

**Best for:**

Those who have a basic understanding of training;  
AKA you understand & can perform the major movements (squat, lunge, pushup, jump, rows)  
Those who have 3-4 days per week available to train

**Prescription:**

Strength circuits	3-4x/week	Upper body, Lower body, Hip & Core, ladder endurance
Endurance training	1-2x/week	30-60 min endurance & recovery sessions
Interval training	1x/week	Progress to dryland sweeping

**Where to start:**

- Read through the program guide [Link here](#)
- Complete the assessment [Link here](#)
- Complete the Goal Setting worksheet as both a team & individual [Link here](#)
- Determine which program to choose (see section in program guide)
- Reverse engineer your program from predicted start date of season (see phases section in program guide)
- Schedule workouts for the next week
- Set aside time before each workout to watch the hyperlinked videos of each exercise. Make notes in the "notes" section about how to perform each exercise as well as which variation you are choosing to start with
- If there is a feeling of overwhelm around the amount to learn, I have 2 solutions:
  - Use the first week to go through each workout, watch each video and try one set of each exercise, in week 2 try each exercise or 2 sets, and week 3 complete the exercises as prescribed
  - Or, use the first week to try each workout and complete (as prescribed) 2-3 exercises from each workout. In week 2 add another 2-3 exercises, and in week 3 complete all exercises as prescribed.
- Use the notes section to keep track of cues for each exercise. Use the space under the each "round" to fill in the date, as well as each variation of the exercise you chose, how many sets & reps you completed as well as if any resistance was used

**About the ADVANCED program**

There are 7 workouts, including the cardio  
You can complete 1 workout/day, or pair 2 workouts together.  
The warm-up & cool-down routine is listed above, and a space to check of completion within each workout  
The program guide goes over questions such as RPE, supersets (1a., 1b., etc), phases, what a ladder is, etc.

**About Stephanie & Empowered Performance**

I recognized a gap in our coaching early on.  
As a junior athlete struggling to increase my hit weight and decrease knee pain,  
I sought out information from my physiotherapist, the internet and various high level coaches.  
Aside from a technique adjustment here and there, and a recommendation to stretch my hamstrings  
and do more yoga I was left thinking knee pain was normal, and being a small girl meant I would never have big hit weight.

Flash forward to 2020 and I've completed 2 degrees centering around health, strength & conditioning,  
movement efficiencies and coaching, and I am now creating the programs and providing the resources I wish I had growing up.  
I no longer wear a knee sleeve, and I am a proud second with an easy & balanced peel weight.

Now, I help competitive athletes compete and train pain free without living in the gym.

I believe in an interdisciplinary approach when working with teams;  
that means that the fitness coach, the team coach, the medical professional and the athletes should all work together  
to create a plan that is appropriate for the athletes body, goals and abilities.

**PHASE 1 General Preparation Phase**

Phase Goals: Troubleshoot the habit of training regularly, learning the exercises, improving your technique, adjusting your variation and resistance of each exercises  
 Movement efficiency -take the time to make sure body is moving well  
 Increase aerobic capacity -this phase is not about strength building, it's about creating a solid base of movement so that in phase 2 you can start to increase strength

Fill in: Athlete goals & considerations  
 Fill in: Date, exercise & variations chosen, weight used, sets, reps & time completed where applicable.  
 Refer to the Program Guide for FAQs [Link](#)  
 You can complete 1 workout/day, or pair 2 workouts together.

**Workout Example Order:**

<b>Option 1:</b>	every day	<b>Option 2:</b>	workouts in 1	<b>Option 3:</b>	every other day	Day 8	Rest
Day 1	Ladder	Day 1	Ladder	Day 1	Ladder	Day 9	Upper body
Day 2	Core	Day 2	Core & Upper Body	Day 2	Rest	Day 10	Rest
Day 3	recovery/rest	Day 3	Hip workout	Day 3	Core	Day 11	Lower body
Day 4	Upper Body	Day 4	Rest day/ Active recovery	Day 4	Rest	Day 12	Rest
Day 5	Hip	Day 5	Lower body & Bonus brushing wor	Day 5	Cardio	Day 13	Cardio
Day 6	Lower body	Day 6	Cardio endurance	Day 6	Rest	Day 14	Rest
Day 7	Cardio	Day 7	Rest day/ Active recovery	Day 7	Hip	Repeat	

