

PREPARATION PERIOD 1

MZC 1

05.05 - 25.05.2008 (3 weeks)

Goals : Endurance: general endurance
Strength: general strength
Tehnickal development: tehniue through imitation exercises

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----|---------------------------|-------------|-----------|---|---------------------------------------|--------------------|--------|
| AM | SCHOOL | SCHOOL | SCHOOL | SCHOOL | SCHOOL | | |
| | | | | | | | |
| PM | AEROB | STRENGTH | FREE | AEROB | STRENGTH | | |
| | run / cycling variable | weight room | | soccer / cycling & imitations 22.05 - medical tests | weight room 23.05 - field test | 24.05 - field test | |

MZC 2

26.05 - 22.06.2008 (3+1 weeks)

Goals : Endurance: general endurance
Strength: general strength
Tehnickal development: tehniue through imitation exercises
Speed: of acceleration

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----|--|--|--|--|--|--|--------|
| AM | SCHOOL | SCHOOL | SCHOOL | SCHOOL | SCHOOL | | |
| | | | | | | swim | |
| PM | LACTATE - AEROB | ANAEROB - LA | AEROB | LACTATE - AEROB | ANAEROB - LA | AEROB | FREE |
| | <u>Tehniue</u> - imitations <u>Strength</u> - weight room upper body 30' run / soccer | <u>Strength</u> - weight room legs <u>Speed</u> - 5-6 accel x 30-50 m. | warm up 30' <u>run 45' variated</u> stretching core | <u>Tehniue</u> - imitations <u>Strength</u> - weight room upper body 30' run / soccer | <u>Strength</u> - weight room legs <u>Speed</u> - 5-6 accel x 30-50 m. | warm up 30' <u>cycling 90' variated</u> stretching core | |

PREPARATION PERIOD I

MZC 3

23.06 - 20.07.2008 (4 weeks)

Goals :
 Endurance: aerob & anaerob capacity
 Strength: general & specific strength
 Tehnical development: imitation exercises (in warm up)
 Speed: of acceleration & movement

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----|---|--|-----------------------|---|---|---|--------|
| AM | | | | | | AE - AN <i>Intensive intervals</i> 2-3 x 8-10 x 20" / 40" / 8' run & jumps & bike | |
| | AN. AL - LA | AE - AN | AEROB | ANAEROB - LA | LACTATE - AEROB | AEROB | |
| PM | <u>Speed</u> - run dif. distances <u>Power</u> - weight room 30' run / soccer | <u>Extensive intervals</u> 1-2 x 10-12 x 30"-1' / 90" / 6-8 run / bike <u>Stretching 15'</u> <u>Upper body</u> 2-3 sets (weight room) | 60' run / 90' cycling | <u>Power</u> - weight room <u>Speed</u> - 5-6 accel x 30-50 m. | <u>Tehnique</u> - imitations <u>Strength</u> - weight room upper body 30' run / soccer | <u>intensive endurance</u> 2 x 20-30' / 8-10' active 2x- "mixed training day" 9.00 - 17.00 | |
| | | | | | | | |

MZC 4

21.07 - 03.08.2008 (2 weeks)

Goals :
 Endurance: maintaining general endurance
 Strength: general strength
 Tehnical development: tehniue through imitation exercises

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----|---|-----------------------------------|-----------|-------------------------|-----------------------------------|----------|--------|
| AM | | | | | | swim | |
| | AEROB | STRENGTH | FREE | AEROB | STRENGTH | | FREE |
| PM | run / cycling variable & core exercises | weight room & Cycling / soccer | | cycling & imitations | weight room & Cycling / soccer | | |
| | | | | | | | |

PREPARATION PERIOD II
MZC 5 04.08 - 31.08.2008 (4 weeks)
04.08 - 16.08.2008 (2 weeks) - "Maurice Richard"

Goals : Endurance: aerob & anaerob capacity (ice & dry)
Strength: specific strength & power
Tehchnical development: exercises off & on ice
Speed: of acceleration & movement

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----|---|---|--------------------------------|---|---|---------------------------------------|--------|
| A1 | 4.08 | 5.08 | 6.08 | 7.08 | 8.08 | 9.08 | FREE |
| | field test | field test | imitation exercises soccer | strength exercises weight room | pliometrics | mixed training day 9.00 - 17.00 | |
| A2 | AE - TH | AE - TH | AE - TH | AE - TH | AE - TH | | FREE |
| | <u>MAC</u> exercises & laps (straight line) | <u>MAC</u> exercises & laps (curve) | <u>MAC-MAP</u> th in relays | <u>MAC-MAP</u> th in different speed | <u>MAC</u> exercises (warm up) volume skating | | |

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----|---|---|---|-------------|---------------------|----------|--------|
| A1 | 11.08 | 12.08 | 13.08 | 14.08 | 15.08 | 16.08 | 17.08 |
| | <u>Off-ice</u> strength weight room | <u>Off - ice</u> imitations & speed | <u>Aerob - regeneration</u> run / soccer | pliometrics | imitations & soccer | FREE | FREE |
| A2 | ENDURANCE | ALC | AE - TH | TEST | AEROB | FREE | FREE |
| | <u>MAP</u> exercises (warm up) specific endurance | exercises (warm up) Speed -endurance | ae - th in relays | | long relays | | |

PREPARATION PERIOD II
MZC 5 04.08 - 31.08.2008 (4 weeks)
17.08 - 31.08.2008 (2 weeks)

Goals : Endurance: aerob & anaerob capacity (ice & dry)
 Strength: specific strength & power
 Tehnical development: exercises off & on ice
 Speed: of acceleration & movement

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----|---|--------------------------------|---|---|---|-----------------|-------------|
| A1 | | STRENGTH | | | | STRENGTH | |
| | | weight room | bike - spin | cable & power exercises | bike - spin | weight room | |
| A2 | AE - TH | AE - TH | ENDURANCE | SPEED | ENDURANCE | FREE | FREE |
| | <u>MAC</u> exercises (warm up) volume skating | <u>MAC-MAP</u> th in relays | <u>MAP</u> exercises (warm up) specific endurance | <u>ALP-ALC</u> exercises (warm up) short repetitons | <u>MAP</u> exercises (warm up) specific endurance | optional aerob | |