

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



SPEEDU.CA

Power Phase

Full Gym Access

		POWER BLOCKS		STRENGTH BLOCKS	
SAQ		BLOCK 1		BLOCK 1	
Sets / Exercise	2	Exercise 1A:	Full Cleans Triples	Exercise 2A:	Trap Bar Deadlift
Work : Rest	10 sec : 50 sec	Sets x Reps:	4 x 3	Sets x Reps:	4 x 5
Intensity	100%	Weight:	3RM	Weight:	5RM
		Tempo:		Tempo:	2:1:2:1
Exercise 1:	HopScotch (2 Lines)	Exercise 1B:	Glute Bridge - Single Leg	Exercise 2B:	Hip Airplane
Exercise 2:	In, In, Out, Out (2 Lines)	Sets x Reps:	3 x 6 Per Leg	Sets x Reps:	3 x 6 Per Leg
Exercise 3:	Icky Stationary (2 Lines)	Weight:	8RM	Weight:	6 RM
Exercise 4:	Alli x3, Quarters x3 Combo	Tempo:	2:1:2:1	Tempo:	2:1:2:1
Exercise 5:	Cross-Over (1 Line)	Exercise 1C:	Landmine Split Jerk	Exercise 2C:	Flat BB Bench
Exercise 6:	2F Lat. Slalom Hops (1,2,Over)	Sets x Reps:	4 x 3 Per Arm	Sets x Reps:	4 x 5
CARDIO- Sprints		Weight:	3RM	Weight:	5RM
Modality	Running- Sprints	Tempo:		Tempo:	2:1:2:1
Sets	6	Exercise 1D:	Standing Shoulder CAR	Exercise 2D:	Toe Squat Cat & Camel
Work : Rest	10 sec : 80 sec	Sets x Reps:	3x3 Per Direction	Sets x Reps:	3 x 8
Sets	6	Weight:	Body Weight	Weight:	Body Weight
Work : Rest	15 sec : 95 sec	Tempo:	10 Sec Rep	Tempo:	2:1:2:1
CARDIO- Shuttles		BLOCK 2		BLOCK 2	
Modality	Running- 10m Shuttle	Exercise 2A:	2 Foot MB Slam	Exercise 3A:	DB Bulgarian Split Squat
Sets	12	Sets x Reps:	3 x 6	Sets x Reps:	3 x 6 Per Leg
Work : Rest	30 Sec : 90 Sec	Weight:	6RM	Weight:	6 RM
		Tempo:		Tempo:	2:1:2:1
CORE		Exercise 2B:	Lat Jump to 1F Box Jump	Exercise 3B:	Lunge Twist to Cossack
Rounds	3	Sets x Reps:	3 x 4 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 Lunge Switch	Exercise 2C:	Lateral Raises- FAST	Exercise 3C:	Chinups
Exercise 2:	Landmine Rotations	Sets x Reps:	3 x 10	Sets x Reps:	3 x 6
Exercise 3:	Swiss Ball Stir the Pot	Weight:	20 RM	Weight:	6 RM
Exercise 4:	Half Turkish Getup w/ LR	Tempo:		Tempo:	2:1:2:1
Exercise 5:	Neck - FW Push Ch On Wall	Exercise 2D:	Half Baby Fall	Exercise 3D:	Wall Slides
Exercise 6:	Neck - ISO Sideways Push	Sets x Reps:	3 x 6 Per Side	Sets x Reps:	3 x 8
Exercise 7:	Standing Hip CAR	Weight:	6 RM	Weight:	Body Weight
Exercise 8:	Standing Shoulder CAR	Tempo:	2:2:2:2	Tempo:	2:1:2:1

