

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

No Equipment Needed

POWER BLOCKS		STRENGTH BLOCKS			
BLOCK 1		BLOCK 1		SAQ	
Exercise 1A:	Kneel to Squat Jump	Exercise 2A:	Sissy Squats	Sets / Exercise	2
Sets x Reps:	3 x 6	Sets x Reps:	3 x 8	Work : Rest	10 sec : 50 sec
Weight:	Body Weight	Weight:	Body Weight	Intensity	100%
Tempo:		Tempo:	5:1:5:1		
Exercise 1B:	Glute Bridge March	Exercise 2B:	Lunge Twists	Exercise 1:	Cross-Over (BTW 2 Lines)
Sets x Reps:	3 x 8	Sets x Reps:	3 x 8 Per Side	Exercise 2:	Cross-Behind (1 Line)
Weight:	Body Weight	Weight:	Body Weight	Exercise 3:	Lateral 1,2,3 (BTW Lines)
Tempo:	2:1:2:1	Tempo:	3:1:3:1	Exercise 4:	Ali x3, Quarters x3 Combo
Exercise 1C:	Power Pushups	Exercise 2C:	Bent Over Object Row	TABATAS 1	
Sets x Reps:	4 x 3 Per Arm	Sets x Reps:	3 x 8	Rounds	1
Weight:	3RM	Weight:	8 RM	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 Jumps Continuous
Sets x Reps:	3x3 Per Direction	Sets x Reps:	3 x 6 of Each	Exercise 2:	Pushups
Weight:	Body Weight	Weight:	Body Weight	Exercise 3:	Stride Jump to Knee Drive
Tempo:	10 Sec Rep	Tempo:	1:2:1:1	Exercise 4:	Cross-Over (1 Line)
BLOCK 2		BLOCK 2		TABATAS 2	
Exercise 1A:	Lunge Switches	Exercise 2A:	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:	Body Weight	Work : Rest	20 sec : 10 sec
Tempo:		Tempo:	2:1:2:1		
Exercise 1B:	Neck CAR	Exercise 2B:	Hip Airplane	Exercise 1:	Pendulum Lunges
Sets x Reps:	3 x 3 Per Direction	Sets x Reps:	3 x 6 Per Leg	Exercise 2:	Bent Over Object Row
Weight:	Body Weight	Weight:	6 RM	Exercise 3:	Broad to Vertical Jumps
Tempo:	10 Sec Rep	Tempo:	2:1:2:1	Exercise 4:	Lateral 1,2,3 (1 Line)
Exercise 1C:	1F Decel to Stride Jump	Exercise 2C:	Slow Pushups	CORE	
Sets x Reps:	3 x 4 Per Leg	Sets x Reps:	3 x 10	Rounds	3
Weight:	Body Weight	Weight:	Body Weight	Sets / Exercise	6
Tempo:		Tempo:	5:1:5:1	Work : Rest	10 sec : 5 sec
Exercise 1D:	Deck Roll Shin Box	Exercise 2D:	Wall Slides	Exercise 1:	Dead Bug 2 Arms 2 Legs
Sets x Reps:	3 x 6 Per Side	Sets x Reps:	3 x 8	Exercise 2:	Side Plank & Leg Raise
Weight:	6 RM	Weight:	Body Weight	Exercise 3:	Bear Crawl Fw&Bw
Tempo:	2:2:2:2	Tempo:	1:2:1:1	Exercise 4:	Low Plank-Spiderman
CARDIO- Sprints					
Modality	Running- Sprints				
Sets	6				
Work : Rest	10 sec : 80 sec				
Sets	6				
Work : Rest	10 sec : 50 sec				

