



HOCKEY AND SPORT SPECIFIC CONDITIONING

Volume 01

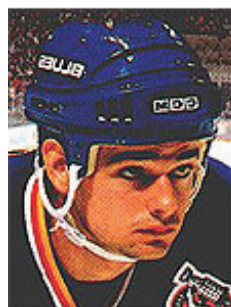


My name is Kevin Miehm and I am a former NHL, IHL and European Elite League Player. My career spanned over 14 years and I am now a full time strength and conditioning coach. Prior to my professional career I played three years for the Oshawa Generals of the OHL.

Along with Adam Foote, I now own '**Train Like A Pro**' Strength and Conditioning Services in Oshawa, Ontario. I am certified through the ISSA as a Specialist in Sports Conditioning and through the AFPA as a Certified Strength Consultant and Certified Personal Trainer. I train over 170 athletes from 8 different sports.

My main area of focus is Hockey Strength and Conditioning. I trained a number of NHL players including Adam Foote of the Colorado Avalanche. This coming summer I will be training a minimum of 10 NHL players. I am the Strength and Conditioning Consultant to the Oshawa Generals of the OHL. I also trained 110 other OHL players this past summer.

- Kevin Miehm -
Train Like A Pro



OHL GRADUATES

'THE WELCOME MESSAGE AND THE ARTICLE OF THE WEEK'

Welcome to the first of many installments of the new Train Like A Pro, Hockey Specific Strength and Conditioning Article of the Week. We hope you enjoy them!

The importance of off-ice training cannot be over-stated. It is just as important as power skating, skill work or games and practices. Throughout these series of articles, I will be providing valuable training tips that will help aspiring players reach their maximum potential.

Detailed exercise pictures, nutritional guidelines and conditioning ideas will be presented in an easy to follow format. Power Skating tips from Mary Giacalone and goaltending tips from the General's goaltender consultant Jon Elkin will also made available.

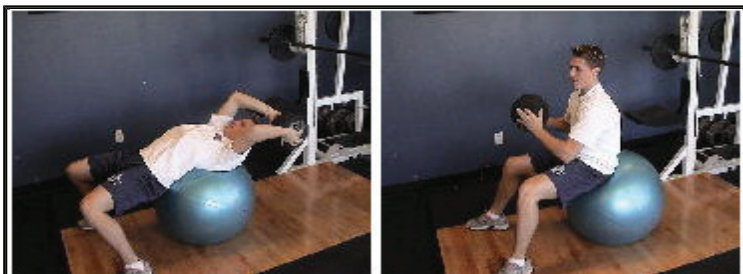
We currently train 14 minor hockey teams and results have been outstanding. Over the next few years off-ice training will become something that all players will be expected to do.

During my time spent in Europe I witnessed first hand how important training is for young players. They incorporated off-ice training at the age of 10 and the the carry over into their on ice play was nothing short of astounding.

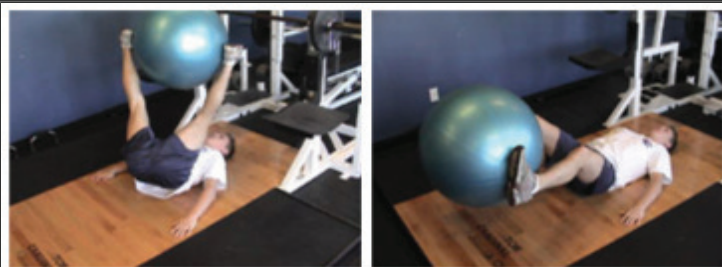
Off-ice training is a huge part of reaching your potential as a player. Start training now and you will see great improvements in your game!

'SAMPLE EXERCISES FROM THE TRAIN LIKE A PRO PROGRAM'

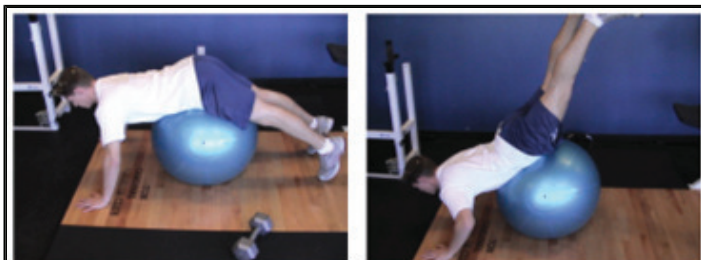
I would like you to start by incorporating these three great core-training exercises into your program.



Alternate Crunch - use a light weight for 12 reps per side for two sets



Reverse Crunch - perform 6 reps per side for 2 sets



Reverse Hyper - perform 12 reps for two sets

These three exercises along with the following energy system workout will start to create the base of strength and conditioning you will need for the more intense work to follow.

Run 30 seconds @ 85% intensity and then walk 30 seconds. Repeat this 10 times.

Please visit www.trainlikeapro1.com, for more detailed programs. You can also email me at kevinmiehm@trainlikeapro1.com with any questions you have.

"DON'T JUST TRAIN. TRAIN LIKE A PRO!"



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