

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

U10 and Younger: Full Gym Access

WORKOUT 1

BLOCK 1		BLOCK 2		BLOCK 3	
Exercise 1A:	Half Baby Fall	Exercise 2A:	Lateral Lunges	Exercise 3A:	90/90 Half Kneel -WW
Sets x Reps:	2 x 8 Per Side	Sets x Reps:	2 x 5 Per Side	Sets x Reps:	2 x 5 Per Side
Weight:	Body Weight	Weight:	Goblet 8RM	Weight:	Body Weight
Tempo:	2:1:2:1	Tempo:	2:1:2:1	Tempo:	5 Sec Rep
Exercise 1B:	Deck Squat 2 Feet	Exercise 2B:	Lunge Twist	Exercise 3B:	Deck Squat Pistol Squat
Sets x Reps:	2 x 8	Sets x Reps:	2 x 5 Per Side	Sets x Reps:	2 x 5 Per Side
Weight:	Body Weight	Weight:	Goblet 8RM	Weight:	Body Weight
Tempo:	2:1:2:1	Tempo:	2:1:2:1	Tempo:	5 Sec Rep
Exercise 1C:	Deep Squat Hold	Exercise 2C:	Cossack Squats (Toe Up)	Exercise 3C:	DB Renegade Row
Sets x Reps:	2 x 1	Sets x Reps:	2 x 5 Per Side	Sets x Reps:	2 x 10
Weight:	Body Weight	Weight:	Goblet 8RM	Weight:	Body Weight
Tempo:	30 Sec Hold	Tempo:	2:1:2:1	Tempo:	5:1:5:1
Exercise 1D:	Standing Shoulder CAR	Exercise 2D:	Cross-Over Lunges	Exercise 3D:	Glute Bridge-Single Leg
Sets x Reps:	2 x 3 Per Direction	Sets x Reps:	2 x 5 Per Side	Sets x Reps:	2 x 8 Per Leg
Weight:	Body Weight	Weight:	Goblet 8RM	Weight:	Body Weight
Tempo:	10 Second Rep	Tempo:	2:1:2:1	Tempo:	2:2:2:2
Exercise 1E:	Neck CAR	Exercise 2E:	Quadruped Pushup Plus	Exercise 3E:	Lateral Mini Band Walk
Sets x Reps:	2x3 Per Direction	Sets x Reps:	2 x 5	Sets x Reps:	2 x 10 Ea Way
Weight:	Body Weight	Weight:	Body Weight	Weight:	Mini Band
Tempo:	10 Sec Rep	Tempo:	2:1:2:1	Tempo:	1:1:1:1
Exercise 1F:	Standing Hip CAR	Exercise 2F:	Bent Over Is, Ts, Ys	Exercise 3F:	Wall Slides
Sets x Reps:	2x3 Per Direction	Sets x Reps:	2 x 4 of Each	Sets x Reps:	2 x 8
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Tempo:	10 Sec Rep	Tempo:	1:2:1:1	Tempo:	1:2:1:1

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	10 sec : 5 sec	Modality	Running- 10m Shuttle
Exercise 1:	HopScotch (2 Lines)	Exercise 1:	Dead Bug 2 Arms 2 Legs		
Exercise 2:	In, In, Out, Out (2 Lines)	Exercise 2:	Copenhagen Side Plank		
Exercise 3:	Icky Stationary (2 Lines)	Exercise 3:	Bird Bear		
Exercise 4:	Ali x3, Quarters x3 Combo	Exercise 4:	Low Plank Overhead Reach		
Exercise 5:	Cross-Over (1 Line)	Exercise 5:			
Exercise 6:	2F Lat. Slalom Hops (1,2,Over)	Exercise 6:			

