

Work on execution in all exercises. It is more important to perform them correctly than to cheat in order to get a few more repetitions. Learn to focus on your body and the execution of the exercise. Visualize why you are doing the exercise and how it will help you in your sport. Think about your goal!

Training Program 1

Date:												
Running												
Jumping Jacks												
Up and Downs												
Push up Floor												
Push ups wide												
Push ups close												
Push up stand jumps												
Wheel Barrow												
Sit ups												
Leg lifts												
Side skating jumps												
Squat jumps												
Stretching												

Meal Tracking

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast Time:							
Snack Time:							
Lunch Time:							
Snack Time:							
Dinner Time:							
Day completed	Yes: No:	Yes: No:	Yes: No:	Yes: No:	Yes: No:	Yes: No:	Yes: No: