

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

### U13-U15: Dumbbells and Bands ONLY

WORKOUT 1					
BLOCK 1		BLOCK 2		BLOCK 3	
<b>Exercise 1A:</b>	<b>Segmented Cat &amp; Camel</b>	<b>Exercise 2A:</b>	<b>Lateral Lunges</b>	<b>Exercise 3A:</b>	<b>Standing Hip CAR</b>
<b>Sets x Reps:</b>	<b>2 x 8</b>	<b>Sets x Reps:</b>	<b>2 x 5 Per Side</b>	<b>Sets x Reps:</b>	<b>2 x 3 Per Direction</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>2:2:2:2</b>	<b>Tempo:</b>	<b>5 Sec Rep per direction</b>
<b>Exercise 1B:</b>	<b>Toe Spread + Foot Grip + Toe Yoga</b>	<b>Exercise 2B:</b>	<b>Lunge Twist</b>	<b>Exercise 3B:</b>	<b>Tibialis Raises</b>
<b>Sets x Reps:</b>	<b>2 x 5</b>	<b>Sets x Reps:</b>	<b>2 x 5 Per Side</b>	<b>Sets x Reps:</b>	<b>2 x 10</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>2:2:2:2</b>	<b>Tempo:</b>	<b>2:3:2:0</b>
<b>Exercise 1C:</b>	<b>Deck Roll to Squat Hold</b>	<b>Exercise 2C:</b>	<b>Cossack Squats (Toe Up)</b>	<b>Exercise 3C:</b>	<b>Pushup Plus to Pike Plus</b>
<b>Sets x Reps:</b>	<b>2 x 8</b>	<b>Sets x Reps:</b>	<b>2 x 5 Per Side</b>	<b>Sets x Reps:</b>	<b>2 x 6</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>3 second squat hold</b>	<b>Tempo:</b>	<b>2:2:2:2</b>	<b>Tempo:</b>	<b>1:1:3:3</b>
<b>Exercise 1D:</b>	<b>Quadruped Pushup Plus w/ Bear Crawl</b>	<b>Exercise 2D:</b>	<b>Cross-Over Lunges</b>	<b>Exercise 3D:</b>	<b>Bear Stance Sit Throughs</b>
<b>Sets x Reps:</b>	<b>2 x 5</b>	<b>Sets x Reps:</b>	<b>2 x 5 Per Side</b>	<b>Sets x Reps:</b>	<b>2 x 6 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>Pushup Plus, Bear crawl 4 steps. Repeat</b>	<b>Tempo:</b>	<b>2:2:2:2</b>	<b>Tempo:</b>	<b>1:1:1:1</b>
<b>Exercise 1E:</b>	<b>Hip Thrust Onto Toes</b>	<b>Exercise 2E:</b>	<b>Lateral Mini Band Walk</b>	<b>Exercise 3E:</b>	<b>Prone I's Y's T's</b>
<b>Sets x Reps:</b>	<b>2 x 6</b>	<b>Sets x Reps:</b>	<b>2 x 8 Per Direction</b>	<b>Sets x Reps:</b>	<b>2 x 5 of Each</b>
<b>Weight:</b>	<b>Body Weight</b>	<b>Weight:</b>	<b>10 RM</b>	<b>Weight:</b>	<b>Body Weight</b>
<b>Tempo:</b>	<b>2:2:2:2</b>	<b>Tempo:</b>	<b>2:2:2:2</b>	<b>Tempo:</b>	<b>2:1:2:1</b>
<b>Exercise 1F:</b>	<b>Kneeling Wrist Flexion/Extension</b>	<b>Exercise 2F:</b>	<b>2 Foot RDL With Dowel</b>	<b>Exercise 3F:</b>	<b>Handcuffs - Floor</b>
<b>Sets x Reps:</b>	<b>2 x 1 Ea Way</b>	<b>Sets x Reps:</b>	<b>2 x 8</b>	<b>Sets x Reps:</b>	<b>2 x 6</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>30 second hold per side</b>	<b>Tempo:</b>	<b>2:1:2:1</b>	<b>Tempo:</b>	<b>1:5:1:5</b>
WORKOUT 2					
SAQ		CORE		CARDIO	
<b>Sets / Exercise</b>	<b>4</b>	<b>Rounds</b>	<b>3</b>	<b>Sets</b>	<b>10</b>
<b>Work : Rest</b>	<b>10 sec : 20 sec</b>	<b>Sets / Exercise</b>	<b>6</b>	<b>Work : Rest</b>	<b>60 Sec : 60 Sec</b>
<b>Intensity</b>	<b>50%</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-Over (BTW 2 Lines)</b>	<b>Exercise 1:</b>	<b>Front Plank UDD</b>		
<b>Exercise 2:</b>	<b>Cross-Behind (1 Line)</b>	<b>Exercise 2:</b>	<b>Suitcase Carry</b>		
<b>Exercise 3:</b>	<b>Lateral 1,2,3 (BTW Lines)</b>	<b>Exercise 3:</b>	<b>Dead Bug 2 Arms 1 Leg Straight</b>		
<b>Exercise 4:</b>	<b>Ali x3, Quarters x3 Combo</b>	<b>Exercise 4:</b>	<b>Double Leg Reverse Hyper</b>		
<b>Exercise 5:</b>	<b>Fw,Fw,Back (1 Line)</b>	<b>Exercise 5:</b>			
<b>Exercise 6:</b>	<b>Back,Back,Fw (1 Line)</b>	<b>Exercise 6:</b>			

