

Q+A RED WINGS' MIKE KADAR

Check out this NHL mentor's postgame burnout session

After more than 15 years working with collegiate, pro and Olympic athletes, I have created a very tight circle of peers and professionals who I lean heavily on. Fortunately, I've had the experience of working with some of the greatest athletes who will ever play the games of football and hockey. I have seen careers literally created and propelled by great strength coaches and conversely destroyed by bad strength coaches.



JOE CALIGIURI

As in corporate America, our school systems, government and public works, it takes an entire village to harness the power of one common goal. When you surround yourselves with people who not only sing your song but also demand that you change it, you will find the path to success to be more desirable and rewarding.

Mike Kadar has been the strength and conditioning coach for the NHL's Detroit Red Wings since 2015. Mike served in the same role with the Pittsburgh Penguins from 2007-15, winning a Stanley Cup championship in 2009. He broke into the league with the Los Angeles Kings in 2003-04.

As the Penguins' strength coach, he was responsible for juggling the demands of competition, travel schedule and training methodology for young and veteran talents alike. Powerhouse players including Sidney Crosby, Evgeni Malkin, Dylan Larkin and Henrik Zetterberg have relied on Mike's expertise to make it through a grueling NHL season.

As a strength coach in the NHL, it is Mike's responsibility to work with coaching and training staffs to create programs and fitness strategies that meet team expectations while gaining and maintaining player trust.

Joe Caligiuri: What does a typical in-season lifting program look like?

Mike Kadar: That depends on a lot of things. Are we home or on the road? Is it game day or a practice day? If it's a practice day, how many days until our next game? How old are the players we are



▶ Mike Kadar

'If you're on the road, resources, space and equipment can be limited, so we need to be economical with each.'

working with? Is it our rookies, middle aged or veteran players? What is their typical time-on-ice?

Caligiuri: OK, what does a typical game-day lifting session look like?

Kadar: That's a two-part question. First, we will only lift on game day if the next game is two or more days away. Game-day lifts are always postgame and never take longer than 15 or 20 minutes. If you're on the road, resources, space and equipment can be limited, so we need to be economical with each. One of our favorite postgame burnout sessions looks like this:

Equipment required: Two dumbbells and a 6-foot by 6-foot training space.

Training methodology: Total body, 100-rep burnout session. Never put the dumbbells down. This

for 30 to 40 minutes.

Equipment required: Stationary bike, dumbbells, a TV with current live feed (optional).

Training methodology: Mimic the demands of competition exhibited by players currently playing your position. Pick a player at your position who is playing on the first line. Every time he or she is on the ice, you are sprinting on the bike or lifting weights for a minimum of 30 seconds. If they get caught on the ice, you get caught in a split-squat hold.

Sprint 10 seconds

Dumbbell reverse lunge x5 each

Push-ups x5

or

Burpees x 5

Dumbbell front squat x10

Dumbbell push press x10

Caligiuri: If you have two or more days between games, what does a training session look like?

Kadar: If the player is older or is in the top third of time-on-ice per game, we will lift 75 to 80 percent of max lifts for three to six reps. It is our goal to achieve max results in as many reps as possible without causing pain-producing physiological by-products like lactic acid or hydrogen retention. If the player

is younger or has limited playing time, we are more likely to do a light-weight, high-repetition circuit that promotes anaerobic endurance, a moderate pump and occasional soreness. Any soreness is a representation of gains, and when you are young and underdeveloped, that is necessary.

Equipment required: Full weight room at a practice facility or hotel.

Training methodology: At least maintain strength, but preferably make gains.



▶ A player works out at Stadium Performance.

will help to maintain offseason strength gains, increase endurance, improve grip strength and burn fat.

Dumbbell front squat x10

Dumbbell reverse lunge x10

Dumbbell push press x10

Dumbbell Romanian dead lift x10

Dumbbell row x10

Dumbbell push-up x10

Swiss ball crunch x40

Secondly, players who are healthy scratches will have a much greater aerobic workout than those who played. If a player does not dress, we will train for the entire first period. Sometimes that will entail bike sprints, circuit training or heavy low-rep weight training. Regardless, the heart rate will be elevated

Maintenance lift: 2-3 sets

Barbell front or back squat at 80 percent x3-5

Weighted pull-ups x6

24-inch single-leg squats x6 each

Incline dumbbell press x6

Trap bar deadlift or pit shark or jump squats x6

Programming in-season requires consideration for appropriate protocols both home and away, during practice days, off-days and game days. It is truly an expertise that any hockey player should be open to learning more about.



feedback@hockeyjournal.com