

| Monday | Tuesday | Wednesday | Thursday | Friday | Weekend |
|------------------|-----------|-----------------|------------------|-----------------|-----------------|
| Power Block 1 | SAQ | | SAQ | | Rest / Recovery |
| Strength Block 1 | Tabatas 1 | Core | Power Block 2 | Tabatas 2 | |
| Cardio- Sprints | | Cardio- Sprints | Strength Block 2 | Cardio- Sprints | |



SPEEDU.CA

Metabolic Conditioning Phase

Dumbbells and Bands ONLY

| POWER BLOCKS | | STRENGTH BLOCKS | | | |
|------------------------|---------------------------|-----------------|--------------------------|------------------|---------------------------|
| BLOCK 1 | | BLOCK 1 | | SAQ | |
| Exercise 1A: | 2F Weighted Broad Jumps | Exercise 2A: | Sissy Squats | Sets / Exercise | 2 |
| Sets x Reps: | 4 x 6 | Sets x Reps: | 3 x 6 | Work : Rest | 10 sec : 50 sec |
| Weight: | 5 lb DBs | Weight: | 6 RM | Intensity | 100% |
| Tempo: | | Tempo: | 2:1:2:1 | | |
| Exercise 1B: | Glute Bridge March | Exercise 2B: | Lunge Twist to Cossack | Exercise 1: | HopScotch (2 Lines) |
| Sets x Reps: | 3 x 6 Per Leg | Sets x Reps: | 3 x 6 Per Side | Exercise 2: | Icky Stationary (2 Lines) |
| Weight: | 8RM | Weight: | Goblet 8RM | Exercise 3: | Cross-Over (1 Line) |
| Tempo: | 2:1:2:1 | Tempo: | 2:1:2:1 | Exercise 4: | 2F Lat. Hops (1,2,Over) |
| Exercise 1C: | Power Pushups Band Ast | Exercise 2C: | DB Bent Row- Sumo | TABATAS 1 | |
| Sets x Reps: | 4 x 6 | Sets x Reps: | 3 x 8 | Rounds | 1 |
| Weight: | 8RM | Weight: | 8RM | Sets / Exercise | 8 |
| Tempo: | | Tempo: | 2:1:2:1 | Work : Rest | 20 sec : 10 sec |
| Exercise 1D: | Standing Shoulder CAR | Exercise 2D: | Bent Over Is, Ts, Ys | Exercise 1: | Lunge Switches |
| Sets x Reps: | 3x3 Per Direction | Sets x Reps: | 3 x 6 of Each | Exercise 2: | Jump Back and Row |
| Weight: | Body Weight | Weight: | Body Weight | Exercise 3: | Explosive Lateral Lunge |
| Tempo: | 10 Sec Rep | Tempo: | 1:2:1:1 | Exercise 4: | DB Lateral Raise-FAST |
| BLOCK 2 | | BLOCK 2 | | TABATAS 2 | |
| Exercise 1A: | Lunge Jumps Continuous | Exercise 2A: | DB Bulgarian Split Squat | Rounds | 1 |
| Sets x Reps: | 3 x 10 | Sets x Reps: | 3 x 6 Per Leg | Sets / Exercise | 8 |
| Weight: | Body Weight | Weight: | 6 RM | Work : Rest | 20 sec : 10 sec |
| Tempo: | | Tempo: | 2:1:2:1 | | |
| Exercise 1B: | Stride Jump to Knee Drive | Exercise 2B: | Hip Airplane | Exercise 1: | Broad to Vertical Jumps |
| Sets x Reps: | 3 x 5 Per Leg | Sets x Reps: | 3 x 6 Per Leg | Exercise 2: | Jump FW and Press |
| Weight: | 4RM | Weight: | 6 RM | Exercise 3: | Pendulum Lunges |
| Tempo: | | Tempo: | 2:1:2:1 | Exercise 4: | DB OH Press- Kneeling |
| Exercise 1C: | Jump Back and Row | Exercise 2C: | DB Bench Press- Flat | CORE | |
| Sets x Reps: | 3 x 10 | Sets x Reps: | 3x6 | Rounds | 3 |
| Weight: | 20RM | Weight: | 6RM | Sets / Exercise | 6 |
| Tempo: | | Tempo: | 2:1:2:1 | Work : Rest | 10 sec : 5 sec |
| Exercise 1D: | 90/90 Shin Box- WW | Exercise 2D: | Renegade Row | Exercise 1: | Paloff Press Lunge Switch |
| Sets x Reps: | 3 x 6 Per Side | Sets x Reps: | 3 x 6 Ea Arm | Exercise 2: | DB Bottom UP Iso Hold |
| Weight: | Body Weight | Weight: | 6 RM | Exercise 3: | Swiss Ball Stir the Pot |
| Tempo: | 2:2:2:2 | Tempo: | 2:1:2:1 | Exercise 4: | Half Turkish Getup w/ LR |
| CARDIO- Sprints | | | | | |
| Modality | Running- Sprints | | | | |
| Sets | 6 | | | | |
| Work : Rest | 10 sec : 80 sec | | | | |
| Sets | 6 | | | | |
| Work : Rest | 10 sec : 50 sec | | | | |