



INTEGRATED PERFORMANCE

INJURY PREVENTION • RECOVERY • PERFORMANCE

12-SKATE PERFORMANCE SERIES

STAGE 1

SPEED FOUNDATION

Establish acceleration benchmarks, add hockey-specific re-acceleration, then expose true high-speed skating.

3

FULL-ICE SKATES

55-58

MINUTES EACH

95-100%

PRIMARY INTENSITY

01 BUILD SPEED BEFORE FATIGUE

The progression changes the athlete's start position, braking demand, skating distance, and peak velocity. Rest remains generous because quality - not exhaustion - is the objective.

PRIMARY LOAD RULE

Preserve intensity, cut volume first, and extend recovery before accepting slower or unsafe skating.

**STAGE 1 OPERATING SYSTEM**

Three skates. Three distinct speed exposures.

The progression changes the athlete's start position, braking demand, skating distance, and peak velocity. Rest remains generous because quality - not exhaustion - is the objective.

1**ACCELERATION**

Stationary starts, 10 m and 20 m splits, paired races, and a clean first three strides.

BENCHMARK QUALITY**2****RE-ACCELERATION**

Varied hockey starts plus controlled braking, pivots, and a fast exit into a new direction.

MOVEMENT OPTIONS**3****MAX VELOCITY**

Flying 20 m and full-length sprints with the longest recovery and lowest volume of Stage 1.

TRUE VELOCITY

SKATE	PRIMARY QUALITY	PRIMARY W:R	COMPETITION	QUALITY CUTOFF
1	Acceleration	1:8 to 1:15	20 m Acceleration Ladder	Two reps >3% slow
2	Brake + re-accelerate	1:6 to 1:10	Team Escape Relay	Stop or exit quality fades
3	Maximum velocity	1:10 to 1:15+	Chase the Fly Zone	Fly rep >3% slow

COACH CONTROL POINTS

- Standardize start cues, timing setup, lane width, and finish zones.
- Use 10 m and 20 m splits for acceleration and a fly zone for velocity.
- Leave 15-20 m beyond high-speed finishes for controlled deceleration.
- Plot routes against the 54 m goal-line span, then measure exact distances on the ice.

DIAGRAM SCALE Routes use an approximately 54 m goal-line span. Measure all cones and gates on the actual rink.

READINESS RULE

- GREEN** Complete the plan with normal timing and competition load.
- YELLOW** Keep intent, cut 20-30% volume, add rest, remove contact.
- RED** No hard conditioning. Stop or convert to recovery.



1

SKATE 01 | ACCELERATION

Acceleration Baseline and Race Intent

Primary objective: Establish clean 10 m and 20 m acceleration references while reinforcing maximal intent, projection, and the first three strides.

TOTAL

56 min

PRIMARY W:R

1:8 to 1:15

INTENSITY

95-100%

HARD WORK

1:00-1:30

METRIC

10 m + 20 m

SESSION MAP

MIN	BLOCK	PRESCRIPTION	LOAD
0-3	Readiness	Pain, illness, fatigue check; explain timing gates and the quality standard.	Easy
3-13	Warm-up	Four-part preparation; finish with one smooth 20 m build at about 90%.	60-90%
13-25	Timed starts	4 x 20 m stationary starts. Record 10 m split and 20 m time. Alternate lead leg. Rest 2:30-3:00.	1:12+
25-37	Start skill	2 x 3 reps at 12-15 m: neutral, lateral step-in, puck pickup. Rest 45-60 s; 3 min between sets.	1:10+
37-51	Competition	Three paired 20 m races. Match by current time and re-pair each round.	Full rest
51-56	Reset	2 x 45 s at 65-70% with 45 s easy glide. Record best splits.	Flush

WARM-UP PREPARATION

- 2 min easy laps with forward/backward transitions and posture changes.
- 3 min inside/outside edges, open hips, and controlled stops both ways.
- 3 min progressive starts: 2 x 10 m at 70%, 80%, then 90%.
- 2 min neural primer: two 3-stride bursts with full glide-back recovery.

QUALITY GATE

End the maximal block if two consecutive efforts are more than 3% slower than the day's best despite full rest.

