

Hockey



| Week | Blocks | Notes |
|--|---|---|
| W51 2025 Dec 15 -21 | Winter BREAK Volume Strength | — |
| W52 Dec 22-28 | Winter BREAK Volume Strength | Return to Campus Dec 26 |
| W1 2026 Dec 29-Jan 4 | Testing A - Tournament IN SEASON Fatigue Based - In Season Selection | Fly there Dec 27, return Jan 4 Early AM No Sunday lift |
| W2 Jan 5-11 | IN SEASON Fatigue Based - In Season Selection Home | — |
| W3 Jan 12 -18 | IN SEASON Fatigue Based - In Season Selection Home | — |
| W4 Jan 19 -25 | IN SEASON Fatigue Based - In Season Selection Away | — |
| W5 Jan 26-Feb 1 | IN SEASON Fatigue Based - In Season Selection Away | Long Bus ride away - No Sunday Lift |
| W6 Feb 2-8 | IN SEASON Fatigue Based - In Season Selection Away | — |
| W7 Feb 9-15 | IN SEASON Fatigue Based - In Season Selection Home | — |
| W8 Feb 16 -22 | IN SEASON Fatigue Based - In Season Selection Home | — |
| W9 Feb 23-Mar 1 | IN SEASON Fatigue Based - In Season Selection Away | — |
| W10 Mar 2-8 | IN SEASON Fatigue Based - In Season Selection Home | — |
| W11 Mar 9-15 | IN SEASON Fatigue Based - In Season Selection Away | — |
| W12 Mar 16 -22 | IN SEASON Fatigue Based - In Season Selection Home | — |
| W13 Mar 23-29 | Break Playoffs // Break 1x / Wk Lift | Break Starts now if we miss playoffs -- 1x/Wk regular lift in Playoffs other sessions will be restorative or charge lifts |
| W14 Mar 30-Apr 5 | Break Playoffs // Break 1x / Wk Lift | — |
| W15 Apr 6-12 | Playoffs // Break 1x / Wk Lift Hypertophy | Hypertrophy if we miss playoffs |
| W16 Apr 13 -19 | Playoffs // Break 1x / Wk Lift Hypertophy | — |