



INTEGRATED PERFORMANCE

INJURY PREVENTION • RECOVERY • PERFORMANCE

12-SKATE PERFORMANCE SERIES

STAGE 4

CAMP READY

Reach controlled peak density, rehearse camp-like game demands, then reduce volume while retaining maximal speed and competitive intent.

3

FULL-ICE SKATES

57-60

MINUTES EACH

Game to max

PRIMARY INTENSITY

04 PEAK, REHEARSE, THEN SHARPEN

Stage 4 contains the highest-density exposure, the most game-like rehearsal, and the deliberate reduction in volume that allows the athlete to finish sharp.

PRIMARY LOAD RULE

Peak density once, rehearse the game, then lower volume. Never turn the final sharpen into extra conditioning.



STAGE 4 OPERATING SYSTEM

Peak density. Rehearse camp. Leave fast.

Stage 4 contains the highest-density exposure, the most game-like rehearsal, and the deliberate reduction in volume that allows the athlete to finish sharp.

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PEAK DENSITY

The series reaches its densest controlled exposure with 15-second routes and 1:2 recovery.

WORST-CASE SEQUENCES

11

CAMP REHEARSAL

A camp-like scrimmage tests whether conditioning transfers to roles, line changes, and competitive behavior.

GAME TRANSFER

12

SHARPEN + VERIFY

Volume drops while maximal speed, a small RSA dose, and short competition verify readiness without residual fatigue.

LEAVE FAST

SKATE	PRIMARY QUALITY	PRIMARY W:R	COMPETITION	QUALITY CUTOFF
10	Peak density	1:2	3v3 No-Whistle Overload	Posture or exit collapses
11	Camp game rehearsal	1:2.5 to 1:4	Camp Scrimmage + Overtime	Unsafe play or role failure
12	Sharpen + verify	1:4 to 1:10+	3v3 Race to Three	Any unusual fatigue or pain

COACH CONTROL POINTS

- Set individual stop rules before the peak-density session.
- Use real shift logs and role expectations during the camp rehearsal.
- Do not increase both work duration and recovery density at the same time.
- In the final skate, add at most one timed rep - never another game block.

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.

**10****SKATE 10 | PEAK DENSITY**

Peak-Density and Worst-Case Sequences

Primary objective: Tolerate short periods of compressed recovery and continuous play without losing transition speed, defensive posture, or decision quality.

TOTAL**60 min****PRIMARY W:R****1:2****INTENSITY****RPE 9-9.5****HARD WORK****8:00-9:00****METRIC****Final exit****SESSION MAP**

MIN	BLOCK	PRESCRIPTION	LOAD
0-3	Readiness	Confirm readiness for the densest skate and set individual stop rules.	Easy
3-12	Warm-up	Use the four-part preparation above.	60-100%
12-20	Speed anchor	3 x flying 15 m with 2 min rest. Keep reps within 3% of best.	95-100%
20-35	Peak sequence	2 x 5 reps at 15 s all-out with 30 s rest; 3 min between sets. Each rep includes acceleration, COD, and exit.	RPE 9-10; 1:2
35-57	Competition	3v3 no-whistle overload: 3 x 6 min, 1 min between blocks, 30 s shifts and about 60 s rest.	1:2
57-60	Reset	Easy skate and wellness report. No extra finisher.	<65%

WARM-UP PREPARATION

- 2 min easy skating and mobility.
- 2 min edge/stopping series.
- 3 min progressive 15-25 m bursts.
- 2 min two 6 s primers separated by 45-60 s.

QUALITY GATE

This is the peak-density skate. Do not increase work duration and reduce recovery beyond the prescription. Technical collapse is not a successful overload.

PRESERVE THE TARGET. CUT VOLUME FIRST.