**Warm-up Routine**

[Suggested routine link here](#)  
 Start each workout with a complete dynamic warm-up.  
 Use this warm-up prior to other activities.  
 Add supersets from the exercise list to upgrade your warm-ups.  
 RPE: up to 10-12

**Cool-down Routine**

[Suggested routine link here](#)

**Athlete Goals:**

**Considerations:**

Block 1 can last 4-6 weeks. Goal is 3 complete rounds of each exercise, the 4th round is a deload, meaning complete less sets or reps but keep intensity high

Endurance workout: Phase 1	Round 1	Round 2	Round 3	Round 4 (deload)
Sets/Reps	Date:	Date:	Date:	Date:
(check)				
Ladder example	RPE 10-12			
Cobnet squat	10-8-6-4-2	RPE 12-14		
stairs, hills,	distance	Farmer carry		
Row	10-8-6-4-2	Or. band row		
Total Time				
(check)				

In Block 1 focus on endurance cardio; be able to do more work for longer, speed doesn't matter much as long as effort is there

Session 1 Endurance	Round 1	Round 2	Round 3	Round 4 (deload)
Suggested	Date:	Date:	Date:	Date:
(check)				
Cardio choice	RPE 10-12			
Work/Rest ratio	10 min of work,			
Total time	RPE 12-14			
(check)				

Core workout: Phase 1 - Tension through core pillar	Round 1	Round 2	Round 3	Round 4 (deload)
Sets/Reps	Date:	Date:	Date:	Date:
Warm up (check completed)	RPE 10-12			
1a. Wall plank	3 sets, max hold w/ good form, 20-60 sec	<a href="#">Core tension tip</a>		
1b. Modified side plank	3 sets, max hold w/ good form, 20-60 sec/ side			
2a. Blackburn	3 sets, 10-15 sec/			
2b. Deadbug	3 sets, 10-15/ 3 sets, 20-45 sec/	Form matters most, challenge getting the feet out and being strong through arms & core		
3a. Sweeping position plank holds	3 sets, 10'/ leg			
3b. Hands elevated mountain climbers		SLOW		
Cool down (check completed)				

Session 2 Recovery	Round 1	Round 2	Round 3	Round 4 (deload)
Suggested	Date:	Date:	Date:	Date:
Warm up (check completed)	RPE 10-12			
Cardio choice	2-3 rounds, 5-10 min of work, 1 min rest			
Work/Rest ratio	between	RPE 12		
Total time				
Cool down (check completed)				

**BONUS** Complete as own workout, or following a cardio session or workout

Sweeping technique Warm up (check completed)	1-2x/ week	Round 1	Round 3	Round 3	Round 4 (reload)
Date:	Date:	Date:	Date:	Date:	Date:
3 sets, 20-45 sec/	RPE 10-12				
<a href="#">Sweeping position plank holds</a>	Form matters most, challenge getting the feet out and being strong through arms & core				
<a href="#">Hands elevated mountain climbers</a>	3 sets, 10'/ leg				
	SLOW				

Hip workout: Phase 1	Round 1	Round 2	Round 3	Round 4 (deload)
Sets/Reps	Date:	Date:	Date:	Date:
Warm up (check completed)	RPE 10-12			
1a. Band squat tempo	3 sets, 8 reps	3 sec lower, 2 sec pause, 1 sec up		
1b. Band plie	3 sets, 30 total bridge & abd reps			
2a. Side lie clam	3 sets, 10-20/			
2b. Side lying leg lift	3 sets, 10-20/			
3. Lateral walk	3 sets, 10-20/			
Cool down (check completed)				

Upper body workout: Phase 1	Round 1	Round 2	Round 3	Round 4 (deload)
Sets/Reps	Date:	Date:	Date:	Date:
Warm up (check completed)	RPE 10-12			
1a. Band face pull	3 sets, 10-20	3 sec lower, 2 sec pause, 1 sec up		
1b. Hands elevated pushup	3 sets, 4-8 w/ good form			
2a. 1/2 kneeling single arm row	3 sets, 12/			
2b. Plank clock	3 sets, 10-20/			
3. Band ER	3 sets, 12/			
Cool down (check completed)				

