

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



SPEED.U.CA

General Physical Preparedness (GPP) Phase

U10 and Younger: Dumbbells and Bands ONLY

WORKOUT 1					
BLOCK 1		BLOCK 2		BLOCK 3	
Exercise 1A:	Single Leg RDL - 1 DB	Exercise 2A:	Cat + Camel (Toe Squat)	Exercise 3A:	Goblet Pendulum Lunges
Sets x Reps:	3 x 8 Per Leg	Sets x Reps:	3 x 8	Sets x Reps:	3 x 6 Per Side Per Leg
Weight:	12 RM	Weight:	Body Weight	Weight:	12 RM
Tempo:	3:1:3:1	Tempo:	2:1:2:1	Tempo:	2:1:2:1
Exercise 1B:	Glute Bridge Mini Band	Exercise 2B:	Goblet Squat	Exercise 3B:	Sissy Squats
Sets x Reps:	3 x 8	Sets x Reps:	3 x 8	Sets x Reps:	3 x 8
Weight:	10 RM	Weight:	10 RM	Weight:	Body Weight
Tempo:	2:1:2:1	Tempo:	2:1:2:1	Tempo:	4:1:2:1
Exercise 1C:	DB Bench Press- Flat	Exercise 2C:	DB Bent Row- Sumo	Exercise 3C:	DB Front Raise PD
Sets x Reps:	3x8	Sets x Reps:	3 x 8	Sets x Reps:	3 x 8
Weight:	10 RM	Weight:	10 RM	Weight:	10 RM
Tempo:	2:1:2:1	Tempo:	2:1:2:1	Tempo:	2:1:2:1
Exercise 1D:	Standing Shoulder CAR	Exercise 2D:	Wall Slides	Exercise 3D:	Bent Over Is, Ts, Ys
Sets x Reps:	3x3 Per Direction	Sets x Reps:	3 x 8	Sets x Reps:	3 x 4 of Each
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Tempo:	10 Sec Rep	Tempo:	1:2:1:1	Tempo:	1:2:1:1

WORKOUT 2					
SAQ		CORE		CARDIO	
Sets / Exercise	2	Rounds	3	Sets	12
Work : Rest	10 sec : 50 sec	Sets / Exercise	8	Work : Rest	60 Sec : 60 Sec
Intensity	100%	Work : Rest	10 sec : 5 sec	Modality	Running- 10m Shuttle
Exercise 1:	HopScotch (2 Lines)	Exercise 1:	Dead Bug 2 Arms 2 Legs		
Exercise 2:	In, In, Out, Out (2 Lines)	Exercise 2:	Copenhagen Side Plank		
Exercise 3:	Icky Stationary (2 Lines)	Exercise 3:	Bird Bear		
Exercise 4:	Ali x3, Quarters x3 Combo	Exercise 4:	Low Plank Overhead Reach		
Exercise 5:	Cross-Over (1 Line)	Exercise 5:	Neck CAR		
Exercise 6:	2F Lat Slalom Hops (1,2,Over)	Exercise 6:	Standing Hip CAR		
Exercise 7:		Exercise 7:			
Exercise 8:		Exercise 8:			