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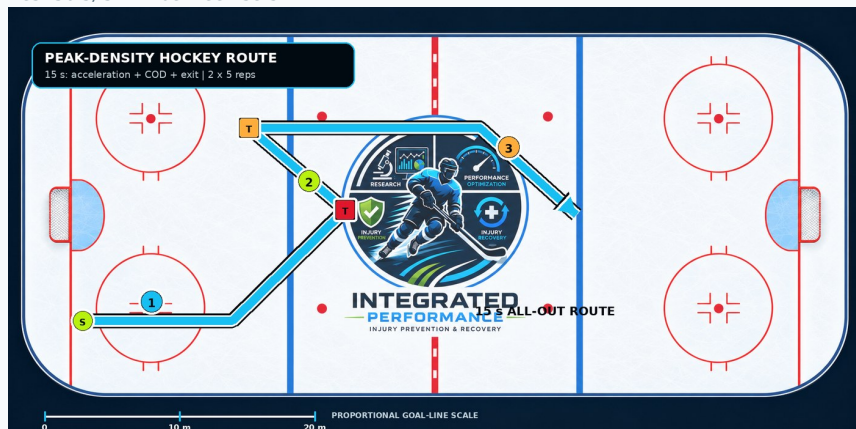
SKATE 10 | PEAK DENSITY

Peak-Density Hockey Route

Two sets of five 15 s all-out routes: accelerate, change direction, and finish with a fast exit. Rest 30 s; 3 min between sets.

SCALED RINK SETUP

Two sets of five 15 s all-out routes: accelerate, change direction, and finish with a fast exit. Rest 30 s; 3 min between sets.



HOW TO EXECUTE

- 1 Anchor speed first**
Complete three flying 15 m reps with full recovery before density.
- 2 Run a 15 s route**
Include acceleration, one meaningful direction change, and a final exit.
- 3 Hold 1:2 recovery**
Use exactly 30 s between efforts and 3 min between sets.
- 4 Stop technical collapse**
End or reduce the block when posture, head position, or exit quality fails.

BUILT-IN COMPETITION | 12-SKATE CUP

3v3 No-Whistle Overload

FORMAT + RULES

Three full-ice 6 min blocks. Horn changes every 30 s with three units. Coach immediately replaces pucks after goals or out-of-play.

SCORING

2 for a goal within 10 s of a turnover, 1 for another goal, and 1 defensive point for a controlled clear followed by a clean change.

WHY IT FITS

Continuous puck supply and 1:2 recovery create a controlled peak-demand exposure while transition bonuses keep it hockey-specific.

COACHING POINTS

- Do not increase both work and density.
- Look for posture, head position, and a final exit.
- Use time, movement quality, and RPE during 15 s bouts.

SIMPLE ADJUSTMENTS

- Yellow readiness: one peak set and 2 x 5 min game blocks.
- Fast/low-capacity: move to 1:2.5 and keep rep count.
- Advanced: add tactics or approved contact, not more continuous minutes.

BEST FLYING 15 M

QUALITY REPS / TOTAL

SESSION RPE / 10

NEXT ADJUSTMENT



11

SKATE 11 | CAMP REHEARSAL

Training-Camp Game Rehearsal

Primary objective: Rehearse camp-like line changes, full-ice decisions, odd-man events, and repeat shifts with game-appropriate variability.

TOTAL

60 min

PRIMARY W:R

1:2.5 to 1:4

INTENSITY

Game intensity

HARD WORK

8:00-12:00

METRIC

Role execution

SESSION MAP

MIN	BLOCK	PRESCRIPTION	LOAD
0-3	Brief	Confirm teams, lines/pairs, contact level, penalties, and shift range.	Easy
3-13	Warm-up	Use the four-part preparation and finish with a clean line change.	60-100%
13-18	Camp primer	3 x 6-8 s: faceoff release, wall race, backward retrieval. Rest about 60 s.	95-100%
18-52	Competition	Camp scrimmage: 3 x 8 min running time, 2 min intermissions. Target 40-50 s shifts and team-specific rotation.	Game-like
52-57	Overtime	3v3 for 3 min with 30 s changes; two-skater shootout if tied. Keep within 5 min.	High intent
57-60	Reset	Easy skate and rapid debrief: late speed, changes, decisions, symptoms.	<65%

WARM-UP PREPARATION

- 3 min individual puck/edge preparation at low speed.
- 3 min team flow: breakout, neutral-zone transition, and shot.
- 2 min two progressive rushes at 75% and 90%.
- 2 min one 6 s start and one 10 s pursuit with full recovery.