Lower body workout: Phase 1 (Gen prep)	Round 1	Round 2	Round 3	Round 4 (deload)
Sets/Reps	Date:	Date:	Date:	Date:
Warm up (check completed)	RPE 10-12			
1a. Goblet squat	3 sets, 12			
1b. Jump squats	3 sets of 3			
2a. Deadlift	3 sets, 12			
2b. Front foot elevated Split squat	3 sets, 12/	<a href="#">watch this to make sure form is awesome</a>		
3a. Calf raises	3 sets, 10-20			
3b. Hamstring	3 sets, 12			
Cool down (check completed)				

**PHASE 2 Strength Building Phase**

**Phase Goals:** Focus turns to strength building. With at home training you may need to get creative with ways to increase resistance (if don't have appropriate DB, BB, cables, machines, etc.) Use progressive overload to increase strength. Gradually increase the resistance as your body adapts to movement. Do not sacrifice technique for more weight. Single arm and single leg exercises become important, as well as slowly preparing the body for plyometrics and prioritizing recovery between sets and sessions. With new aerobic base built in gen prep phase, begin to include longer intervals.

Fill in: Athlete goals & considerations  
 Fill in: Date, exercise & variations chosen, weight used, sets, reps & time completed where applicable.  
 Refer to the Program Guide for FAO's [Link](#).  
 You can complete 1 workout/day, or pair 2 workouts together.

**Warm-up Routine**  
[Suggested routine, link here](#)  
 Start each workout with a complete dynamic warm-up. Use this warm-up prior to other activities.  
 Add superset from the exercise list to upgrade your warm-ups.

**Cool-down Routine**  
[Suggested routine, link here](#)

**Athlete Goals:**

**Considerations:**

**Workout Example Order:**

<b>Option 1:</b>	every day	<b>Option 2:</b>	workouts in 1	<b>Option 3:</b>	every other day		
Day 1	Ladder	Day 1	Ladder	Day 1	Ladder	Day 8	Rest
Day 2	Core	Day 2	Core & Upper Body	Day 2	Rest	Day 9	Upper body
Day 3	cardio	Day 3	Hp workout & interval cardio	Day 3	Core	Day 10	Rest
Day 4	Upper Body	Day 4	Rest day/ Active recovery	Day 4	Rest	Day 11	Lower body
Day 5	cardio	Day 5	Lower body & Bonus brushino wort	Day 5	Cardio intervals	Day 12	Rest
Day 6	Lower body	Day 6	Cardio endurance	Day 6	Rest	Day 13	Cardio endurance
Day 7	recovery/rest	Day 7	Rest day/ Active recovery	Day 7	Hp	Day 14	Rest

Block 2 can last 4-6 weeks. Goal is 3 complete rounds of each exercise, the 4th round is a deload, meaning complete less sets or reps but keep intensity high

Lower Endurance workout: Phase 2 (strength)	Round 1	Round 2	Round 3	Round 4 (deload)
Suggested Sets/Reps				
Notes				
Date:	Date:	Date:	Date:	Date:
(check completed)				
Ladder example <a href="#">Link</a>	RPE 10-12			
Swisscase squats	RPE 13-15			
stairs, hills, distance	10-8-6-4-2 weighted in			
Pushup	Farmer carry			
Total Time	10-8-6-4-2			
(check)	Pushup hack			

In Block 2 begin to introduce interval training. Endurance is still important, as well as recovery walks/runs

Session 1 - Interval	Round 1	Round 2	Round 3	Round 4 (deload)
Suggested				
Notes				
Date:	Date:	Date:	Date:	Date:
(check completed)				
Cardio choice	RPE 10-12			
Work/Rest ratio	40 sec work: 40 rest: 11			
Total time				
(check)				

