

Best for:

Those who have a basic understanding of training;
 AKA you understand & can perform the major movements
 (squat, lunge, pushup, pullup, jumps, & various power training modalities)
 Those who have 3-5 days per week available to train

Prescription:

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

Where to start:

- Read through the program guide [Link here](#)
- Complete the assessment [Link here](#)
- Complete the Goal Setting worksheet (or something similar with coaches as both a team and individuals) [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 HIGH PERFORMANCE program

There are 3 strength workouts, a bonus ladder, 3 cardio workouts and a bonus sweeping workout
 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, sets & reps, phases, tempo, what a ladder is, etc.
 The high performance program focuses on unilateral movements (single arm or single leg), uses supersets, tempo, (squat, lunge, pushup, pullup, jumps, & various power training modalities)

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 FAQ's [Link here](#)
 You can complete 1 workout/day, or pair 2 workouts together.

Workout Example Order:
 Day 1 Push
 Day 2 Cardio endurance
 Day 3 Rest/active recovery
 Day 4 Pull
 Day 5 Cardio endurance & bonus brushing
 Day 6 Ladder
 Day 7 Rest/active recovery

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:

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

Workout A: Push	Round 1	Round 2	Round 3	Round 4 (deload)
(check)	Suggested Sets/Reps	Notes	Date:	Date:
		RPE 10-12		
		Notes		
		core		
		Slow		
		3 sets, 10 reps		
		tempo	lower, 3 sec	
		tempo	lower, 3 sec	
		3 sets, 15 reps	make sure form.	
		Bonus sweeping		
		(check)	See side	

Workout B: Pull	Round 1	Round 2	Round 3	Round 4 (deload)
Warm up (check completed)	Suggested Sets/Reps	Notes	Date:	Date:
		RPE 10-12		
		Notes		
		Banded		
		Hips on ground,		
		single leg slide		
		3 sets, 20 reps		
		3 sets, 5-10/		
		3 sets, 5 reps	Cannonball	
		3 sets, 15 reps	Or super facepull	
		3 sets, 10/	light	
		As many sets as it takes, 50-100 reps	Focus on proper form.	
		Cool down (check completed)		

Work C: Hip & core	Round 1	Round 2	Round 3	Round 4 (deload)
Warm up (check completed)	Suggested Sets/Reps	Notes	Date:	Date:
		RPE 10-12		
		Notes		
		Hips back		
		3 sets, 10-20 steps/		
		3 sets, 10		
		hand taps		
		pushups		
		3 sets, 10-20/	Good form	
		3 sets, 10-20/	Good form	
		3 sets, 5/	Choose variation for you, go slow	
		3 sets, 20-30		
		sec walk	Double arm	
		Cool down (check completed)		

(Optional) Ladder Endurance workout	Round 1	Round 2	Round 3	Round 4 (deload)
Warm up (check completed)	Suggested Sets/Reps	Notes	Date:	Date:
		RPE 10-12		
		Notes		
		RPE 12-14		
		Hold anything weighted at chest, or use body weight		
		2-4-6-8-10,		
		10-8-6-4-2		
		Mode chosen & distance	Farmer carry	
		2-4-6-8-10,		
		10-8-6-4-2	Or, band row	
		Total Time		
		Cool down (check completed)		

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)
Warm up (check completed)	Suggested	Notes	Date:	Date:
		RPE 10-12		
		Notes		
		Cardio choice		
		Work:Rest ratio	min of work, 1	
		Total time	RPE 12-14	
		(check)		

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

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

BONUS	Complete as own workout, or following a cardio session or workout	Round 1	Round 2	Round 3	Round 4 (relaid)
Sweeping technique	1-2x/ week				
Warm up (check completed)		Date:	Date:	Date:	Date:
	3 sets, 20-45 sec/				
	RPE 10-12				
	Form matters most, challenge getting the feet out and being strong through arms & core				
	Sweeping, position plank holds				
	3 sets, 10/ leg				
	Hands elevated mountain climbers				
	SLOW				

[Why I love chinups for curling](#)

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 FAQ's [Link here](#)

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:

