A Periodized, 52-Week Training Program for a Women’s Ice Hockey Team
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Introduction
- The job of a strength and conditioning professional is to improve athletic performance.
- A periodized training program can enhance athletic performance while minimizing the risk of injuries.
- Designing training programs to maximize performance for ice hockey players can be difficult because ice hockey is one of the most physically demanding sports.
- In ice hockey, all of the components of fitness are important: muscle endurance, strength, and power, and high oxidative and glycolytic capacities.

Purpose
- To examine the muscular and cardiovascular demands of a Division III women’s ice hockey team and design a 52-week, periodized training program to facilitate advantageous physiological adaptations.

Training Emphasis
- **Anatomical Adaptations**: Increase lean body mass, strengthen the tendons and ligaments, increase short term work capacity, and develop a neuromuscular foundation.\(^1\)
- **Max Strength**: Increase motor unit synchronization, reduce neural inhibition, lower motor unit recruitment thresholds, and increase motor unit rate coding.\(^1\)
- **Conversion to Power**: Strengthen the eccentric, isometric, and concentric movements in order to create a strong link between the phases of dynamic movements and optimize performance.\(^2\)
- **Maintenance**: Maintain strength and power levels obtained during the preparation phase, while minimizing fatigue and focusing on peaking for MIAC playoffs.

References