

**Best for:**

- Those who are new to following a focused training program
- Those who only have 2-3 days per week available to train
- Those coming from a long time off of training due possibly to injury

**Prescription:**

Strength circuits	2x/week	Push & Pull
Endurance training	1x/week	30-60 min
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 INTERMEDIATE program**

There are 7 workouts, including 2 strength, 1 required & 1 optional cardio & 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, what a ladder is, etc.  
 The intermediate program uses circuits, how to perform is described prior to each one

**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 curlers perform 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](#)  
 You can complete 1 workout/day, or pair 2 workouts together.

**Workout Example Order:**  
 Day 1 Workout A  
 Day 2 Cardio 1 -Endurance  
 Day 3 Rest  
 Day 4 Workout B  
 Day 5 Cardio 2 -Recovery/endurance  
 Day 6 Dryland sweeping work  
 Day 7 Rest

**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 (likely 4th week) is a deload, meaning complete less sets or reps but keep intensity high  
 Round 4 (reload) -complete 20 sec/ exercise, and use 1:1:1 tempo for everything

Workout A	Circuits for muscular endurance	Round 1	Round 3	Round 3	Round 4 (reload)
(check)	RPE 10-12	Date:	Date:	Date:	Date:

**Circuit 1:** 30 sec each exercise in a row, with 30 sec rest between circuits, repeat 3 times  
 Time Notes # reps # reps # reps # reps  
 (double) 30 sec around thighs to  
[Deadbug](#) 30 sec/ side  
 (double) 30 sec

**Circuit 2:** 30 sec each exercise in a row, with 30 sec rest between circuits, repeat 3 times  
 Time Notes # reps # reps # reps # reps  
[1/2 kneeling, single arm, overhead press](#) 30 sec/ Just the 1st exercise Choose variation for band you have

[Lateral walk](#) 30 sec/  
[Front foot, elevated split squat](#) 30 sec/ Or goblet hold  
 -watch this to, make sure form, is awesome

**Circuit 3:** 30 sec each exercise in a row, with 30 sec rest between circuits, repeat 3 times

Time Notes # reps # reps # reps # reps  
 30 sec, Tempo 3:2:1 Banded  
[Goblet squat](#)

[Step up](#) 30 sec/ Alternating legs Hands elevated if needed (dont put knees down!)  
[Pushups](#) 30 sec

Cool down (check completed)

Workout B	Circuits for muscular endurance	Round 1	Round 3	Round 3	Round 4
Warm up (check completed)	RPE 10-12	Date:	Date:	Date:	Date:

**Circuit 1:** 30 sec each exercise in a row, with 30 sec rest between circuits, repeat 3 times

Time Notes # reps # reps # reps # reps  
 30 sec  
 30 sec/  
 30 sec/  
[Isometric 3 way glutes \(10 sec\)](#) 30 sec/

**Circuit 2:** 30 sec each exercise in a row, with 30 sec rest between circuits, repeat 3 times

Rep range Notes # reps # reps # reps # reps  
 30 sec/  
 30 sec/ With band  
[Wall sit, scap, slide](#) 30 sec  
 Or lat press down or superhuman facecull  
[Chinup, cannonballs](#) 30 sec

**Circuit 3:** 30 sec each exercise in a row, with 30 sec rest between circuits, repeat 3 times

Time Notes # reps # reps # reps # reps  
 30 sec With band  
 30 sec  
 30 sec Towel or slider variation  
[Hamstring curl](#) 30 sec

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

Cardio Session 1	Suggested	Notes	Round 1	Round 2	Round 3	Round 4
(check)	RPE 10-12		Date:	Date:	Date:	Date:

Cardio choice  
 Work:Rest ratio min of work, 1 RPE 12-14  
 Total time (check)

Cardio Session 2	Suggested	Notes	Round 1	Round 2	Round 3	Round 4
Warm up (check completed)	RPE 10-12		Date:	Date:	Date:	Date:

Cardio choice  
 2-3 rounds, 5-10 min of work, 1 min rest between RPE 12

Work:Rest ratio min of work, 1 min rest between RPE 12

Total time  
 Cool down (check completed)

BONUS	Complete as own workout, or following a cardio session or workout	Sweeping technique	1-2x/ week	Round 1	Round 3	Round 3	Round 4 (reload)
Warm up (check completed)	RPE 10-12		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](#)  
[Hands elevated, mountain climbers](#) 3 sets, 10/ leg  
 SLOW

**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](#)  
 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 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  
 Round 4 (reload)-complete 20 sec/ exercise, and use 1:1:1 tempo for everything

