

# **BizzFitness**

## **2026 Strength and Conditioning Program U18 and Junior**



**Endurance**

**Explosiveness**

**Mobility**

**Quickness**

**Agility**

**Mental Toughness**

**Balance**

**Flexibility**

**Increased Confidence**



# 2026 - Strength and Conditioning Program

## Program Outline

### Group Conditioning Sessions

Our group conditioning sessions are designed to channel your intrinsic drive, elevate your compete level, and help you stay ahead of the competition. By the end of our 16-week program, you will reach a fitness level that sets you apart and ensures you show up to tryouts **ready to outwork and outwill your competition.**

### Mobility Training

Mobility training is a key component of an effective off-season program for hockey players. It improves joint range of motion, allowing athletes to skate more efficiently, generate better power, and maintain proper positioning on the ice. By enhancing movement quality, mobility work also helps reduce the risk of injury, especially in high-stress areas like the hips, groin, and lower back. Ultimately, better mobility supports strength, speed, and durability—giving players a stronger, more reliable foundation for performance throughout the season.

### Off-Ice Power Skating Training

Through our off-ice power skating sessions, athletes target key supporting muscle groups that directly impact on-ice performance. These sessions reinforce skating-specific mechanics—such as stride efficiency, arm action, and crossovers—helping players build better technique, power, and overall skating effectiveness.

### Strength Training Sessions

Strength is a critical component of on-ice performance and requires a structured plan to ensure consistent progress without plateauing. Athletes can expect a progressive summer program divided into phases, each with a specific focus. Training will include hypertrophy, plyometrics, speed and agility work, as well as outdoor “Iron Man” conditioning sessions. Our facility also provides access to specialized equipment and training methods, including prowler pushes, Russian box training, and hill sprints once weather permits.

### Strength Coach

A dedicated strength coach will be present at each session to guide, support, and oversee athlete development, ensuring proper technique and maximizing results



## U18 and Junior

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### Why Train at BizzFitness?

- Over 25 years of proven results at every level, from U15 to pro.
- Locally owned and operated.
- Comprehensive 16-week program with 5 sessions per week (80 total sessions).
- Two weekly group sessions focused on conditioning and skating technique.
- Certified strength and conditioning coach present at every session to ensure proper technique.
- Daily mobility work integrated into each session.
- Workouts specifically designed to improve skating mechanics and ankle mobility.
- Structured programming with progressive phases to ensure continuous development.
- Efficient 60–70-minute sessions designed to maximize results while avoiding overtraining.
- Access to both indoor and outdoor training areas.
- Flexible program structure to accommodate athletes who may miss sessions.

### Personalized Scheduling Options

For athletes balancing multiple sports or full-time work commitments, we offer flexible Scheduling to fit your availability. Our team will work with you to create a personalized plan that ensures you stay on track with your training.

Contact: [bizzfitness.ca@gmail.com](mailto:bizzfitness.ca@gmail.com) | 506-260-9898

### Program Length: May 11 to August 28, 2026 (16 weeks)

- Strength / Hypertrophy Phase – May 11<sup>th</sup> to June 19<sup>th</sup> (6 weeks)
- Taper Week (recovery) – June 22<sup>nd</sup> to June 26<sup>th</sup> (1 week)
- Explosiveness, Conditioning, Linear Movement & Off-Ice Skating Technique – June 29 to July 24 (4 weeks)
- Compete Level, Change of Direction, Speed & Agility – July 27 to August 21 (4 weeks)
- Final Taper Week – August 24 to August 28 (1 week)

*Note: Final taper week will be adjusted based on each player's training camp start date.*



## U18 and Junior 2026 - Strength and Conditioning Program

### Schedule from May 11<sup>th</sup> to June 19<sup>th</sup> (6 weeks)

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
4:20 p.m. to 5:30 p.m.	4:20 p.m. to 5:30 p.m.	4:20 p.m. to 5:30 p.m.	4:20 p.m. to 5:30 p.m.	4:20 p.m. to 5:30 p.m.
6:45 p.m. to 8:00 p.m.	6:45 p.m. to 8:00 p.m.	6:45 p.m. to 8:00 p.m.	6:45 p.m. to 8:00 p.m.	<b>Only one time slot on Friday</b>

### Schedule from June 22<sup>nd</sup> to August 28<sup>th</sup> (10 weeks)

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9:30 a.m. to 10:45 a.m.	9:30 a.m. to 10:45 a.m.	9:30 a.m. to 10:45 a.m.	9:30 a.m. to 10:45 a.m.	9:30 a.m. to 10:45 a.m.
4:20 p.m. to 5:30 p.m.	4:20 p.m. to 5:30 p.m.	4:20 p.m. to 5:30 p.m.	4:20 p.m. to 5:30 p.m.	4:20 p.m. to 5:30 p.m.

- Morning or afternoon times are available
- We understand that participants will not attend each session. During our strength and hypertrophy phase, participants will have their own program designed for a minimum of 3 weekly sessions.

#### **BizzFitness will be closed:**

- Monday May 18<sup>th</sup> – Victoria Day
- Wednesday July 1<sup>st</sup> – Canada Day
- Monday August 3<sup>rd</sup> – New Brunswick



## **U18 and Junior** **2026 - Strength and Conditioning Program**

### **Method of Payment**

Payments can be made by cash or e-transfer to **bizzfitness.ca@gmail.com**. If paying by cheque, please include all post-dated cheques with your registration form. Payment can be made in full or in installments as outlined below.

### **Payment Plan (3 Installments):**

- May 11, 2026 – \$299.00 (HST included)
- June 19, 2026 – \$299.00 (HST included)
- July 27, 2026 – \$299.00 (HST included)

**“Your true success in life begins only when  
you make the commitment to become  
excellent at what you do.”**

