## **M2 Hockey Workout Plan**



| Workout: | Midget Major Dryland Training |
|----------|-------------------------------|
|          |                               |

Date: 01/21/10

| Reps   | Sets | Weight             | Notes  |
|--------|------|--------------------|--|
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|        | 1    |                    | Dumb Penalties                                   |
|        |      |                    |  |
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|        |      |                    |  |
|        |      |                    |  |
|        | 2    |                    |  |
|        | 2    |                    |  |
| 30 sec | 2    |                    |  |
| 30 sec | 2    |                    | Switch every 5 sec.                              |
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