

TRAIN · PILLAR SERIES

IN-SEASON TRAINING: MYTHS & MISCONCEPTIONS

"Should athletes continue strength training during the hockey season?" For years, many athletes, parents, and coaches believed the answer was no – the fear was that training would make players tired, sore, or slow.

The reality? When properly programmed, in-season training is one of the most valuable tools an athlete has to maintain performance, stay healthy, and keep developing. In-season training isn't about setting personal records – it's about maintaining the qualities you worked all off-season to build, while performing your best when it matters most.

01 MYTH: HOCKEY IS ENOUGH TRAINING

Practices and games matter, but they don't fully develop strength, power, mobility, or injury resilience. Without continued training, athletes lose important physical qualities as the season wears on – strength, speed, and power all decline. A well-designed in-season program keeps those qualities intact and keeps you performing at a high level.

02 MYTH: STRENGTH TRAINING MAKES YOU SLOW

Strength is one of the foundations of speed and power. Every skating stride requires force production – stronger athletes are often faster athletes because they can put more force into the ice and maintain it throughout the game. Strength training supports speed. It does not take it away.

03 MYTH: IN-SEASON TRAINING CAUSES FATIGUE

Poorly planned training creates unnecessary fatigue. Properly planned training improves performance. In-season programs are built differently than off-season programs: volume comes down, recovery is prioritized, and the goal is to support practices and games – not compete with them.

04 MYTH: MOBILITY TAKES CARE OF ITSELF

Hours spent skating contribute to tight hips, stiff ankles, restricted mobility, and muscular imbalances. Continuing strength and mobility work through the season helps athletes maintain healthy movement patterns and reduce injury risk.

> **Coach's corner** Maintain physical qualities, reduce injury risk, and keep performing from opening weekend through playoffs. Teams that train intelligently all season arrive at the end of the year stronger, healthier, and more prepared.

TESTIFY TAKEAWAY

THE BEST ATHLETES DON'T STOP DEVELOPING WHEN THE SEASON STARTS.

Hockey alone is not enough. Properly programmed in-season training maintains strength, speed, and power – and mobility and recovery matter even more once the games begin.