PRESERVE THE TARGET. CUT VOLUME FIRST.



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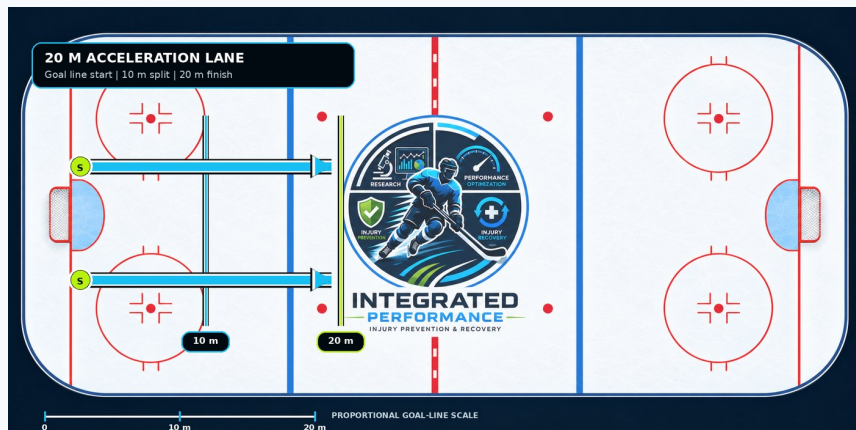
SKATE 01 | ACCELERATION

20 m Acceleration Lane

Two parallel lanes, 10 m split, 20 m finish, and a protected deceleration zone.

SCALED RINK SETUP

Two parallel lanes, 10 m split, 20 m finish, and a protected deceleration zone.



HOW TO EXECUTE

- 1 Set the lane**
Mark start, 10 m split, 20 m finish, and at least 15 m of deceleration.
- 2 Standardize the cue**
Use the same visual or audio start cue. No rolling starts.
- 3 Time both splits**
Record 10 m and 20 m to separate early projection from continued acceleration.
- 4 Coach one change**
Use one cue between reps: project, push behind the hip, or recover under the body.

BUILT-IN COMPETITION | 12-SKATE CUP

20 m Acceleration Ladder

FORMAT + RULES

Paired lane races, three rounds per skater. Same cue, hold lane, no reach or contact. Rerun one false start; a second loses the heat.

SCORING

3 points for a heat win. Add 1 point for a time within 2% of the skater's best timed rep.

WHY IT FITS

Short races increase intent without adding meaningful fatigue. Personal-best points keep every athlete relevant.

COACHING POINTS

- Whole-body projection through the first push.
- Complete pushes behind the hip.
- Immediate skate recovery under the body.

SIMPLE ADJUSTMENTS

- Acceleration-limited: use 10-15 m and add 30-60 s rest.
- Advanced: add a reaction cue or puck pickup; do not add volume.
- Defencemen: use one backward-crossover-to-forward start.

BEST 10 M

BEST 20 M

SESSION RPE / 10

NEXT ADJUSTMENT



2

SKATE 02 | RE-ACCELERATION

Multi-Start Acceleration and Re-Acceleration

Primary objective: Build first-step speed from hockey-specific positions and preserve acceleration after a hard stop, pivot, or direction change.

TOTAL

58 min

PRIMARY W:R

1:6 to 1:10

INTENSITY

93-100%

HARD WORK

2:00-2:30

METRIC

Clean exit speed

SESSION MAP

MIN	BLOCK	PRESCRIPTION	LOAD
0-3	Readiness	Check symptoms and safe stopping lanes. Split athletes into matched pods.	Easy
3-13	Warm-up	Four-part preparation; finish with two starts at about 90%.	60-90%
13-25	Multi-start	2 x 4 reps at 12-18 m: lateral, backward crossover, open-hip turn, moving puck pickup. Rest 50-60 s; 3 min between sets.	1:8+
25-39	Brake + go	2 x 4 reps: accelerate 10 m, full stop, re-accelerate 10-15 m. Alternate stop side. Rest 55-70 s; 3 min between sets.	1:6 to 1:8
39-54	Competition	Escape relay: cued start, one full stop, and a 15 m exit sprint.	95-100%
54-58	Reset	Easy edge lap, breathing downshift, symptom report, team scores.	<65%

WARM-UP PREPARATION

- 2 min easy skate with posture changes and backward rhythm.
- 3 min quarter-speed snowplows, then two-foot and one-foot stops.
- 3 min crossover and pivot series around both circles.
- 2 min progressive 10 m starts on a visual cue.