Workout A	Circuits for Strength	Round 1	Round 3	Round 3	Round 4 (reload)
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(check)	RPE 10-12	Date:	Date:	Date:	Date:
<b>Circuit 1:</b>	Complete number of reps recommended for each exercise, take 1 min rest between sets then repeat 3 times total	# reps	# reps	# reps	# reps
	Rep range	Notes	# reps	# reps	# reps
	<a href="#">(single leg)</a>	10-15/ leq			
	<a href="#">with push</a>	10/ leq			
	<a href="#">plank</a>	30 sec/ side			

<b>Circuit 2</b>	Complete number of reps recommended for each exercise, take 1 min rest between sets then repeat 3 times total	Rep range	Notes	# reps	# reps	# reps	# reps
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	<a href="#">Single arm complex</a>	8-12/ arm	The whole routine				
	<a href="#">Lateral walk</a>	30 steps/					
	<a href="#">Rear foot elevated split squat goblet hold</a>	30 sec/	Tempo: 3:2:1				

<b>Circuit 3:</b>	Complete number of reps recommended for each exercise, take 1 min rest between sets then repeat 3 times total	Rep range	Notes	# reps	# reps	# reps	# reps
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	<a href="#">Band goblet squat</a>	6 reps	1 & a 1/4 squats				
	<a href="#">Step up &amp; reverse lunge</a>	5-10/	Alternating legs Lower hands if able, Tempo				
	<a href="#">Pushup</a>	5-10 reps	3:2:1				

Cool down (check completed)

Workout B	Circuits for Strength	Round 1	Round 3	Round 3	Round 4
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(check completed)	RPE 10-12	Date:	Date:	Date:	Date:
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<b>Circuit 1:</b>	Complete number of reps recommended for each exercise, take 1 min rest between sets then repeat 3 times total	Rep range	Notes	# reps	# reps	# reps	# reps
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	<a href="#">Facepull</a>	10-20					
	<a href="#">Side plank clam</a>	10-20/					
	<a href="#">Side plank leg lift</a>	10-20/					
	<a href="#">Chainaw palms in, or cannonball</a>		<a href="#">Or lat press, down or superhuman, facepull</a>				

<b>Circuit 2</b>	Complete number of reps recommended for each exercise, take 1 min rest between sets then repeat 3 times total	Rep range	Notes	# reps	# reps	# reps	# reps
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	<a href="#">Kickstand deadlift</a>	8-12/					
	<a href="#">Bird dog bent row (single arm, single leg)</a>	10-15/	With band				
	<a href="#">Wall sit scap, slide</a>	5-10					

<b>Circuit 3</b>	Complete number of reps recommended for each exercise, take 1 min rest between sets then repeat 3 times total	Rep range	Notes	# reps	# reps	# reps	# reps
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	<a href="#">Suitcase deadlift</a>	8-12					
	<a href="#">Drop squat</a>	4					
	<a href="#">Bear crawl</a>	10 steps fwd & bkwd					
	<a href="#">Hamstring curl, single leg (2-1)</a>	5-10/ single leg					

Cool down (check completed)

**Workout Example Order:**  
 Day 1 Workout A  
 Day 2 Cardio 1 -Endurance  
 Day 3 Rest  
 Day 4 Workout B  
 Day 5 Cardio 2 -Recovery/endurance  
 Day 6 Cardio 3 & Dryland sweeping work  
 Day 7 Rest

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

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

Cardio Session 2 -Interval	Round 1	Round 2	Round 3	Round 4
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(check completed)	Suggested	Notes	Date:	Date:	Date:	Date:
		RPE 10-12				
Warm up						
Cardio choice						
	5-10 sets of					
Work/Rest ratio	40 sec work, 40 sec rest	RPE -work: 15, rest: 11				
Total time						

Cool down (check completed)

Cardio Session 3 (optional)-easy/recovery	Round 1	Round 2	Round 3	Round 4
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(check completed)	Suggested	Notes	Date:	Date:	Date:	Date:
		RPE 10-12				
Warm up						
Cardio choice						
	5 min easy, 1 min walk, x2-5 rounds	RPE 12				
Work/Rest ratio						
Total time						

Cool down (check completed)

BONUS	Complete as own workout, or following a cardio session or workout	Round 1	Round 3	Round 3	Round 4 (reload)
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(check completed)	Sweeping technique	1-2w/ week	Date:	Date:	Date:	Date:
		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	Key points: back flat, core strong, feet out from under hips				
	<a href="#">Sweeping Footwork trainer</a>	4 sets, 30 sec				
	<a href="#">or skatboard, or curb-toe, safe!</a>					
	<a href="#">or mountain, climbers</a>	3 sets of 10/ slow				
		If don't have footwork trainer				

