Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Workout 1	Workout 2	Workout 1	Workout 2	Workout 1	Rest / Recovery
GPP Blocks	SAQ, Core, Cardio Shuttles	GPP Blocks	SAQ, Core, Cardio Shuttles	GPP Blocks	

SPEEDU.CA

General Physical Preparedness (GPP) Phase

No Equipment Needed

WORKOUT 1

BLOCK 1		BLOCK 2		BLOCK 3	
Exercise 1A:	Deep Squat Hold	Exercise 2A:	Stationary Split Squat	Exercise 3A:	Pendulum Lunges
Sets x Reps:	3 x 1	Sets x Reps:	3 x 6 Per Side	Sets x Reps:	3 x 5 Per Side Per Leg
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Tempo:	30 Sec Hold	Tempo:	2:1:2:1	Tempo:	2:1:2:1
Exercise 1B:	Body Weight Squat	Exercise 2B:	Lateral Mini Band Walk	Exercise 3B:	Sissy Squats
Sets x Reps:	3 x 10	Sets x Reps:	3 x 10 Ea Way	Sets x Reps:	3 x 8 Per Side
Weight:	12 RM	Weight:	Mini Band	Weight:	Body Weight
Tempo:	2:1:2:1	Tempo:	1:1:1:1	Tempo:	4:1:2:1
Exercise 1C:	SLOW Pushups- Floor	Exercise 2C:	Bent Over Is, Ts, Ys	Exercise 3C:	Bear Crawl Fw&Bw
Sets x Reps:	3 x 10	Sets x Reps:	3 x 6 of Each	Sets x Reps:	3 x 12 Fw / 12 Bw
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Tempo:	5:1:5:1	Tempo:	1:2:1:1	Tempo:	1:2:1:2
Exercise 1D:	Standing Shoulder CAR	Exercise 2D:	Quadruped Pushup Plus	Exercise 3D:	Wall Slides
Sets x Reps:	3x3 Per Direction	Sets x Reps:	3 x 10	Sets x Reps:	3 x 8
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Tempo:	10 Sec Rep	Tempo:	2:1:2:1	Tempo:	1:2:1:1

WORKOUT 2

SAQ		CORE		CARDIO	
Sets / Exercise	2	Rounds	3	Sets	12
Work : Rest	10 sec : 50 sec	Sets / Exercise	8	Work : Rest	60 Sec : 60 Sec
Intensity	100%	Work : Rest	10 sec : 5 sec	Modality	Running- 10m Shuttle
Exercise 1:	Cross-Over (BTW 2 Lines)	Exercise 1:	Dead Bug Contra Str Kn		
Exercise 2:	Cross-Behind (1 Line)	Exercise 2:	Side Plank		
Exercise 3:	Lateral 1,2,3 (BTW Lines)	Exercise 3:	Bird Bear- 1 Leg Only		
Exercise 4:	Ali x3, Quarters x3 Combo	Exercise 4:	Low Plank		
Exercise 5:	Fw,Fw,Back (1 Line)	Exercise 5:	Neck CAR		
Exercise 6:	Back,Back,Fw (1 Line)	Exercise 6:	Standing Hip CAR		
Exercise 7:		Exercise 7:			
Exercise 8:		Exercise 8:			