

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
<b>Workout 1</b>	<b>Workout 2</b>	<b>Workout 1</b>	<b>Workout 2</b>	<b>Workout 1</b>	<b>Rest / Recovery</b>
Strength Blocks	SAQ, Core, Cardio Shuttles	Strength Blocks	SAQ, Core, Cardio Shuttles	Strength Blocks	



# SPEEDU.CA

## Strength Phase

### U13-U15: Dumbbells and Bands ONLY

STRENGTH BLOCKS					
BLOCK 1		BLOCK 2		BLOCK 3	
<b>Exercise 1A:</b>	<b>DB Top Down RDL</b>	<b>Exercise 2A:</b>	<b>Goblet Squat</b>	<b>Exercise 3A:</b>	<b>DB Bulgarian Split Squat</b>
<b>Sets x Reps:</b>	<b>3 x 6</b>	<b>Sets x Reps:</b>	<b>3 x 6</b>	<b>Sets x Reps:</b>	<b>3 x 6 Per Leg</b>
<b>Weight:</b>	<b>8 RM DBs</b>	<b>Weight:</b>	<b>6 RM</b>	<b>Weight:</b>	<b>6 RM</b>
<b>Tempo:</b>	<b>2:1:2:1</b>	<b>Tempo:</b>	<b>2:2:2:1</b>	<b>Tempo:</b>	<b>2:1:2:1</b>
<b>Exercise 1B:</b>	<b>Hip Airplane</b>	<b>Exercise 2B:</b>	<b>Tuck Jumps Singles</b>	<b>Exercise 3B:</b>	<b>Pistol Squat- Elevated Foot</b>
<b>Sets x Reps:</b>	<b>3 x 6 Per Leg</b>	<b>Sets x Reps:</b>	<b>3 x 6</b>	<b>Sets x Reps:</b>	<b>3 x 5 Per Side</b>
<b>Weight:</b>	<b>Body Weight</b>	<b>Weight:</b>	<b>Body Weight</b>	<b>Weight:</b>	<b>Body Weight</b>
<b>Tempo:</b>	<b>2:1:2:1</b>	<b>Tempo:</b>	<b>2 Second Load</b>	<b>Tempo:</b>	<b>3:1:2:1</b>
<b>Exercise 1C:</b>	<b>DB Alternating Bench- Flat- Hold Top</b>	<b>Exercise 2C:</b>	<b>DB Bent Row- Alternating</b>	<b>Exercise 3C:</b>	<b>DB Overhead Press- Standing</b>
<b>Sets x Reps:</b>	<b>3 x 6 Per Arm</b>	<b>Sets x Reps:</b>	<b>3 x 6 Per Arm</b>	<b>Sets x Reps:</b>	<b>3 x 6</b>
<b>Weight:</b>	<b>6 RM</b>	<b>Weight:</b>	<b>6 RM</b>	<b>Weight:</b>	<b>6 RM</b>
<b>Tempo:</b>	<b>2:1:2:1</b>	<b>Tempo:</b>	<b>2:1:2:1</b>	<b>Tempo:</b>	<b>2:1:2:1</b>
<b>Exercise 1D:</b>	<b>Standing Shoulder CAR</b>	<b>Exercise 2D:</b>	<b>Renegade Row</b>	<b>Exercise 3D:</b>	<b>DB Lateral to Front Raises</b>
<b>Sets x Reps:</b>	<b>3x3 Per Direction</b>	<b>Sets x Reps:</b>	<b>3 x 8 Ea Arm</b>	<b>Sets x Reps:</b>	<b>3 x 8 Per Type</b>
<b>Weight:</b>	<b>Body Weight</b>	<b>Weight:</b>	<b>8 RM</b>	<b>Weight:</b>	<b>8 RM</b>
<b>Tempo:</b>	<b>10 Sec Rep</b>	<b>Tempo:</b>	<b>2:2:2:2</b>	<b>Tempo:</b>	<b>2:1:2:1</b>

WORKOUT 2					
SAQ		CORE		CARDIO	
<b>Sets / Exercise</b>	<b>2</b>	<b>Rounds</b>	<b>3</b>	<b>Sets</b>	<b>10</b>
<b>Work : Rest</b>	<b>8 sec / 32 sec</b>	<b>Sets / Exercise</b>	<b>6</b>	<b>Work : Rest</b>	<b>40 Sec : 80 Sec</b>
<b>Intensity</b>	<b>100%</b>	<b>Work : Rest</b>	<b>5 sec : 5 sec</b>	<b>Modality</b>	<b>Running- 10m Shuttle</b>
<b>Exercise 1:</b>	<b>Cross-Behind (BTW 2 Lines)</b>	<b>Exercise 1:</b>	<b>1/2 Kneeling Axe Lift and Press</b>		
<b>Exercise 2:</b>	<b>Cross-Behind (Over 2 Lines)</b>	<b>Exercise 2:</b>	<b>High Plank Mountain Climber</b>		
<b>Exercise 3:</b>	<b>Lateral 1,2,3 (Over 2 Lines)</b>	<b>Exercise 3:</b>	<b>Half Turkish Getup</b>		
<b>Exercise 4:</b>	<b>HopScotch (2 Lines)</b>	<b>Exercise 4:</b>	<b>Bird Bear</b>		
<b>Exercise 5:</b>	<b>In. In. Out. Out (2 Lines)</b>	<b>Exercise 5:</b>			
<b>Exercise 6:</b>	<b>Icky Stationary (2 Lines)</b>	<b>Exercise 6:</b>			

