Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Strength Blocks	Core Cardio Shuttles	Strength Blocks	Core Cardio Shuttles	Strength Blocks Cardio- Sprints	**Rest / Recovery**

SPEEDU.CA

Strength Phase

No Equipment Needed

STRENGTH BLOCKS

BLOCK 1		BLOCK 2		BLOCK 3	
Exercise 1A:	RDL Dowel On Back	*Exercise 2A:*	Lunge Jumps Continuous	*Exercise 3A:*	Explosive Lateral Lunge
Sets x Reps:	3 x 8	*Sets x Reps:*	3 x 5 Per Side	*Sets x Reps:*	3 x 6 Per Side
Weight:	Dowel	*Weight:*	Body Weight	*Weight:*	Body Weight
Tempo:	3:1:3:1	*Tempo:*		*Tempo:*	2 Second Load
Exercise 1B:	Sissy Squats	*Exercise 2B:*	Bulgarian Split Squat	*Exercise 3B:*	Lunge Twists
Sets x Reps:	3 x 8	*Sets x Reps:*	3 x 6 Per Leg	*Sets x Reps:*	3 x 8 Per Side
Weight:	Body Weight	*Weight:*	Body Weight	*Weight:*	Body Weight
Tempo:	5:1:5:1	*Tempo:*	2:1:2:1	*Tempo:*	3:1:3:1
Exercise 1C:	Power Pushups	*Exercise 2C:*	Bent Over Object Row	*Exercise 3C:*	Bear Crawl Fw/Bw
Sets x Reps:	3 x 6	*Sets x Reps:*	3 x 8	*Sets x Reps:*	3 x 12 Fw / 12 Bw
Weight:	Body Weight	*Weight:*	8 RM	*Weight:*	Body Weight
Tempo:	5:1:5:1	*Tempo:*	2:1:2:1	*Tempo:*	1:2:1:2
Exercise 1D:	Slow Pushups	*Exercise 2D:*	Bent Over Is,Ts,Ys	*Exercise 3D:*	Wall Slides
Sets x Reps:	3 x 10	*Sets x Reps:*	3 x 6 of Each	*Sets x Reps:*	3 x 8
Weight:	Body Weight	*Weight:*	Body Weight	*Weight:*	Body Weight
Tempo:	5:1:5:1	*Tempo:*	1:2:1:1	*Tempo:*	1:2:1:1

CORE		CARDIO- Shuttles		CARDIO- Sprints	
Rounds	3	*Sets*	12	*Sets*	8
Sets / Exercise	6	*Work : Rest*	40 Sec : 80 Sec	*Work : Rest*	10 Sec : 110 Sec
Work : Rest	10 sec : 5 sec	*Modality*	Running- 10m Shuttle	*Modality*	Running- Sprints
Exercise 1:	Dead Bug 2 Arms 2 Legs				
Exercise 2:	Copenhagen Side Plank				
Exercise 3:	Bird Bear				
Exercise 4:	Low Plank Overhead Reach				
Exercise 5:	Neck CAR				
Exercise 6:	Standing Hip CAR				
Exercise 7:	Standing Shoulder CAR				
Exercise 8:					