

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>
GPP Blocks	SAQ, Core, Cardio Shuttles	GPP Blocks	SAQ, Core, Cardio Shuttles	GPP Blocks	



# SPEEDU.CA

## General Physical Preparedness (GPP) Phase

### U10 and Younger: Full Gym Access

WORKOUT 1					
BLOCK 1		BLOCK 2		BLOCK 3	
<b>Exercise 1A:</b>	<b>BB Single Leg RDL</b>	<b>Exercise 2A:</b>	<b>Deep Squat Hold</b>	<b>Exercise 3A:</b>	<b>BB Step Back Lunges</b>
<b>Sets x Reps:</b>	<b>3 x 8 Per Leg</b>	<b>Sets x Reps:</b>	<b>3 x 1</b>	<b>Sets x Reps:</b>	<b>3 x 6 Per Leg</b>
<b>Weight:</b>	<b>12 RM</b>	<b>Weight:</b>	<b>Body Weight</b>	<b>Weight:</b>	<b>8 RM</b>
<b>Tempo:</b>	<b>3:1:3:1</b>	<b>Tempo:</b>	<b>30 Sec Hold</b>	<b>Tempo:</b>	<b>2:1:2:1</b>
<b>Exercise 1B:</b>	<b>Glute Bridge Mini Band</b>	<b>Exercise 2B:</b>	<b>BB Front Squat</b>	<b>Exercise 3B:</b>	<b>Goblet Lateral Lunges</b>
<b>Sets x Reps:</b>	<b>3 x 8</b>	<b>Sets x Reps:</b>	<b>3 x 8</b>	<b>Sets x Reps:</b>	<b>3 x 8 Per Side</b>
<b>Weight:</b>	<b>10 RM</b>	<b>Weight:</b>	<b>10 RM</b>	<b>Weight:</b>	<b>10 RM</b>
<b>Tempo:</b>	<b>2:1:2:1</b>	<b>Tempo:</b>	<b>2:1:2:1</b>	<b>Tempo:</b>	<b>2:1:2:1</b>
<b>Exercise 1C:</b>	<b>DB Bench Press- Flat</b>	<b>Exercise 2C:</b>	<b>BB Bent Row Overhand</b>	<b>Exercise 3C:</b>	<b>DB OH Press- Kneeling</b>
<b>Sets x Reps:</b>	<b>3 x 8</b>	<b>Sets x Reps:</b>	<b>3 x 8</b>	<b>Sets x Reps:</b>	<b>3 x 8</b>
<b>Weight:</b>	<b>10 RM</b>	<b>Weight:</b>	<b>10 RM</b>	<b>Weight:</b>	<b>10 RM</b>
<b>Tempo:</b>	<b>2:1:2:1</b>	<b>Tempo:</b>	<b>2:1:2:1</b>	<b>Tempo:</b>	<b>2:1:2:1</b>
<b>Exercise 1D:</b>	<b>Standing Shoulder CAR</b>	<b>Exercise 2D:</b>	<b>Wall Slides</b>	<b>Exercise 3D:</b>	<b>DB Lateral Raise- PD</b>
<b>Sets x Reps:</b>	<b>3 x 3 Per Direction</b>	<b>Sets x Reps:</b>	<b>3 x 8</b>	<b>Sets x Reps:</b>	<b>3 x 8</b>
<b>Weight:</b>	<b>Body Weight</b>	<b>Weight:</b>	<b>Body Weight</b>	<b>Weight:</b>	<b>10 RM</b>
<b>Tempo:</b>	<b>10 Sec Rep</b>	<b>Tempo:</b>	<b>2:1:2:1</b>	<b>Tempo:</b>	<b>2:1:2:1</b>

WORKOUT 2					
SAQ		CORE		CARDIO	
<b>Sets / Exercise</b>	<b>2</b>	<b>Rounds</b>	<b>3</b>	<b>Sets</b>	<b>12</b>
<b>Work : Rest</b>	<b>10 sec : 50 sec</b>	<b>Sets / Exercise</b>	<b>8</b>	<b>Work : Rest</b>	<b>60 Sec : 60 Sec</b>
<b>Intensity</b>	<b>100%</b>	<b>Work : Rest</b>	<b>10 sec : 5 sec</b>	<b>Modality</b>	<b>Running- 10m Shuttle</b>
<b>Exercise 1:</b>	<b>Cross-Over (1 Line)</b>	<b>Exercise 1:</b>	<b>Dead Bug - SB Contra</b>		
<b>Exercise 2:</b>	<b>Cross-Behind (1 Line)</b>	<b>Exercise 2:</b>	<b>Side Plank DB &amp; Leg Raise</b>		
<b>Exercise 3:</b>	<b>Lateral 1,2,3 (1 Line)</b>	<b>Exercise 3:</b>	<b>Bear Crawl Banded Wr&amp;Kn</b>		
<b>Exercise 4:</b>	<b>Ali Shuffle (1 Line)</b>	<b>Exercise 4:</b>	<b>Plank Swiss Ball Rollout</b>		
<b>Exercise 5:</b>	<b>Quarter Eagles (1 Line)</b>	<b>Exercise 5:</b>	<b>Neck CAR</b>		
<b>Exercise 6:</b>	<b>Fw,Fw,Back,Back (1 Line)</b>	<b>Exercise 6:</b>	<b>Standing Hip CAR</b>		
<b>Exercise 7:</b>		<b>Exercise 7:</b>			
<b>Exercise 8:</b>		<b>Exercise 8:</b>			