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

SPEEDU.CA

Prehabilitation / Rehabilitation Phase

No Equipment Needed

WORKOUT 1

BLOCK 1		BLOCK 2		BLOCK 3	
Exercise 1A:	90/90 Windshield Wiper	Exercise 2A:	Lateral Lunges	Exercise 3A:	90/90 Shin Box Half Kneel
Sets x Reps:	2 x 8 Per Side	Sets x Reps:	2 x 5 Per Side	Sets x Reps:	2 x 5 Per Side
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Tempo:	2:1:2:1	Tempo:	2:1:2:1	Tempo:	5 Sec Rep
Exercise 1B:	Deck Roll Shin Box	Exercise 2B:	Lunge Twist	Exercise 3B:	Deck Roll SB to Half Kneel
Sets x Reps:	2 x 6 Per Side	Sets x Reps:	2 x 5 Per Side	Sets x Reps:	2 x 5 Per Side
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Tempo:	2:1:2:1	Tempo:	2:1:2:1	Tempo:	5 Sec Rep
Exercise 1C:	Deep Squat Hold	Exercise 2C:	Cossack Squats (Toe Up)	Exercise 3C:	SLOW Pushups- Floor
Sets x Reps:	2 x 1	Sets x Reps:	2 x 5 Per Side	Sets x Reps:	2 x 10
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Tempo:	30 Sec Hold	Tempo:	2:1:2:1	Tempo:	5:1:5:1
Exercise 1D:	Neck CAR	Exercise 2D:	Cross-Over Lunges	Exercise 3D:	Glute Bridge
Sets x Reps:	2x3 Per Direction	Sets x Reps:	2 x 5 Per Side	Sets x Reps:	2 x 8
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Tempo:	10 Sec Rep	Tempo:	2:1:2:1	Tempo:	2:2:2:2
Exercise 1E:	Standing Shoulder CAR	Exercise 2E:	Quadruped Pushup Plus	Exercise 3E:	Lateral Mini Band Walk
Sets x Reps:	2x3 Per Direction	Sets x Reps:	2 x 5	Sets x Reps:	2 x 10 Ea Way
Weight:	Body Weight	Weight:	Body Weight	Weight:	Mini Band
Tempo:	10 Sec Rep	Tempo:	2:1:2:1	Tempo:	1:1:1:1
Exercise 1F:	Standing Hip CAR	Exercise 2F:	Bent Over Is, Ts, Ys	Exercise 3F:	Wall Slides
Sets x Reps:	2x3 Per Direction	Sets x Reps:	2 x 4 of Each	Sets x Reps:	2 x 8
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Tempo:	10 Sec Rep	Tempo:	1:2:1:1	Tempo:	1:2:1:1

WORKOUT 2

SAQ		CORE		CARDIO	
Sets / Exercise	4	Rounds	3	Sets	10
Work : Rest	10 sec : 20 sec	Sets / Exercise	6	Work : Rest	60 Sec : 60 Sec
Intensity	50%	Work : Rest	10 sec : 5 sec	Modality	Running- 10m Shuttle
Exercise 1:	Cross-Over (1 Line)	Exercise 1:	Pelvic Tilt		
Exercise 2:	Cross-Behind (1 Line)	Exercise 2:	Side Plank		
Exercise 3:	Lateral 1,2,3 (1 Line)	Exercise 3:	Bear Stance		
Exercise 4:	Ali Shuffle (1 Line)	Exercise 4:	Low Plank		
Exercise 5:	Quarter Eagles (1 Line)	Exercise 5:			
Exercise 6:	Fw,Fw,Back,Back (1 Line)	Exercise 6:			