**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).

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 Fill in: Date, exercise & variations chosen, weight used, sets, reps & time completed where applicable.  
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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. Round 4 (reload) -complete 20 sec/ exercise, and use 1:1:1 tempo for everything

**Workout A - Circuits for Power**

(check)	RPE 10-12	Date:	Date:	Date:	Date:		
<b>Circuit 1:</b>	Complete number of reps recommended for each exercise, take 1 min rest between sets then repeat 3 times total	Rep range	Notes	# reps	# reps	# reps	# reps
		with push	10/ leg				
		Hard plank	30 sec/ side				
		Cossack squat	5/ leg	Press is optional			

(check)	RPE 10-12	Date:	Date:	Date:	Date:		
<b>Circuit 2:</b>	Complete number of reps recommended for each exercise, take 1 min rest between sets then repeat 3 times total	Rep range	Notes	# reps	# reps	# reps	# reps
		Pushup	5 reps Lower hands if able, Tempo 3:2:1				
		Explosive pushup	5 reps				
		Push press	5 reps				

(check)	RPE 10-12	Date:	Date:	Date:	Date:		
<b>Circuit 3:</b>	Complete number of reps recommended for each exercise, take 1 min rest between sets then repeat 3 times total	Rep range	Notes	# reps	# reps	# reps	# reps
		Step up & reverse lunge	3-6 steps/ Alternating legs <a href="#">Use power step ups</a>  Choose version you feel most comfortable with				
		Squat jumps					

Cool down (check completed)

**Workout B - Circuits for Power**

(check)	RPE 10-12	Date:	Date:	Date:	Date:		
<b>Circuit 1:</b>	Complete number of reps recommended for each exercise, take 1 min rest between sets then repeat 3 times total	Rep range	Notes	# reps	# reps	# reps	# reps
		Facepull	10-20/				
		Glute complex					
		Bear crawl	10 steps fwd & bkwd				

(check)	RPE 10-12	Date:	Date:	Date:	Date:		
<b>Circuit 2:</b>	Complete number of reps recommended for each exercise, take 1 min rest between sets then repeat 3 times total	Rep range	Notes	# reps	# reps	# reps	# reps
		Suitcase deadlift	1-3 long jumps in a row 5 last phase control the landings				
		Long jumps					
		Bear row	10-15/				

(check)	RPE 10-12	Date:	Date:	Date:	Date:		
<b>Circuit 3:</b>	Complete number of reps recommended for each exercise, take 1 min rest between sets then repeat 3 times total	Rep range	Notes	# reps	# reps	# reps	# reps
		Chinup palms in, or cannonball	3 sets of max reps, or 10-20 reps	Or lat press, down or superhuman, facepull			
		Band goblet squat	10-20				
		Lateral walk	30 steps/				
		Glute aux finisher	Total: 40 reps/ set				

Cool down (check completed)

**Workout Example Order:**  
 Day 1 Workout A  
 Day 2 Cardio 1 -Endurance  
 Day 3 Rest  
 Day 4 Workout B & Sweeping interval  
 Day 5 Cardio 2 -Recovery/Endurance  
 Day 6 Footwork interval  
 Day 7 Rest

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

Cardio session 1 -Intervals	Round 1	Round 2	Round 3	Round 4
Suggested	Date:	Date:	Date:	Date:
Notes	RPE 10-12			
Work:Rest ratio	min of work, 1	RPE 12-14		
Total time	(check)			

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

**Cardio Session 3 -Recovery Endurance**

Cardio Session 3 -Recovery Endurance	Round 1	Round 2	Round 3	Round 4
Suggested	Date:	Date:	Date:	Date:
Notes	RPE 10-12			
Work:Rest ratio	5 min easy, 1 min walk, x3-5 rounds	RPE 12		
Total time	(check)			
Cool down	(check)			
Completed				

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

Footwork technique	1-2x/ week	Round 1	Round 3	Round 3	Round 4 (reload)
Warm up (check completed)					
Footwork trainer (or skateboard, or curb -be safe!) or mountain climbers	4 sets, 30 sec	RPE 10-12	Date:	Date:	Date:
Notes	Strong upper body and core, on toes, half moons. If don't have footwork trainer				
Work:Rest ratio	3 sets of 10/ slow				

[Why I love chumps for curling](#)