SPEEDU.CA

IN-SEASON 2026-2027 PERIODIZATION

No Equipment Needed Programs

WEEK STARTING																									
September				*October*				*November*					*December*				*January*				*February*				
7	14	21	28	5	12	19	26	2	9	16	23	30	7	14	21	28	4	11	18	25	1	8	15	22	
Prehab / Rehab				GPP				Max Strength 1					Max Strength 2				Max Power				Met Con				
			*A					*B					*C				*D				*E				*F

*A	Unload Final Week- Do Only 2 Sets and Increase Rest
*B	Unload Final Week- Do 1 Less Set and Increase Rest
*C	Unload Final Week- Do Only 2 Sets and Increase Rest
*D	Unload Final Week- Cut Reps in Half and Increase Rest
*E	Unload If Team Training Camp is this Week
*F	Unload Final Week- Do Only 2 Sets and Increase Rest

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
GPP Phase	GPP Blocks 1,2,3	SAQ, Core, Cardio	GPP Blocks 1,2,3	SAQ, Core, Cardio	GPP Blocks 1,2,3	
WEEK 5/5	Shooting	Stickhandling		Shooting	Stickhandling	
8	9	10	11	12	13	14
Max Strength Phase 1	Strength Blocks 1,2,3	Core, Cardio	Strength Blocks 1,2,3	Core, Cardio	Strength Blocks 1,2,3	
WEEK 1/5	Shooting	Stickhandling		Shooting	Stickhandling	
15	16	17	18	19	20	21
Max Strength Phase 1	Strength Blocks 1,2,3	Core, Cardio	Strength Blocks 1,2,3	Core, Cardio	Strength Blocks 1,2,3	
WEEK 2/5	Shooting	Stickhandling		Shooting	Stickhandling	
22	23	24	25	25	27	28
Max Strength Phase 1	Strength Blocks 1,2,3	Core, Cardio	Strength Blocks 1,2,3	Core, Cardio	Strength Blocks 1,2,3	
WEEK 3/5	Shooting	Stickhandling		Shooting	Stickhandling	
29	30					
Max Strength Phase 1	Strength Blocks 1,2,3					
WEEK 4/5	Shooting					

November 2026