QUALITY GATE

Use individual shift logs and judge equivalent intent within each position. Do not force forwards and defencemen to accumulate identical skating distance.

PRESERVE THE TARGET. CUT VOLUME FIRST.



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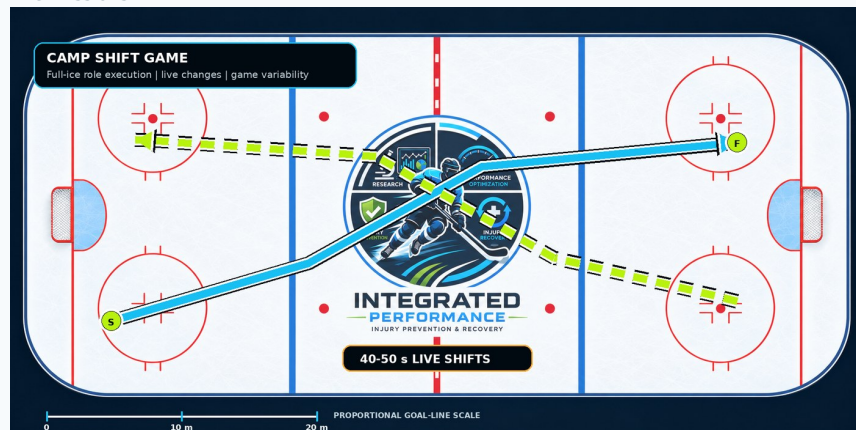
SKATE 11 | CAMP REHEARSAL

Camp Shift Game

Three 8 min full-ice periods with realistic roles, 40-50 s shifts, live changes, and concise 2 min intermissions.

SCALED RINK SETUP

Three 8 min full-ice periods with realistic roles, 40-50 s shifts, live changes, and concise 2 min intermissions.



HOW TO EXECUTE

- 1 Set real roles**
Use forwards, defence pairs, special situations, and the approved contact level.
- 2 Log each athlete**
Record actual work and rest because position and rotation change the load.
- 3 Create game variability**
Use odd-man events, retrievals, transitions, and live changes.
- 4 Keep intermissions concise**
Hydrate, settle breathing, and make one team adjustment.

BUILT-IN COMPETITION | 12-SKATE CUP

Camp Scrimmage + Overtime

FORMAT + RULES

Three 8 min periods under normal rules, followed by 3v3 overtime when needed. Coach creates realistic odd-man situations from penalties.

SCORING

Standard score. Add 1 Cup point per period won, 2 for the game, and 1 coaching point for sportsmanship and bench execution.

WHY IT FITS

The session tests transfer to line changes, decisions, position-specific tasks, and competitive behavior rather than isolated skating.

COACHING POINTS

- Use actual individual shift logs.
- Require equivalent intent, not identical distance by position.
- Keep intermission coaching to one adjustment.

SIMPLE ADJUSTMENTS

- Small roster: 35-40 s shifts and 6 min periods.
- Travel/illness return: non-contact, one fewer shift, no overtime.
- No goalies: target gates after controlled zone entry.

SHIFT COUNT + RANGE

LATE ROLE EXECUTION

SESSION RPE / 10

NEXT ADJUSTMENT



12

SKATE 12 | SHARPEN + VERIFY

Sharpen, Verify, and Leave Fast

Primary objective: Reduce volume, retain maximal speed, verify repeat quality, and finish the progression with confidence rather than residual fatigue.