QUALITY GATE

Restore 75-90 s recovery if braking or exit quality fades. Reduce volume if control and exit speed do not return.

PRESERVE THE TARGET. CUT VOLUME FIRST.



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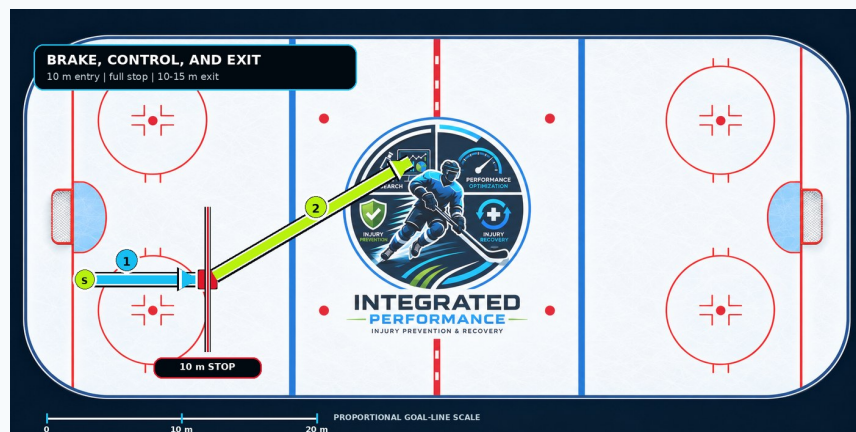
SKATE 02 | RE-ACCELERATION

Brake, Control, and Exit

10 m entry, controlled stop behind the line, and a 10-15 m exit in a clear lane.

SCALED RINK SETUP

10 m entry, controlled stop behind the line, and a 10-15 m exit in a clear lane.



HOW TO EXECUTE

- 1 Enter with intent**
Accelerate 10 m at 93-98%. Do not coast into the stopping line.
- 2 Own the stop**
Finish balanced with both skates behind the line. Alternate the stopping side.
- 3 Win the first three strides**
Regain direction before chasing stride length. Time the exit when possible.
- 4 Progress with a late cue**
Signal the exit gate at the stop. Do not shrink the turn radius just to add difficulty.

BUILT-IN COMPETITION | 12-SKATE CUP

Team Escape Relay

FORMAT + RULES

Teams of 3-4 complete two relay rounds. Each leg includes a cued start, full stop, and 15 m exit. Missed line or false start adds 2 seconds.

SCORING

5 points to the fastest clean aggregate, then 3 and 1. Add 1 point if every skater is within 3% of round-one time.

WHY IT FITS

The team needs usable acceleration after braking. Repeat quality - not one fast athlete - determines the result.

COACHING POINTS

- Stay low and balanced through the stop.
- Regain direction before chasing stride length.
- Separate traffic and finishes from the boards.

SIMPLE ADJUSTMENTS

- Low recent ice exposure: use 3 reps per set.
- Recovery-limited: keep intent and add 15-30 s rest.
- Bigger/less mobile: use a later cue, not a tighter radius.

BEST EXIT TIME

CLEAN REPS / TOTAL

SESSION RPE / 10

NEXT ADJUSTMENT

**3****SKATE 03 | MAXIMUM VELOCITY**

High-Speed Skating and Max-Velocity Exposure

Primary objective: Expose athletes to true high-speed skating with enough recovery to improve posture, relaxation, and velocity rather than fatigue tolerance.

