

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>
Prehab / Rehab	SAQ, Core, Cardio Shuttles	Prehab / Rehab	SAQ, Core, Cardio Shuttles	Prehab / Rehab	



# SPEEDU.CA

## Prehabilitation / Rehabilitation Phase

### U11-U13: Dumbbells and Bands ONLY

WORKOUT 1					
BLOCK 1		BLOCK 2		BLOCK 3	
<b>Exercise 1A:</b>	Toe Yoga	<b>Exercise 2A:</b>	2 Foot to 1 Foot RDL	<b>Exercise 3A:</b>	Pushup Plus
<b>Sets x Reps:</b>	2 x 8 Per Side	<b>Sets x Reps:</b>	2 x 5 Per Side	<b>Sets x Reps:</b>	2 x 6
<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight
<b>Tempo:</b>	2:2:2:2	<b>Tempo:</b>	2:2:2:2	<b>Tempo:</b>	2:1:2:1
<b>Exercise 1B:</b>	Toe Raised Inversion/Eversion	<b>Exercise 2B:</b>	1/2 Kneeling Ext. Rot. RAIL	<b>Exercise 3B:</b>	Standing Shoulder CAR
<b>Sets x Reps:</b>	2 x 5 per side	<b>Sets x Reps:</b>	2 x 5 Per Side	<b>Sets x Reps:</b>	2 x 3 Per Side
<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight
<b>Tempo:</b>	2:1:2:1	<b>Tempo:</b>	5 Seconds Hold	<b>Tempo:</b>	5 Second Per Direction
<b>Exercise 1C:</b>	Toe Pointed Inversion/Eversion	<b>Exercise 2B:</b>	1/2 Kneeling Int. Rot. RAIL	<b>Exercise 3C:</b>	Crab Walk + Bridge
<b>Sets x Reps:</b>	2 x 5 per side	<b>Sets x Reps:</b>	2 x 5 Per Side	<b>Sets x Reps:</b>	2 x 6
<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight
<b>Tempo:</b>	2:1:2:1	<b>Tempo:</b>	5 Seconds Hold	<b>Tempo:</b>	Walk 4 steps. Bridge. Repeat
<b>Exercise 1D:</b>	BW Hip Thrust	<b>Exercise 2C:</b>	1/2 Kneeling Hip Flexor RAIL	<b>Exercise 3D:</b>	Glute Bridge - Single Leg
<b>Sets x Reps:</b>	2 x 6	<b>Sets x Reps:</b>	2 x 5 Per Side	<b>Sets x Reps:</b>	2 x 6 Per Side
<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight
<b>Tempo:</b>	2:2:2:1	<b>Tempo:</b>	5 Seconds Hold	<b>Tempo:</b>	2:2:2:1
<b>Exercise 1E:</b>	Tibialis Raises	<b>Exercise 2D:</b>	1/2 Kneeling Hamstring RAIL	<b>Exercise 3E:</b>	Kneeling Wrist Flexion/Extension
<b>Sets x Reps:</b>	2 x 10	<b>Sets x Reps:</b>	2 x 5 Per Side	<b>Sets x Reps:</b>	2 x 1 Ea Way
<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight
<b>Tempo:</b>	2:3:2:0	<b>Tempo:</b>	5 Seconds Hold	<b>Tempo:</b>	30 second hold per side
<b>Exercise 1F:</b>	Pogo Sticks	<b>Exercise 2F:</b>	Bent Over Is, Ts, Ys	<b>Exercise 3F:</b>	Wall Slides
<b>Sets x Reps:</b>	2 x 10	<b>Sets x Reps:</b>	2 x 4 of Each	<b>Sets x Reps:</b>	2 x 8
<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight
<b>Tempo:</b>	1:2:1:2	<b>Tempo:</b>	1:2:1:1	<b>Tempo:</b>	1:2:1:1
WORKOUT 2					
SAQ		CORE		CARDIO	
<b>Sets / Exercise</b>	4	<b>Rounds</b>	3	<b>Sets</b>	10
<b>Work : Rest</b>	10 sec / 20 sec	<b>Sets / Exercise</b>	6	<b>Work : Rest</b>	60 Sec : 60 Sec
<b>Intensity</b>	50%	<b>Work : Rest</b>	5 sec : 5 sec	<b>Modality</b>	Running- 10m Shuttle
<b>Exercise 1:</b>	Cross-Over (1 Line)	<b>Exercise 1:</b>	Front Plank		
<b>Exercise 2:</b>	Cross-Behind (1 Line)	<b>Exercise 2:</b>	Side Plank Kneeling w/ Leg Lift		
<b>Exercise 3:</b>	Lateral 1,2,3 (1 Line)	<b>Exercise 3:</b>	Pelvic Tilt		
<b>Exercise 4:</b>	Ali Shuffle (1 Line)	<b>Exercise 4:</b>	SL Reverse Hyper		
<b>Exercise 5:</b>	Quarter Eagles (1 Line)	<b>Exercise 5:</b>			
<b>Exercise 6:</b>	Fw,Fw,Back,Back (1 Line)	<b>Exercise 6:</b>			

