

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	



SPEED U.CA

General Physical Preparedness Phase

U13-U15: Full Gym Access

WORKOUT 1					
BLOCK 1		BLOCK 2		BLOCK 3	
Exercise 1A:	Glute Bridge	Exercise 2A:	Goblet Squat	Exercise 3A:	DB Lateral Raise
Sets x Reps:	3 x 10	Sets x Reps:	3 x 10	Sets x Reps:	3 x 10
Weight:	12 RM	Weight:	12 RM	Weight:	10 RM
Tempo:	2:2:2:1	Tempo:	3:1:3:1	Tempo:	2:2:2:1
Exercise 1B:	Pushups- Floor	Exercise 2B:	Chinups- Underhand	Exercise 3B:	Lateral Lunges
Sets x Reps:	3 x 10	Sets x Reps:	3 x 8	Sets x Reps:	3 x 6 per leg
Weight:	Body Weight	Weight:	8 RM	Weight:	Goblet 6 RM
Tempo:	2:2:2:1	Tempo:	2:1:2:1	Tempo:	2:2:2:2
Exercise 1C:	Handcuffs - Floor	Exercise 2C:	Half Baby Fall	Exercise 3C:	Lunge Twist
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:	Goblet 6 RM
Tempo:	1:5:1:5	Tempo:	3:1:2:1	Tempo:	2:2:2:2
Exercise 1D:	Standing Hip CAR	Exercise 2D:	Wall Slides	Exercise 3D:	Single Leg RDL
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:	2:1:2:1
WORKOUT 2					
SAQ		CORE		CARDIO	
Sets / Exercise	4	Rounds	3	Sets	10
Work : Rest	10 sec : 20 sec	Sets / Exercise	6	Work : Rest	50 Sec : 70 Sec
Intensity	50%	Work : Rest	5 sec : 5 sec	Modality	Running- 10m Shuttle
Exercise 1:	HopScotch (2 Lines)	Exercise 1:	Suitcase March		
Exercise 2:	In, In, Out, Out (2 Lines)	Exercise 2:	High Plank DB Pull Throughs		
Exercise 3:	Icky Stationary (2 Lines)	Exercise 3:	Paloff Press Squat		
Exercise 4:	Ali x3, Quarters x3 Combo	Exercise 4:	Dead Bug Contralateral Bent Knee		
Exercise 5:	Cross-Over (1 Line)	Exercise 5:			
Exercise 6:	2F Lat. Slalom Hops (1,2,Over)	Exercise 6:			

