

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

U18 and Older 1: Dumbbells and Bands ONLY

WORKOUT 1					
BLOCK 1		BLOCK 2		BLOCK 3	
Exercise 1A:	Segmented Cat and Camel SS	Exercise 2A:	KB FR Pendulum Lunges	Exercise 3A:	Hip CAR to Hip Airplane
Sets x Reps:	2 x 8	Sets x Reps:	2 x 4 Per Side Per Lunge	Sets x Reps:	2 x 3 per leg
Weight:	Body Weight	Weight:	Goblet 5RM	Weight:	Body Weight
Tempo:	2:1:2:1	Tempo:	2:1:2:1	Tempo:	SLOW
Exercise 1B:	FW/BW Rock w/ Foot gripping	Exercise 2B:	Goblet Toe Up to Lunge Twist	Exercise 3B:	Sotts Press With Dowel
Sets x Reps:	2 x 6 Per Leg	Sets x Reps:	2 x 4 Per Side Per Lunge	Sets x Reps:	2 x 5
Weight:	Body Weight	Weight:	Goblet 5RM	Weight:	Dowel
Tempo:	2:1:2:1	Tempo:	2:1:2:1	Tempo:	2:2:2:2
Exercise 1C:	Weighted ISO Hip Flexion	Exercise 2C:	ISO Neck Ext. Hip Thrust	Exercise 3C:	Sissy Squat
Sets x Reps:	2 x 5 Per Leg	Sets x Reps:	2 x 5	Sets x Reps:	2 x 8
Weight:	5 RM KB or Mini Band	Weight:	Body Weight	Weight:	Body Weight
Tempo:	5 second hold	Tempo:	2:5:2:1	Tempo:	5:2:2:1
Exercise 1D:	Pushup Plus to Pike Plus	Exercise 2D:	SL RDL w/ OH Dowel	Exercise 3D:	KB Windmill to SA OH Lunge
Sets x Reps:	2 x 6	Sets x Reps:	2 x 5 Per Side	Sets x Reps:	2 x 4 Per Side
Weight:	Body Weight	Weight:	Body Weight	Weight:	4 RM
Tempo:	1:1:3:3	Tempo:	2:1:2:1	Tempo:	2:2:2:2
Exercise 1E:	Deep Squat Hold w/ OH Reach	Exercise 2E:	Assisted Tib Raise to Pogo Stick	Exercise 3E:	Shoulder I/Y PAIL/RAIL
Sets x Reps:	2 x 5 Per Side	Sets x Reps:	2 x 6 of each	Sets x Reps:	2 x 4 Ea Way Per Arm
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Tempo:	2:2:2:2	Tempo:	3 second hold on each	Tempo:	5 sec PAIL / 5 sec RAIL
Exercise 1F:	Kneeling Wrist Flex/Ext.	Exercise 2F:	Lateral Lunges	Exercise 3F:	Wall Slides
Sets x Reps:	2 x 1 Per Side	Sets x Reps:	2 x 5 per leg	Sets x Reps:	2 x 8
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Tempo:	30 second hold	Tempo:	2:2:2:2	Tempo:	3:1:3:1
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:	HopScotch (2 Lines)	Exercise 1:	Low Plank Overhead Reaches		
Exercise 2:	In, In, Out, Out (2 Lines)	Exercise 2:	Copenhagen SP + Abd.		
Exercise 3:	Icky Stationary (2 Lines)	Exercise 3:	Contra. Half Superman		
Exercise 4:	Ali x3, Quarters x3 Combo	Exercise 4:	Dead Bug 2 Arms 2 Legs Straight		
Exercise 5:	Cross-Over (1 Line)	Exercise 5:			
Exercise 6:	F Lat. Slalom Hops (1,2,Over)	Exercise 6:			