**Core workout: Phase 2 (strength) - Obliques, & maintaining tension with moving parts**

	Round 1	Round 2	Round 3	Round 4 (deload)
Suggested Sets/Reps				
Notes				
Date:	Date:	Date:	Date:	Date:
Warm up (check completed)				
	RPE 10-12			
1a. Single leg wall plank	3 sets, max hold w/ good form. 20-60 sec			
1b. Progress to side plank	3 sets, max hold w/ good form. 20-60 sec/ side			
2a. Banana push (banana)	3 sets, max hold w/ good form. 20-60 sec			
2b. Deadlift	3 sets, 10-15/			
(goal is form not interval training)	Complete 3a, on R, then 3b moving R, rest 30 sec then repeat on L x2			
3a. Sweeping	4 sets, 30 sec			
3b. Footwork trainer (or skiboard on curb - be safe!)	4 sets, 30 sec			
3c. Mountain climbers	3 sets of 10/ slow			
Cool down (check completed)				
	Key points: back flat, core strong, feet out from under hips			
	Strong upper body and core, on toes, half moons.			
	If don't have footwork trainer			

**Session 2 - endurance**

	Round 1	Round 2	Round 3	Round 4 (deload)
Suggested				
Notes				
Date:	Date:	Date:	Date:	Date:
Warm up (check completed)				
	RPE 10-12			
Cardio choice	3-5 rounds, 5-10 min of work, 1 min rest between			
Work/Rest ratio				
Total time				
Cool down (check completed)				
	RPE 12-14			

**Session 3 - recovery**

	Round 1	Round 2	Round 3	Round 4 (deload)
Suggested				
Notes				
Date:	Date:	Date:	Date:	Date:
Warm up (check completed)				
	RPE 10-12			
Cardio choice	5 min easy, 1 min walk, x3-5 rounds			
Work/Rest ratio				
Total time				
Cool down (check completed)				
	RPE 12			

**Hip workout: Phase 2 (strength)**

	Round 1	Round 2	Round 3	Round 4 (deload)
Suggested Sets/Reps				
Notes				
Date:	Date:	Date:	Date:	Date:
Warm up (check completed)				
	RPE 10-12			
1a. Band squat & lateral walk	3 sets, 10			
1b. Single leg glute bridge	3 sets, 10-20/			
2a. Side lie clam	3 sets, 10-20/			
2b. Side lying leg lift	3 sets, 10-20/			
3. Multidirectional taps	3 sets, 10-20/			
Cool down (check completed)				
	Tempo: 4 sec to lower, 3 sec pause at bottom, 1 sec or power up optional			
	Tempo above optional			
	30 set of pushups do as many reps as possible (no deficit)			
	or with band			
	3 sets, 6-8/			
	3 sets, 10-20/			
	3 sets, 8/			

**BONUS Complete as own workout, or following a cardio session or workout**

Sweeping technique	1-2x/ week	Round 1	Round 2	Round 3	Round 4 (deload)
Warm up (check completed)					
	RPE 10-12				
	Complete 3a, on R, then 3b moving R, rest 30 sec then repeat on L x2				
(goal is form not interval training)	4 sets, 30 sec				
Sweeping	4 sets, 30 sec				
Footwork trainer (or skiboard on curb - be safe!)	4 sets, 30 sec				
or mountain climbers	3 sets of 10/ slow				
	under hips				
	Strong upper body and core, on toes, half moons.				
	If don't have footwork trainer				

**Lower body workout: Phase 2 (strength)**

	Round 1	Round 2	Round 3	Round 4 (deload)
Suggested Sets/Reps				
Notes				
Date:	Date:	Date:	Date:	Date:
Warm up (check completed)				
	RPE 10-12			
1a. Band pull apart	3 sets, 10-20			
1b. Progress pushups, either knee down & change tempo	3 sets, 6 reps			
or Single arm deficit pushups	3 sets, 3-6 reps/			
2a. Single arm row	3 sets, 6-8/			
2b. Pull of press	3 sets, 6-8/			
split stance	3 sets, 10-20/			
3. Shoulder circuit A	3 sets, 8/			
Cool down (check completed)				

**Lower body workout: Phase 2 (strength)**

	Round 1	Round 2	Round 3	Round 4 (deload)
Suggested Sets/Reps				
Notes				
Date:	Date:	Date:	Date:	Date:
Warm up (check completed)				
	RPE 10-12			
1a. Sitcane	3 sets, 5			
1b. Long lunge	3 sets, 1-3			
2a. Reverse lunges	3 sets, 8-10/			
2b. Kickstand deadlift	3 sets, 8-10/			
3. Hip can	3 sets, 8-10/			
Progress to single leg	3 sets, 8-10/			
Cool down (check completed)				
	Towel variation			

