

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



SPEEDU.CA

Power Phase

Dumbbells and Bands ONLY

		POWER BLOCKS		STRENGTH BLOCKS	
SAQ		BLOCK 1		BLOCK 1	
Sets / Exercise	2	Exercise 1A:	2F Weighted Broad Jumps	Exercise 2A:	DB Bulgarian Split Squat
Work : Rest	10 sec : 50 sec	Sets x Reps:	4 x 6	Sets x Reps:	3 x 6 Per Leg
Intensity	100%	Weight:	5 lb DBs	Weight:	6 RM
		Tempo:		Tempo:	2:1:2:1
Exercise 1:	Cross-Over (BTW 2 Lines)	Exercise 1B:	Glute Bridge March	Exercise 2B:	Hip Airplane
Exercise 2:	Cross-Behind (1 Line)	Sets x Reps:	3 x 6 Per Leg	Sets x Reps:	3 x 6 Per Leg
Exercise 3:	Lateral 1,2,3 (BTW Lines)	Weight:	8RM	Weight:	6 RM
Exercise 4:	Ali x3, Quarters x3 Combo	Tempo:	2:1:2:1	Tempo:	2:1:2:1
Exercise 5:	Fw,Fw,Back (1 Line)	Exercise 1C:	Power Pushups Band Ast	Exercise 2C:	DB Bench Press- Flat
Exercise 6:	Back,Back,Fw (1 Line)	Sets x Reps:	4 x 6	Sets x Reps:	3x6
CARDIO- Sprints		Weight:	8RM	Weight:	6RM
Modality	Running- Sprints	Tempo:		Tempo:	2:1:2:1
Sets	6	Exercise 1D:	Standing Shoulder CAR	Exercise 2D:	Renegade Row
Work : Rest	10 sec : 80 sec	Sets x Reps:	3x3 Per Direction	Sets x Reps:	3 x 6 Ea Arm
Sets	6	Weight:	Body Weight	Weight:	6 RM
Work : Rest	15 sec : 95 sec	Tempo:	10 Sec Rep	Tempo:	2:1:2:1
CARDIO- Shuttle		BLOCK 2		BLOCK 2	
Modality	Running- 10m Shuttle	Exercise 2A:	Lunge Jumps Continuous	Exercise 3A:	Sissy Squats
Sets	12	Sets x Reps:	3 x 10	Sets x Reps:	3 x 6
Work : Rest	30 Sec : 90 Sec	Weight:	Body Weight	Weight:	6 RM
		Tempo:		Tempo:	2:1:2:1
CORE		Exercise 2B:	Stride Jump to Knee Drive	Exercise 3B:	Lunge Twist to Cossack
Rounds	3	Sets x Reps:	3 x 5 Per Leg	Sets x Reps:	3 x 6 Per Side
Sets / Exercise	6	Weight:	4RM	Weight:	Goblet 8RM
Work : Rest	10 sec : 5 sec	Tempo:		Tempo:	2:1:2:1
Exercise 1:	Paloff Press Standing	Exercise 2C:	Jump Back and Row	Exercise 3C:	DB Bent Row- Sumo
Exercise 2:	Over Unders on Bench	Sets x Reps:	3 x 10	Sets x Reps:	3 x 8
Exercise 3:	High Plank SB Jackknife	Weight:	20RM	Weight:	8RM
Exercise 4:	Half Turkish Getup w/ LR	Tempo:		Tempo:	2:1:2:1
Exercise 5:	Neck - FW Push Ch On Wall	Exercise 2D:	90/90 Shin Box- WW	Exercise 3D:	Bent Over Is, Ts, Ys
Exercise 6:	Neck - ISO Sideways Push	Sets x Reps:	3 x 6 Per Side	Sets x Reps:	3 x 6 of Each
Exercise 7:	Standing Hip CAR	Weight:	Body Weight	Weight:	Body Weight
Exercise 8:	Standing Shoulder CAR	Tempo:	2:2:2:2	Tempo:	1:2:1:1

