

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



SPEEDU.CA

Strength Phase

U18 and Older 1: Dumbbells and Bands ONLY

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

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

