

| 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 | |



SPEEDU.CA

General Physical Preparedness Phase

>U18-1: Dumbbells and Bands ONLY

| WORKOUT 1 | | | | | |
|--------------|-----------------------|--------------|-----------------|--------------|---------------------------|
| BLOCK 1 | | BLOCK 2 | | BLOCK 3 | |
| Exercise 1A: | DB Top Down RDL | Exercise 2A: | Goblet Squat | Exercise 3A: | DB Lateral to Front Raise |
| Sets x Reps: | 3 x 10 | Sets x Reps: | 3 x 10 | Sets x Reps: | 3 x 10 |
| Weight: | 12 RM DBs | Weight: | 10 RM | Weight: | 10 RM |
| Tempo: | 3:1:3:1 | Tempo: | 3:1:3:1 | Tempo: | 2:2:2:1 |
| Exercise 1B: | DB Bench Press | Exercise 2B: | DB Renegade Row | Exercise 3B: | DB Walking Lunges |
| Sets x Reps: | 3 x 10 | Sets x Reps: | 3 x 8 Per Side | Sets x Reps: | 3 x 6 Per Leg |
| Weight: | 12 RM | Weight: | 8 RM | Weight: | 6 RM |
| Tempo: | 2:2:2:1 | Tempo: | 2:1:2:1 | Tempo: | 2:1:2:1 |
| Exercise 1C: | Handcuffs - Floor | Exercise 2C: | Half Baby Fall | Exercise 3C: | Superman Squat |
| Sets x Reps: | 3 x 6 | Sets x Reps: | 2 x 5 Per Side | Sets x Reps: | 3 x 6 Per Leg |
| Weight: | Body Weight | Weight: | Body Weight | Weight: | Body Weight |
| Tempo: | 1:5:1:5 | Tempo: | 3:1:2:1 | Tempo: | 3:1:2:1 |
| Exercise 1D: | Half Kneeling Hip CAR | Exercise 2D: | Wall Slides | Exercise 3D: | Hip Airplane |
| Sets x Reps: | 3 x 3 Per Leg | Sets x Reps: | 3 x 8 | Sets x Reps: | 3 x 5 Per Leg |
| Weight: | Body Weight | Weight: | Body Weight | Weight: | Body Weight |
| Tempo: | 10 second rep | Tempo: | 3:1:3:1 | Tempo: | 2:4:1:4 |

| WORKOUT 2 | | | | | |
|-----------------|------------------------------|-----------------|--------------------------------|-------------|----------------------|
| SAQ | | CORE | | CARDIO | |
| Sets / Exercise | 2 | Rounds | 3 | Sets | 10 |
| Work : Rest | 5 sec / 25 sec | Sets / Exercise | 6 | Work : Rest | 50 Sec : 70 Sec |
| Intensity | 100% | Work : Rest | 5 sec : 5 sec | Modality | Running- 10m Shuttle |
| Exercise 1: | Cross-Behind (BTW 2 Lines) | Exercise 1: | Suitcase Carry | | |
| Exercise 2: | Cross-Behind (Over 2 Lines) | Exercise 2: | Front Plank UDD | | |
| Exercise 3: | Lateral 1,2,3 (Over 2 Lines) | Exercise 3: | Paloff Press Squat | | |
| Exercise 4: | HopScotch (2 Lines) | Exercise 4: | Dead Bug Arms Only Weighted DB | | |
| Exercise 5: | In. In. Out. Out (2 Lines) | Exercise 5: | | | |
| Exercise 6: | Icky Stationary (2 Lines) | Exercise 6: | | | |

