

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

U13-U15: Full Gym Access

WORKOUT 1

BLOCK 1		BLOCK 2		BLOCK 3	
Exercise 1A:	Segmented Cat & Camel	Exercise 2A:	Lateral Lunges	Exercise 3A:	Standing Hip CAR - Cage Ast.
Sets x Reps:	2 x 8	Sets x Reps:	2 x 5 Per Side	Sets x Reps:	2 x 3 Per Direction
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Tempo:	2:1:2:1	Tempo:	2:2:2:2	Tempo:	5 Sec Rep per direction
Exercise 1B:	Toe Spread + Foot Grip + Toe Yoga	Exercise 2B:	Lunge Twist	Exercise 3B:	Tibilais Raises
Sets x Reps:	2 x 5	Sets x Reps:	2 x 5 Per Side	Sets x Reps:	2 x 10
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Tempo:	2:1:2:1	Tempo:	2:2:2:2	Tempo:	2:3:2:0
Exercise 1C:	Deck Roll to Squat Hold	Exercise 2C:	Cossack Squats (Toe Up)	Exercise 3C:	Dead Hang into ISO OH Press
Sets x Reps:	2 x 8	Sets x Reps:	2 x 5 Per Side	Sets x Reps:	2 x 4
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Tempo:	3 second squat hold	Tempo:	2:2:2:2	Tempo:	15:1:5:1
Exercise 1D:	Quadruped Pushup Plus w/ Bear Crawl	Exercise 2D:	Cross-Over Lunges	Exercise 3D:	Bear Stance Sit Throughs
Sets x Reps:	2 x 5	Sets x Reps:	2 x 5 Per Side	Sets x Reps:	2 x 6 Per Side
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Tempo:	Pushup Plus. Bear crawl 4 steps. Repeat	Tempo:	2:2:2:2	Tempo:	1:1:1:1
Exercise 1E:	Hip Thrust Onto Toes	Exercise 2E:	Lateral Mini Band Walk	Exercise 3E:	Prone l's Y's T's
Sets x Reps:	2 x 6	Sets x Reps:	2 x 8 Per Direction	Sets x Reps:	2 x 5 of Each
Weight:	Body Weight	Weight:	10 RM	Weight:	Body Weight
Tempo:	2:2:2:2	Tempo:	2:2:2:2	Tempo:	2:1:2:1
Exercise 1F:	Kneeling Wrist Flexion/Extension	Exercise 2F:	2 Foot RDL With Dowel	Exercise 3F:	Supine Ring Pullup Plus
Sets x Reps:	2 x 1 Ea Way	Sets x Reps:	2 x 8	Sets x Reps:	2 x 6
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Tempo:	30 second hold per side	Tempo:	2:1:2:1	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	60 Sec : 60 Sec
Intensity	50%	Work : Rest	5 sec : 5 sec	Modality	Running- 10m Shuttle
Exercise 1:	Cross-Over (1 Line)	Exercise 1:	Front Plank UDD		
Exercise 2:	Cross-Behind (1 Line)	Exercise 2:	Suitcase Carry		
Exercise 3:	Lateral 1,2,3 (1 Line)	Exercise 3:	Pelvic Tilt Swiss Ball Contra.		
Exercise 4:	Ali Shuffle (1 Line)	Exercise 4:	Double Leg Reverse Hyper		
Exercise 5:	Quarter Eagles (1 Line)	Exercise 5:			
Exercise 6:	Fw,Fw,Back,Back (1 Line)	Exercise 6:			

