

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

### No Equipment Needed

		POWER BLOCKS	STRENGTH BLOCKS
<b>SAQ</b>		<b>BLOCK 1</b>	<b>BLOCK 1</b>
Sets / Exercise	2	Exercise 1A: Kneel to Squat Jump	Exercise 2A: DB Bulgarian Split Squat
Work : Rest	10 sec : 50 sec	Sets x Reps: 3 x 6	Sets x Reps: 3 x 6 Per Leg
Intensity	100%	Weight: Body Weight	Weight: Body Weight
		Tempo:	Tempo: 2:1:2:1
Exercise 1:	Cross-Over (1 Line)	Exercise 1B: Glute Bridge March	Exercise 2B: Hip Airplane
Exercise 2:	Cross-Behind (1 Line)	Sets x Reps: 3 x 8 Per Leg	Sets x Reps: 3 x 6 Per Leg
Exercise 3:	Lateral 1,2,3 (1 Line)	Weight: Body Weight	Weight: 6 RM
Exercise 4:	Ali Shuffle (1 Line)	Tempo: 2:1:2:1	Tempo: 2:1:2:1
Exercise 5:	Quarter Eagles (1 Line)	Exercise 1C: Power Pushups	Exercise 2C: Slow Pushups
Exercise 6:	Fw,Fw,Back,Back (1 Line)	Sets x Reps: 4 x 3 Per Arm	Sets x Reps: 3 x 10
<b>CARDIO- Sprints</b>		Weight: 3RM	Weight: Body Weight
Modality	Running- Sprints	Tempo:	Tempo: 5:1:5:1
Sets	6	Exercise 1D: Standing Shoulder CAR	Exercise 2D: Wall Slides
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: 1:2:1:1
<b>CARDIO- Shuttle</b>		<b>BLOCK 2</b>	<b>BLOCK 2</b>
Modality	Running- 10m Shuttle	Exercise 2A: Lunge Switches	Exercise 3A: Sissy Squats
Sets	12	Sets x Reps: 3 x 10	Sets x Reps: 3 x 8
Work : Rest	30 Sec : 90 Sec	Weight: Body Weight	Weight: Body Weight
		Tempo:	Tempo: 5:1:5:1
<b>CORE</b>		Exercise 2B: Neck CAR	Exercise 3B: Lunge Twists
Rounds	3	Sets x Reps: 3 x 3 Per Direction	Sets x Reps: 3 x 8 Per Side
Sets / Exercise	6	Weight: Body Weight	Weight: Body Weight
Work : Rest	10 sec : 5 sec	Tempo: 10 Sec Rep	Tempo: 3:1:3:1
Exercise 1:	Dead Bug 2 Arms 2 Legs	Exercise 2C: 1F Decel to Stride Jump	Exercise 3C: Bent Over Object Row
Exercise 2:	Side Plank DB & Leg Raise	Sets x Reps: 3 x 4 Per Leg	Sets x Reps: 3 x 8
Exercise 3:	Bear Crawl Fw&Bw	Weight: Body Weight	Weight: 8 RM
Exercise 4:	Low Plank-Spiderman	Tempo:	Tempo: 2:1:2:1
Exercise 5:	Neck- FW Push Ch On Wall	Exercise 2D: Deck Roll Shin Box	Exercise 3D: Bent Over Is,Ts,Ys
Exercise 6:	Neck CAR	Sets x Reps: 3 x 6 Per Side	Sets x Reps: 3 x 6 of Each
Exercise 7:	Standing Hip CAR	Weight: 6 RM	Weight: Body Weight
Exercise 8:	Standing Shoulder CAR	Tempo: 2:2:2:2	Tempo: 1:2:1:1

