

Hi everyone,

There were a couple of good questions I received which could very well be of interest to most players. No delays, here we go:

Referring to part 3 (strength training): "I see this email is about hockey players in general, more aimed at guys... so what would be your recommended amount for a female?"

It may seem like the workouts are structured for guys, but it applies to females as well. It is extremely important for females to build shoulder strength to prevent injury (more so than for males) because late adolescent females will not have the natural muscle volume most late adolescent males.

In terms of the 10 x 3 x 10's, if you need to start with 3, then that is fine and you shouldn't be ashamed of it. If you can do 10 in a row now, I would say that you should start by doing 4-5 press-ups each round (or set), so you would do 4-5 press ups, 10 crunches and 10 squat jumps rest, then repeat 10 times. That means you are doing 40-50 push ups the first day. If you need to take 90s rest, then that is fine, it is also fine to rest more as you progress the rounds. When you are starting out like this, the most important thing is to do it right and to get through the total number. If you do 40-50 today, take 3 days rest, 40-50 again, two days rest, then see how many press ups you can do in a row... I would bet it is 15 or more!

General question: "I have been cramping more now than before I started doing any of the off-ice work-outs. Is there anything I can do differently?"

One of the main causes of cramping after increased physical activity is dehydration. Often times players will start a new workout and not realise that they need to be drinking enough water to replace what was lost. Proper hydration will help flush the lactic acid build up. Electrolytes (ions like Sodium, Potassium, Magnesium and Calcium that have a very delicate balance in the body) also need to be balanced and are lost with sweat – which is why sweat is salty. Gatorade is a good electrolyte replacement drink. It is usually better to drink a sports drink IN ADDITION to water, not as a water replacement. Pure juice is ok only if coupled with a lot of water and never by itself.

Stretching really well can also help reduce cramping as your muscles will be better prepared for blood flow. Relaxing and massaging muscles will help alleviate cramping and if it is really painful you can try laying in a hot bath as that will help relax muscles for you.

General question: "Is it possible to replace anything with running inside, like up and down stairs?"

Simple answer: absolutely yes! Running stairs is an excellent thing to do. You can run stairs in a number of ways depending on what you are working on. For quickness, run up the stairs touching each step with both feet as fast as you can, almost like tap dancing. For power, run up the stairs two or three at a time depending on your height. For strength, load up a backpack with a bunch of books, put it on and walk up slowly emphasizing knee bend like doing a lunge. For aerobic, find a comfortable pace and keep it up and down the stairs for a (boringly) long time.

Thank you for your questions and please keep them coming!

Workout of the week – same as last week but replace the running intervals with either inline skating intervals or recumbent bike intervals in the same manor. Also, replace squat jumps with side bounds in the 10x3x10's and reduce rest time if you can.