[Watch this bc, make sure form is awesome](#)

**PHASE 3 Power Building Phase**

**Phase Goals:** Now that we've built strength on top of proper technique, we will now use that new ability to create force and do it quickly. Technique is still important. Note that you may require more rest between sets because this is the neurological system we are adapting with included plyometrics. Our intervals become shorter and more sport specific. The addition of sweeping intervals prepares for getting back on the ice. Recovery between sets and sessions is important. Active recovery days help relieve any stiffness (getting the blood flowing and muscles moving).

Fill in: Athlete goals & considerations  
 Fill in: Date, exercise & variations chosen, weight used, sets, reps & time completed where applicable.  
 Refer to the Program Guide for FAZ's [Link](#)  
 You can complete 1 workout/day, or pair 2 workouts together.

**Warm-up Routine**  
[Suggested routine link here](#)  
 Start each workout with a complete dynamic warm-up. Use this warm-up prior to other activities.  
 Add supersets from the exercise list to upgrade your warm-ups.

**Cool-down Routine**  
[Suggested routine link here](#)

**Athlete Goals:**

**Considerations:**

**Workout Example Order:**

<b>Option 1:</b>	every day	<b>Option 2:</b>	workouts in 1	<b>Option 3:</b>	every other day
Day 1	Ladder	Day 1	Ladder	Day 1	Ladder
Day 2	Core	Day 2	Core & Upper Body	Day 2	Rest
Day 3	cardio	Day 3	Hip workout & interval cardio	Day 3	Core
Day 4	Upper Body	Day 4	Rest day/ Active recovery	Day 4	Rest
Day 5	cardio	Day 5	Lower body & Bonus brushing work	Day 5	Cardio intervals
Day 6	Lower body	Day 6	Cardio endurance	Day 6	Rest
Day 7	recovery/rest	Day 7	Rest day/ Active recovery	Day 7	Hip
					Day 8
					Day 9
					Day 10
					Day 11
					Day 12
					Day 13
					Day 14
					Repeat
					Rest
					Upper body
					Rest
					Lower body
					Rest
					Cardio endurance

Block 3 can last 4-6 weeks. Goal is 3 complete rounds of each exercise, the 4th round is a deload, meaning complete less sets or reps but keep intensity high

**Ladder Endurance workout: Phase 3 (Power)**

	Round 1	Round 2	Round 3	Round 4 (deload)
(check completed)				
<b>Ladder example</b>	RPE 10-12	RPE 13-15	RPE 13-15	RPE 10-12
<b>Band Squat</b>	10-8-6-4-2	weight in each distance	Farmer carry	
<b>Chinup</b>	10-8-6-4-2			
variation	Facepull option			
Total Time				
Cool down				
(check completed)				

**In Block 3 your focus shifts to interval training, curling specific sweeping intervals, and recovery cardio**

**Session 1 -endurance; increase intensity**

	Round 1	Round 2	Round 3	Round 4 (deload)
(check completed)				
<b>Cardio choice</b>				
Work:Rest ratio	min of work 1	RPE 12-14		
Total time				
(check completed)				

**Core workout: Phase 3 (Power) -core stability connecting to limb movement specific to curling**

	Round 1	Round 2	Round 3	Round 4 (deload)
(check completed)				
<b>Warm up</b>				
(check completed)				
<b>1a. Hard plank</b>	3 sets, 10-15 sec/			
<b>1b. Side plank row</b>	3 sets, 10-15/			
<b>2a. Hamstring banana</b>	3 sets, max hold w/ good form.	banana exercise (see video)		
<b>2b. Mountain climber</b>	3 sets, 10-20/			
Cool down				
(check completed)				

**Session 2 -Sweeping intervals**

	Round 1	Round 2	Round 3	Round 4 (deload)
(check completed)				
<b>Warm up</b>				
(check completed)				
<b>Cardio choice</b>				
Work:Rest ratio	5-10 x 30 sec : 30 sec	RPE :work: 15, rest: 11		
Total time				
Cool down				
(check completed)				