Exercises in a pink box Are to be completed with the tempo listed in pink

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

Workout A: Push	Suggested Sets/Reps	Notes	Round 1 Date:	Round 2 Date:	Round 3 Date:	Round 4 Date:	Round 5 Date:	Round 6 (deload) Date:
(check push)	repa/leg	RPE 10-12 Slow, really feel core						
pushups	3 sets, 10 reps	Slow						
elevated split	4 sets of 4	Tempo: 6-1-1- 6-1-1- 1-3-1- 1-3-1- 1-1-1- 1-1-1-						
2b. Pushup	hands elevated	make sure form. lower, 3 sec						
3a. Skater squat	4 sets of 4	Supported, slow down, strong up						
3c. T2 kneeling	4 sets of 4							
overhead press	4 sets of 10	Band or DB						
4b. cross pull	3 sets of 10 (30 total)							
4c. Glute squ	3 sets of 10 (40 total)	10 GB, 10 abd, 10 GB, 10 abd						
finisher	3 sets of 10 (40 total)	10 GB, 10 abd						
Cool down (check completed)								

Workout B: Pull	Suggested Sets/Reps	Notes	Round 1 Date:	Round 2 Date:	Round 3 Date:	Round 4 Date:	Round 5 Date:	Round 6 (deload) Date:
Warm up (check completed)								
1a. Ham bridge	3 sets, starting with 45 sec double leg	RPE 10-12 Over time progress to 45 sec/leg Squeeze in butt & in mid back, no pressure on low back						
1b. Superwoman	3 sets, 10-15							
2a. Band face pull	3x10							
2b. Band lat press	3x10							
4a. Suitcase deadlift	4 sets of 4							
3b. Drop squats	4 sets of 2 drops	Just the drop, no jump yet						
3c. Chinups	3 sets of 3	down or superhuman facepull Can also be done with bands or BB						
4a. Bird dog row, banded	3 sets of 10-15							
4b. Farmer carry	3 sets, you choose variation and walk 30-60 sec							
Cool down (check completed)								

In week 5 add in a stationary hop (so land in squat, & jump, land in squat)

Work C: Hip & core	Suggested Sets/Reps	Notes	Round 1 Date:	Round 2 Date:	Round 3 Date:	Round 4 Date:	Round 5 Date:	Round 6 (deload) Date:
Warm up (check completed)								
1a. Side plank clam	3 sets, 10-20/ 3 sets of 3 with each hand	RPE 10-12 Good form						
1b. Plank clocks	3 sets of 3							
2a. Goblet squat, banded	4 sets of 4							
2b. Lateral walk	4 sets, 10-20 steps/	Hips back, pick the variation you feel the most ... do more steps if dont feel it'						
3a. 1 arm Row	4 sets of 8-12/	Focus on proper form						
3b. Kickstand deadlift	4 sets of 4							
4. Mountain climbers	3 sets of tabata (20 sec work, 10 sec rest, repeat 8 times (4 min total))	Good form not speed, hold high plank during rest						
Cool down (check completed)								

(Optional) Ladder Endurance workout	Suggested Sets/Reps	Notes	Round 1 Date:	Round 2 Date:	Round 3 Date:	Round 4 Date:	Round 5 Date:	Round 6 Date:
Warm up (check completed)								
Ladder example	Link	RPE 10-12 RPE 13-15 Hold anything weighted in hands, or stand on band						
Exercise #1	2-4-6-8-10, 10-8-6-4-2							
Suitcase deadlift								
Cardio (run, stairs, hills, skipping, farmer carry)	Mode chosen & distance	Farmer carry						
Exercise #2	2-4-6-8-10, 10-8-6-4-2	Pushup hack						
Total Time								
Cool down (check completed)								

Workout Example Order:

- Day 1 Push
- Day 2 Cardio intervals
- Day 3 Rest/active recovery
- Day 4 Pull
- Day 5 Cardio endurance & bonus brushing
- Day 6 Ladder
- Day 7 Rest/active recovery

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

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

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

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

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 (reload)
Warm up (check completed)					
(goal is form not interval training)					
Sweeping Footwork trainer	4 sets, 30 sec				
or skatboard, or curb toe safe) or mountain climbers	3 sets of 10/ slow				
Cool down (check completed)					

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 FAQs](#) [Link here](#)

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:

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
 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

Workout A: Push	Suggested Sets/Reps	Notes	Round 1 Date:	Round 2 Date:	Round 3 Date:	Round 4 Date:	Round 5 Date:	Round 6 (deload) Date:
(check)		RPE 10-12						
push	reps/leg	core						
1b. Face pull	3 sets of 10-20							
Multidirectional	3 sets of 10-20	from ground,						
2a. Pushup	3 sets of 5	appropriate for						
pushups	3 sets of 5							
2c. Push press	3 sets of 5							
2d. Skater squat	3 sets of 2-6/	Choose appropriate variation						
		Complete this complex 3 times in a row w/ no breaks bn sets.						
3. Gambetta	3 sets of 10/	2 min break before 4.						
4a. Pull aparts	3 sets of 10/ (30 total)	10 regular, & 10/cross						
and cross pull aparts								
4b. Glute guy finisher	3 sets of 10/ (40 total)	10 GB, 10 abd, 10 GB, 10 abd						
Cool down (check completed)								