TOTAL

57 min

PRIMARY W:R

1:4 to 1:10+

INTENSITY

95-100%

HARD WORK

4:00-5:00

METRIC

Speed retained

SESSION MAP

MIN	BLOCK	PRESCRIPTION	LOAD
0-3	Readiness	Confirm taper intent: fast, low volume, no extra conditioning.	Easy
3-13	Warm-up	Use the four-part preparation above.	60-100%
13-25	Speed verify	2 x 10 m and 2 x 30 m timed efforts. Rest 2:30-3:00. Compare only when setup matches Skates 1 and 3.	95-100%; 1:10+
25-35	RSA sharpen	1 x 5 reps at 6 s, departing every 30 s. Stop if two reps are more than 5% slow or mechanics change.	100%; 1:4
35-51	Competition	3v3 race-to-three with 35 s shifts and about 105 s rest. Best of three or 14 min cap.	1:3
51-54	Team race	Two 6-8 s relay legs each with full recovery. Clean execution determines final Cup points.	100%
54-57	Reset	Easy lap, announce Cup winner, and finish. No punishment skate.	<65%

WARM-UP PREPARATION

- 2 min easy skating with individual mobility needs.
- 3 min edges, pivots, and puck feel.
- 3 min progressive 10 m and 20 m builds.
- 2 min one 5 s maximal primer with full recovery.

QUALITY GATE

Fast, low volume, and no conditioning for its own sake. End at the planned time even if the Cup is close; competition never overrides load control.

PRESERVE THE TARGET. CUT VOLUME FIRST.



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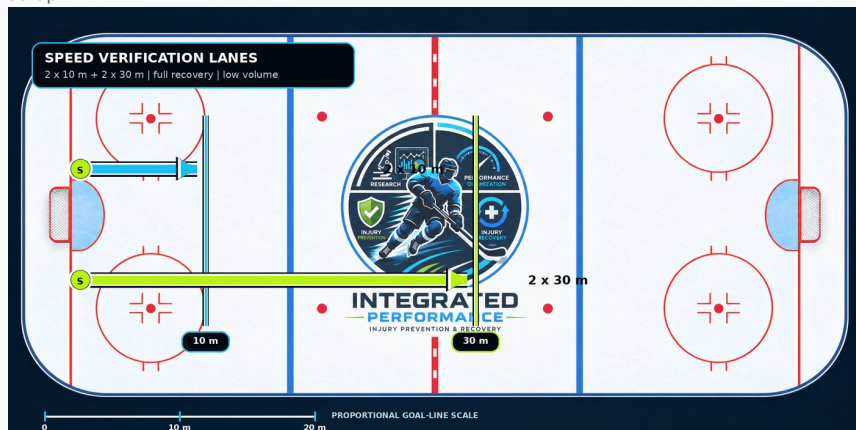
SKATE 12 | SHARPEN + VERIFY

Speed Verification Lanes

Two timed 10 m and two timed 30 m efforts with 2:30-3:00 recovery and identical timing setup.

SCALED RINK SETUP

Two timed 10 m and two timed 30 m efforts with 2:30-3:00 recovery and identical timing setup.



HOW TO EXECUTE

- 1 Match the original setup**
Use identical gates, start cue, timing method, and surface location when comparing.
- 2 Run two 10 m reps**
Verify first-step acceleration with full recovery.
- 3 Run two 30 m reps**
Verify longer acceleration and speed expression without adding volume.
- 4 Interpret context**
A slightly slower time with excellent feel is not a reason to add conditioning.

BUILT-IN COMPETITION | 12-SKATE CUP

3v3 Race to Three

FORMAT + RULES

Full ice with four units when possible, 35 s horn shifts, and a 14 min cap. Immediate puck replacement. Next goal wins after 5 min.

SCORING

2 Cup points per game win. Final relay: 3 for a clean win, 1 for second. A missed gate or unsafe stop nullifies the relay leg.

WHY IT FITS

Short games preserve speed and decisions while lower volume allows athletes to leave the final skate sharp.

COACHING POINTS

- Keep instruction brief and positive.
- End at the planned time even when the Cup is close.
- Expression matters more than correction under fatigue.

SIMPLE ADJUSTMENTS

- Camp close or fatigue present: remove RSA and keep speed plus two shifts.
- Exceptionally fresh: add one timed rep, not another block.
- Pain, illness, or unusual fatigue: recovery skate or no skate.

BEST 10 M

BEST 30 M

SESSION RPE / 10

FINAL READINESS NOTE