ELITE DIAMOND HOCKEY
OFF-ICE TRAINING · GARLAND ENTERPRISES

ALL 3 LEVELS · MONTHS 2 TO 6

Rising Stars · Champions in the Making · Champions Academy

SEASON-LONG HOME TRAINING CALENDAR

Months 2 to 6 after your 4-week program. One file, all 3 levels, using the same session names your player already knows.

- 5 monthly phases, build to off-season
- Monthly test days
- Plan for game-heavy weeks
- 3 level tracks on every calendar
- Rest and deload weeks built in
- Season progress chart

SEASON-LONG HOME TRAINING CALENDAR

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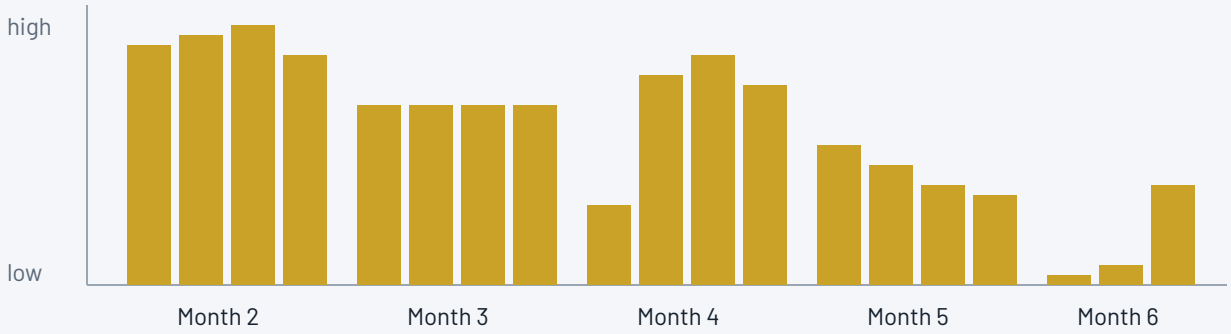
START HERE

THE SEASON AT A GLANCE

Five phases, each with one job. Training goes up when hockey is light and down when hockey is heavy.

MONTH	PHASE	THE JOB	SESSIONS / WEEK	FEELS LIKE
2	Build	Repeat and push the program. Harder versions of drills.	R 3-4 · M 4 · A 4	Challenging
3	In-season maintain	Keep what you built while games pile up.	R 3 · M 3 · A 3	Moderate
4	Mid-season reset	One easy week, then a fresh push.	Wk 1: 2, then 3-4	Easy, then challenging
5	Playoffs taper	Short, sharp, fresh legs for big games.	R 2 · M 2-3 · A 2-3	Light and quick
6	Off-season rebuild	Rest first, then restart the base.	Wk 1-2: 0-2, then 3-4	Rest, then easy

TRAINING LOAD ACROSS THE SEASON



Each bar is one week. The shape matters more than the exact height: build, hold, reset, taper, rest.

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MONTH 2

MONTH 2: BUILD

M2

Light game schedule for most teams, so this is the month to push.

RISING STARS

3 to 4 sessions a week. Weeks 1-2: use Week 3 doses (eyes up). Weeks 3-4: Week 4 doses (game day) and the Harder versions in the Drill Library.

CHAMPIONS IN THE MAKING

4 sessions a week. Weeks 1-2: Week 2 doses. Week 3: Week 3 doses. Week 4: Week 4 doses, test in Session D.

CHAMPIONS ACADEMY

4 sessions a week. Start at Week 2 loads, then follow Weeks 2, 3, 3, 4 (deload). Add the smallest load jump where you hit the reps.

SIGNS IT'S WORKING

- [ ] Counts or loads go up from the end of the program.
- [ ] Every rep still clean.
- [ ] Session RPE mostly 6 to 8.

NOTE FOR THIS MONTH

Week 4 is your deload and test week for Making and Academy. Rising Stars test on Game Day of Week 4.

MONTH 2 GOALS

GOAL	WHAT WE'LL DO	DONE?
Training		☐
One skill to improve		☐
Sleep / food / fun		☐

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