

HIGH PERFORMANCE AND TEAM TRAINING

Trico Centre High Performance (Off Season Training Program)

Ready to take your game to the next Level? Trico Centre High Performance programs are designed for hockey, however they can be adjusted for other sports. The program runs during June, July and August (in 4 week segments): 5 days a week, with 2 hours a day of dry-land training. Focus is on the whole body, training you to become the complete athletic package. Power, speed, quickness, agility, core strength, balance and anaerobic conditioning will be developed and enhanced. All players, Pee Wee to Pros will be accepted and broken down into groups according to their age and ability. Yoga, Spin and the latest fitness trends will be incorporated into the program.

Contact Peder Lodoen for details at:
403.225.5561 or plodoen@tricocentre.ca

June, July, August

Session #1 May 31 – June 25th 8 – 10 am or 4 – 6 pm

Session #2 June 28 – July 23rd (No session July 1) 8am – 12 pm (each group trains 2 hours between these times)

Session #3 July 26 – August 20th (No session Aug 2) 8 am – 12 pm (each group trains 2 hours between these times)

Session #4 Bonus weeks Aug 23 – Sept 3rd 8– 10 am

Fee: Sessions 1 – 3: \$950 per session.
Session 4: \$450

(Will pro-rate price down per week if time away is required)

Instructor: High Performance Staff



Trico Centre High Performance (On-ice sessions)

The on-ice sessions will complement the dry-land sessions. Ice sessions will focus on skills, flow drills and game like action along with sessions of pure power skating. Groups on-ice will be broken down based on age and ability.

Contact Peder Lodoen for details at:
403.225.5561 or plodoen@tricocentre.ca

July, August

Session #1 July 5 – July 29 8:00 – 9:00 am
(Monday, Wednesday, Thursday)

Session #2 August 3 – Aug 27
8:00 am – 9:00pm (Monday – Friday)

Fee: Sessions #1 \$132 Session #2: \$209
(Will pro-rate price down per week if time away is required)

Instructor: All High Performance Staff

Team Training

Trico Centre now has a comprehensive training program for your team that delivers results. Workouts concentrate on sports specific training in a team atmosphere, using our state of the art fitness centre facility. Want your team running like a well-oiled machine? This intense program will get your players into high gear and help in every aspect of their game. We will work with specific teams needs and time frames.

Contact Peder Lodoen for details at:
403.225.5561 or plodoen@tricocentre.ca

Peder Lodoen
Fitness Director

Peder Lodoen

Trico Center Fitness Director

Personal Trainer / High Performance/Team Instructor

Peder has worked in the fitness industry for over 17 years. Playing hockey for most of his life including junior and college he has a vast knowledge of training. Along with Peder's Phys. Ed degree, Personal Training certification and numerous specialty certifications Peder believes in a continuing education to stay on the cutting edge. Six years ago Peder joined Rich Hesketh, the Calgary Flames Strength and Conditioning Coach, to run a High Performance Training Program for pro hockey players. Since then Peder has been training players from Pee Wee to Pros, including many Jr. A, College and pro players like Craig Weller (Minnesota Wild) and Jason Jaffray (Calgary Flames) along with dozens of others.