

| Monday | Tuesday | Wednesday | Thursday | Friday | Weekend |
|------------------|----------------------------|------------------|----------------------------|------------------|------------------------|
| Workout 1 | Workout 2 | Workout 1 | Workout 2 | Workout 1 | Rest / Recovery |
| Prehab / Rehab | SAQ, Core, Cardio Shuttles | Prehab / Rehab | SAQ, Core, Cardio Shuttles | Prehab / Rehab | |



SPEEDU.CA

Prehabilitation / Rehabilitation Phase

U15-U17: Dumbbells and Bands ONLY

WORKOUT 1

| BLOCK 1 | | BLOCK 2 | | BLOCK 3 | |
|---------------------|-----------------------------------|---------------------|------------------------------|---------------------|----------------------------------|
| Exercise 1A: | Toe Spread + Foot Grip + Toe Yoga | Exercise 2A: | 4 Way Lunge w/ RAIL | Exercise 3A: | Pushup Plus to Pike Plus |
| Sets x Reps: | 2 x 5 of each | Sets x Reps: | 2 x 3 Per Side per lunge | Sets x Reps: | 2 x 5 |
| Weight: | Body Weight | Weight: | Body Weight | Weight: | Body Weight |
| Tempo: | 2:1:2:1 | Tempo: | 3 second RAIL | Tempo: | 1:1:3:3 |
| Exercise 1B: | Ankle CAR | Exercise 2B: | Single Leg RDL | Exercise 3B: | SA Crab Bridge |
| Sets x Reps: | 2 x 3 per direction | Sets x Reps: | 2 x 5 Per Leg | Sets x Reps: | 2 x 5 Per Side |
| Weight: | Body Weight | Weight: | Body Weight | Weight: | Body Weight |
| Tempo: | 10 second rep | Tempo: | 2:1:2:1 | Tempo: | 2:1:2:1 |
| Exercise 1C: | Hip Thrust | Exercise 2C: | Standing Hip Flexor RAIL | Exercise 3C: | Standing Windmill |
| Sets x Reps: | 2 x 5 | Sets x Reps: | 2 x 4 Per Side | Sets x Reps: | 2 x 5 Per Side |
| Weight: | Body Weight | Weight: | Body Weight | Weight: | 5 RM |
| Tempo: | 2:5:2:1 | Tempo: | 5 second hold | Tempo: | SLOW |
| Exercise 1D: | Assisted Tib Raise to Pogo Stick | Exercise 2D: | Standing Hamstring Curl RAIL | Exercise 3D: | Kneeling Wrist Flexion/Extension |
| Sets x Reps: | 2 x 6 of each | Sets x Reps: | 2 x 4 Per Side | Sets x Reps: | 2 x 1 Per Side |
| Weight: | Body Weight | Weight: | Body Weight | Weight: | Body Weight |
| Tempo: | 3 second hold on each | Tempo: | 5 second hold | Tempo: | 30 second hold per side |
| Exercise 1E: | Standing Shoulder CAR | Exercise 2E: | Standing Hip Ext. Rot. RAIL | Exercise 3E: | Lateral Mini Band Walk |
| Sets x Reps: | 2 x 3 per arm | Sets x Reps: | 2 x 4 Per Leg | Sets x Reps: | 2 x 10 Ea Way |
| Weight: | Body Weight | Weight: | Body Weight | Weight: | Mini Band |
| Tempo: | 5 Seconds Per Direction | Tempo: | 5 second hold | Tempo: | 1:1:1:1 |
| Exercise 1F: | Shoulder I/Y PAIL/RAIL | Exercise 2F: | Standing Hip Int. Rot. RAIL | Exercise 3F: | Pushup/Ren Row/Walk/Sit Thru |
| Sets x Reps: | 2 x 4 Per Direction | Sets x Reps: | 2 x 4 Per Leg | Sets x Reps: | 2 x 5 of each |
| Weight: | Body Weight | Weight: | Body Weight | Weight: | Body Weight |
| Tempo: | 5 Sec Up / 5 Sec Down | Tempo: | 5 second hold | Tempo: | 2:1:2:1 |

WORKOUT 2

| SAQ | | CORE | | CARDIO | |
|------------------------|---------------------------|------------------------|--------------------------------------|--------------------|----------------------|
| Sets / Exercise | 4 | Rounds | 3 | Sets | 10 |
| Work : Rest | 10 sec : 20 sec | Sets / Exercise | 6 | Work : Rest | 60 Sec : 60 Sec |
| Intensity | 50% | Work : Rest | 5 sec : 5 sec | Modality | Running- 10m Shuttle |
| Exercise 1: | Cross-Over (BTW 2 Lines) | Exercise 1: | Low Plank Spiderman | | |
| Exercise 2: | Cross-Behind (1 Line) | Exercise 2: | Side Plank w/ Dumbbell and Leg Raise | | |
| Exercise 3: | Lateral 1,2,3 (BTW Lines) | Exercise 3: | Pelvic Tilt Holding Band | | |
| Exercise 4: | Ali x3, Quarters x3 Combo | Exercise 4: | Half Superman | | |
| Exercise 5: | Fw,Fw,Back (1 Line) | Exercise 5: | | | |
| Exercise 6: | Back,Back,Fw (1 Line) | Exercise 6: | | | |

