

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

>U18-2: 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:	3:3:3:1	Tempo:	2:2:2:1
Exercise 1B:	DB Bench Press	Exercise 2B:	DB Renegade Row	Exercise 3B:	Lunge Twist to Cossack Squat
Sets x Reps:	3 x 10	Sets x Reps:	3 x 10 Per Side	Sets x Reps:	3 x 6 per leg
Weight:	10 RM	Weight:	10 RM	Weight:	6 RM Goblet
Tempo:	3:1:3:1	Tempo:	2:1:2:1	Tempo:	3:3:3:3
Exercise 1C:	Handcuffs - Floor	Exercise 2C:	Plate Sotts Press	Exercise 3C:	Superman Squat
Sets x Reps:	3 x 6	Sets x Reps:	2 x 5	Sets x Reps:	3 x 6 Per Leg
Weight:	Body Weight	Weight:	5 RM	Weight:	Body Weight
Tempo:	1:5:1:5	Tempo:	2:3:2:1	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:			