**Hip workout: Phase 3 (Power)**

	Round 1	Round 2	Round 3	Round 4 (deload)
(check completed)				
<b>Warm up</b>				
(check completed)				
<b>1a. Band squat &amp; press</b>	3 sets, 10			
<b>1b. Seated 1/2 sine RO</b>	3 sets, 5/			
<b>2. 3 way glute complex</b>	3 sets, 10-15/			
<b>3a. Banded glute bridge &amp; abo</b>	3 sets, 30 total			
<b>3. 90/90 ham bridge</b>	3 sets of 10-15/			
<b>4. Mountain climber (hands elevated)</b>	Tabata 4 min total, 20 sec work, 10 sec rest	RPE :work: 16/17, rest: 12/13		
Cool down				
(check completed)				

**Session 3 -Cardio Interval**

	Round 1	Round 2	Round 3	Round 4 (deload)
(check completed)				
<b>Warm up</b>				
(check completed)				
<b>Cardio choice</b>				
Work:Rest ratio	5-10 x 40 sec : 40 sec	RPE :work: 16/17, rest: 12/13		
Total time				
Cool down				
(check completed)				

**Upper body workout: Phase 3 (Power)**

	Round 1	Round 2	Round 3	Round 4 (deload)
(check completed)				
<b>Warm up</b>				
(check completed)				
<b>1a. Band cross over abart</b>	3 sets, 10/ x			
<b>1b. Progress, pushups lower hands &amp; change tempo</b>	3 sets of 3-6 reps	Tempo: 4 sec to lower, 3 sec pause at bottom, 1 sec power up		
<b>2. Explosive pushups</b>	3 sets of 3-5 reps	Rest 30-60 sec bn sets		
<b>2b. Push press</b>	3 sets of 3-5 reps			
<b>3a. Bird dog row</b>	3 sets, 10/			
<b>3b. Single arm band chest press</b>	3 sets, 10/			
<b>4. Circuit B</b>	3 sets, 10-20/ (any variation)	All 3 exercises in a row, no break with 30-60 sec rest bn sets		
<b>Pushup</b>	(any variation)			
<b>Face pull</b>	(any variation)			
<b>Row</b>	Tabata 4 min total, 20 sec work, 10 sec rest	RPE :work: 16/17, rest: 12/13		
<b>5. Sweeping</b>				
Cool down				
(check completed)				

**Session 4 (optional) -recovery**

	Round 1	Round 2	Round 3	Round 4 (deload)
(check completed)				
<b>Warm up</b>				
(check completed)				
<b>Cardio choice</b>				
Work:Rest ratio	5 min easy, 1 min walk, x3-5 rounds	RPE 12		
Total time				
Cool down				
(check completed)				

**BONUS** Complete as own workout, or following a cardio session or workout.

	Round 1	Round 2	Round 3	Round 4 (deload)
<b>Footwork technique</b>	1-2x/week			
<b>Warm up</b>				
(check completed)				
<b>Footwork trainer</b>	4 sets, 30 sec	RPE 10-12	Date:	Date:
<b>or skatboard</b>		Strong upper body and core, on toes, half moons.		
<b>or, mountain climber</b>	3 sets of 10/ slow	if don't have footwork trainer		

**Lower body workout: Phase 3 (Power)**

	Round 1	Round 2	Round 3	Round 4 (deload)
(check completed)				
<b>Warm up</b>				
(check completed)				
<b>1. 3 Subjuncts + 1 leap</b>	3 sets, 3	STICK THE LANDING		
<b>2. Reverse lunge to sto</b>	3 sets, 8-12/	Use power step		
<b>3a. Crossack squat</b>	3 sets, 8-12/	Or towel variation.		
<b>3b. Hamstring curl ball &amp; Subjuncts deadlift</b>	3 sets, 5 single + 10 double	progress to single leg		
<b>4. 5-10</b>	Tabata 4 min total, 20 sec work, 10 sec rest	RPE :work: 16/17, rest: 12/13		
<b>5. Skating</b>				
Cool down				
(check completed)				