

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

### Full Gym Access

POWER BLOCKS		STRENGTH BLOCKS			
<b>BLOCK 1</b>		<b>BLOCK 1</b>		<b>SAQ</b>	
<b>Exercise 1A:</b>	Power Cleans Triples	<b>Exercise 2A:</b>	DB Bulgarian Split Squat	<b>Sets / Exercise</b>	2
<b>Sets x Reps:</b>	4 x 3	<b>Sets x Reps:</b>	3 x 6 Per Leg	<b>Work : Rest</b>	10 sec : 50 sec
<b>Weight:</b>	3RM	<b>Weight:</b>	6 RM	<b>Intensity</b>	100%
<b>Tempo:</b>		<b>Tempo:</b>	2:1:2:1		
<b>Exercise 1B:</b>	Glute Bridge - Single Leg	<b>Exercise 2B:</b>	Lunge Twist to Cossack	<b>Exercise 1:</b>	Cross-Over (Over 2 Lines)
<b>Sets x Reps:</b>	3 x 6 Per Leg	<b>Sets x Reps:</b>	3 x 6 Per Side	<b>Exercise 2:</b>	Cross-Behind (1 Line)
<b>Weight:</b>	8RM	<b>Weight:</b>	Goblet 8RM	<b>Exercise 3:</b>	Lateral 1,2,3 (Over 2 Lines)
<b>Tempo:</b>	2:1:2:1	<b>Tempo:</b>	2:1:2:1	<b>Exercise 4:</b>	2F Lat. Hops (1,2,Over)
<b>Exercise 1C:</b>	Landmine Split Jerk	<b>Exercise 2C:</b>	Chinups	<b>TABATAS 1</b>	
<b>Sets x Reps:</b>	4 x 3 Per Arm	<b>Sets x Reps:</b>	3 x 6	<b>Rounds</b>	1
<b>Weight:</b>	3RM	<b>Weight:</b>	6 RM	<b>Sets / Exercise</b>	8
<b>Tempo:</b>		<b>Tempo:</b>	2:1:2:1	<b>Work : Rest</b>	20 sec : 10 sec
<b>Exercise 1D:</b>	Standing Shoulder CAR	<b>Exercise 2D:</b>	Wall Slides	<b>Exercise 1:</b>	Lunge Jumps Continuous
<b>Sets x Reps:</b>	3x3 Per Direction	<b>Sets x Reps:</b>	3 x 8	<b>Exercise 2:</b>	Power Pushups
<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight	<b>Exercise 3:</b>	Stride Jump to Knee Drive
<b>Tempo:</b>	10 Sec Rep	<b>Tempo:</b>	2:1:2:1	<b>Exercise 4:</b>	Rope Battles Double Arm
<b>BLOCK 2</b>		<b>BLOCK 2</b>		<b>TABATAS 2</b>	
<b>Exercise 1A:</b>	2 Foot MB Slam	<b>Exercise 2A:</b>	Trap Bar Deadlift	<b>Rounds</b>	1
<b>Sets x Reps:</b>	3 x 6	<b>Sets x Reps:</b>	4 x 5	<b>Sets / Exercise</b>	8
<b>Weight:</b>	6RM	<b>Weight:</b>	5RM	<b>Work : Rest</b>	20 sec : 10 sec
<b>Tempo:</b>		<b>Tempo:</b>	2:1:2:1		
<b>Exercise 1B:</b>	Lat Jump to 1F Box Jump	<b>Exercise 2B:</b>	Hip Airplane	<b>Exercise 1:</b>	Landmine 2H Rep Jerks
<b>Sets x Reps:</b>	3 x 4 Per Leg	<b>Sets x Reps:</b>	3 x 6 Per Leg	<b>Exercise 2:</b>	Explosive Lateral Lunge
<b>Weight:</b>	4RM	<b>Weight:</b>	6 RM	<b>Exercise 3:</b>	Chinups
<b>Tempo:</b>		<b>Tempo:</b>	2:1:2:1	<b>Exercise 4:</b>	Tuck Jumps- Repeated
<b>Exercise 1C:</b>	Lateral Raises- FAST	<b>Exercise 2C:</b>	Flat BB Bench	<b>CORE</b>	
<b>Sets x Reps:</b>	3 x 10	<b>Sets x Reps:</b>	4 x 5	<b>Rounds</b>	3
<b>Weight:</b>	20 RM	<b>Weight:</b>	5RM	<b>Sets / Exercise</b>	6
<b>Tempo:</b>		<b>Tempo:</b>	2:1:2:1	<b>Work : Rest</b>	10 sec : 5 sec
<b>Exercise 1D:</b>	Half Baby Fall	<b>Exercise 2D:</b>	Toe Squat Cat & Camel	<b>Exercise 1:</b>	Paloff Press Standing
<b>Sets x Reps:</b>	3 x 6 Per Side	<b>Sets x Reps:</b>	3 x 8	<b>Exercise 2:</b>	Over Unders on Bench
<b>Weight:</b>	6 RM	<b>Weight:</b>	Body Weight	<b>Exercise 3:</b>	High Plank SB Jackknife
<b>Tempo:</b>	2:2:2:2	<b>Tempo:</b>	2:1:2:1	<b>Exercise 4:</b>	Half Turkish Getup w/ LR
<b>CARDIO- Sprints</b>					
<b>Modality</b>	Running- Sprints				
<b>Sets</b>	6				
<b>Work : Rest</b>	10 sec : 80 sec				
<b>Sets</b>	6				
<b>Work : Rest</b>	10 sec : 50 sec				