Workout B: Pull	Suggested Sets/Reps	Notes	Round 1 Date:	Round 2 Date:	Round 3 Date:	Round 4 Date:	Round 5 Date:	Round 6 (deload) Date:
Warm up (check completed)		RPE 10-12						
1a. Ham bridge	3 sets, starting with 45 sec double leg	Over time progress to 45 sec/ leg						
1b. Supewoman	3 sets, 10-15	Squeeze in butt & in mid back, no pressure on low back						
2a. Sustrase deadlift	3 sets of 3	Go heavier						
2b. Long jumps	3 sets of 3	Control the landings						
2c. Horizontal rows (AKA table rows-be safe!)	3 sets of 20	Can also be done with bands or BB						
3a. Bear rows	3 sets, you choose variation and walk 30-60 sec							
3b. Lat press down	3x10-20							
4a. Shoulder circuit	3x10/							
4b. KB swings	3x10	Or, thruster						
Cool down (check completed)								

Work C: Hip & core	Suggested Sets/Reps	Notes	Round 1 Date:	Round 2 Date:	Round 3 Date:	Round 4 Date:	Round 5 Date:	Round 6 (deload) Date:
Warm up (check completed)		RPE 10-12						
1a. Side plank, clam	3 sets, 10-20/	Good form						
1b. 90/90 ham, bridge	3 sets of 10-15/							
1c. Copenhagen side plank	3 sets of 10-15/							
2. Cossack squat, split squat, Goblet squat, sweep combo		Hips back, pick the variation you feel the most ... do more steps if dont feel it						
2a. Cossack squat	4 sets of 5/							
2b. Split squat, goblet	4 sets of 10/							
2c. Goblet, squat, banded	4 sets of 10	Alternate sides so you do 2 sets on each side (different arm down -open or closed)						
2d. Sweeping	4 sets of 30 sec	Either 30 sec/ side static, or 5/ moving						
3a. Airplane	3 sets of 5/ side							
3b. Mountain climbers	3 sets of 10-20/	Good form not speed, hold high plank during rest						
Cool down (check completed)								

(Optional) Ladder Endurance workout	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6
Warm up (check completed)						
	Suggested Sets/Reps	Notes	Date:	Date:	Date:	Date:
		RPE 10-12				

- Workout Example Order:**
- Day 1 Push & sweeping intervals
 - Day 2 Cardio intervals
 - Day 3 Rest/active recovery
 - Day 4 Pull
 - Day 5 Cardio endurance & bonus brushing
 - Day 6 Hip& core workout, Ladder endurance
 - Day 7 Rest/active recovery

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

Session 2 -Sweeping intervals	Suggested	Notes	Round 1 Date:	Round 2 Date:	Round 3 Date:	Round 4 (deload) Date:
Warm up (check completed)		RPE 10-12				
Cardio choice	5-10 x 30 sec ; 30 sec	RPE -work: 15, rest: 11				
Work:Rest ratio						
Total time						
Cool down (check completed)						

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

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

BONUS Sweeping Intervals	1-2x/ week	Round 1	Round 3	Round 3	Round 4 (reload)
Warm up (check completed)		RPE 10-12	Date:	Date:	Date:
4. Sweeping Footwork trainer, or curb-be safe!	Tabata 4 min total, 20 sec work, 10 sec rest	RPE -work: 16/17, rest: 12/13			
or skateboard, or mountain climbers	4 sets, 30 sec	Strong upper body and core, on toes, half moons.			
	3 sets of 10/ slow	If don't have footwork trainer			

Ladder example [Link](#) RPE 13-15
Can also use a
weight in each
hand

[Exercise #1](#) 2-4-6-8-10,
[Band thruster](#) 10-8-6-4-2
Cardio (run,
stairs, hills,
skipping, farmer
carry) Mode chosen &
distance [Farmer carry](#)

[Exercise #2](#) 2-4-6-8-10,
[Chinup](#) 10-8-6-4-2
[Cannon ball](#) [Facepull option](#)
variation

Total Time
Cool down
(check
completed)

Cool down
(check
completed)