TOTAL**55 min****PRIMARY W:R****1:10 to 1:15+****INTENSITY****95-100%****HARD WORK****1:15-1:45****METRIC****Flying 20 m****SESSION MAP**

MIN	BLOCK	PRESCRIPTION	LOAD
0-3	Readiness	Explain fly-zone timing and safe shutdown distance beyond the last gate.	Easy
3-14	Warm-up	Four-part preparation. Keep athletes moving; no static line at the gate.	60-90%
14-29	Flying speed	4 x flying 20 m: 20 m build, 20 m timed zone, controlled deceleration. Rest 2:30-3:00.	1:12+
29-40	Full-length	3 x goal line to goal line, about 54 m. First two without puck; third with puck only if speed is preserved. Rest 3:00-3:30.	1:15+
40-52	Competition	Chase-the-fly-zone race over 35-45 m. Matched pairs; leader starts 1-2 m ahead.	Full rest
52-55	Reset	Easy lap; save each skater's best fly-zone time or velocity.	<65%

WARM-UP PREPARATION

- 3 min progressive laps with long, relaxed strides.
- 3 min hip/ankle edge preparation and crossover exits from both circles.
- 3 min 20 m build-ups at 70%, 80%, and 90%.
- 2 min two fly-in rehearsals: 15 m build, then 10 m fast but relaxed.

QUALITY GATE

If the third or fourth flying rep is more than 3% slower than the day's best, stop the block. Do not shorten rest to make it harder.

PRESERVE THE TARGET. CUT VOLUME FIRST.



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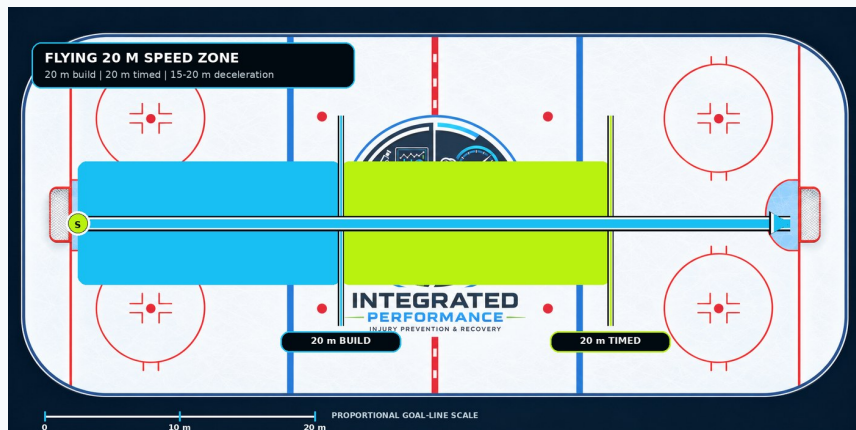
SKATE 03 | MAXIMUM VELOCITY

Flying 20 m Speed Zone

20 m progressive build, 20 m timed zone, then at least 15-20 m to decelerate.

SCALED RINK SETUP

20 m progressive build, 20 m timed zone, then at least 15-20 m to decelerate.



HOW TO EXECUTE

- 1 Build progressively**
Use the first 20 m to rise toward top speed. The build is fast, not frantic.
- 2 Time only the fly zone**
Start timing as the athlete enters the 20 m zone. Keep setup identical.
- 3 Stay relaxed at speed**
Look for quiet upper body, complete pushes, and fast recovery under the hips.
- 4 Protect recovery**
Rest 2:30-3:00. The overload is speed, not fatigue.

BUILT-IN COMPETITION | 12-SKATE CUP

Chase the Fly Zone

FORMAT + RULES

Matched pairs race 35-45 m, best of three. Leader gets a 1-2 m head start. Hold lanes; no contact or lane cutting.

SCORING

2 points for a race win. Add 1 point for a timed fly within 2% of the day's best. Re-match if the gap is excessive.

WHY IT FITS

A moving opponent creates authentic high-speed intent while long recovery protects velocity and mechanics.

COACHING POINTS

- Quiet upper body and complete pushes.
- Fast recovery under the hips.
- Leave 15-20 m to decelerate safely.

SIMPLE ADJUSTMENTS

- No speed base: use a 15 m fly and one fewer full-length rep.
- Advanced: add a puck only if speed stays within 3% of unloaded.
- Never reduce recovery to increase difficulty.

BEST FLYING 20 M

GOAL LINE TO GOAL LINE

SESSION RPE / 10

NEXT ADJUSTMENT