

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>
Prehab / Rehab	SAQ, Core, Cardio Shuttles	Prehab / Rehab	SAQ, Core, Cardio Shuttles	Prehab / Rehab	



# SPEEDU.CA

## Prehabilitation / Rehabilitation Phase

### U15-U17: Full Gym Access

#### WORKOUT 1

BLOCK 1		BLOCK 2		BLOCK 3	
<b>Exercise 1A:</b>	Toe Spread + Foot Grip + Toe Yoga	<b>Exercise 2A:</b>	4 Way Lunge w/ RAIL	<b>Exercise 3A:</b>	Cable Push & Pull
<b>Sets x Reps:</b>	2 x 5 of each	<b>Sets x Reps:</b>	2 x 3 Per Side per lunge	<b>Sets x Reps:</b>	2 x 5 Per Side
<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight
<b>Tempo:</b>	2:1:2:1	<b>Tempo:</b>	3 second RAIL	<b>Tempo:</b>	2:2:2:2
<b>Exercise 1B:</b>	Ankle CAR	<b>Exercise 2B:</b>	Single Leg RDL	<b>Exercise 3B:</b>	SA Crab Bridge
<b>Sets x Reps:</b>	2 x 3 per direction	<b>Sets x Reps:</b>	2 x 5 Per Leg	<b>Sets x Reps:</b>	2 x 5 Per Side
<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight
<b>Tempo:</b>	10 second rep	<b>Tempo:</b>	2:1:2:1	<b>Tempo:</b>	2:1:2:1
<b>Exercise 1C:</b>	Hip Thrust	<b>Exercise 2C:</b>	Standing Hip Flexor RAIL	<b>Exercise 3C:</b>	Standing Windmill
<b>Sets x Reps:</b>	2 x 5	<b>Sets x Reps:</b>	2 x 4 Per Side	<b>Sets x Reps:</b>	2 x 5 Per Side
<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight	<b>Weight:</b>	5 RM
<b>Tempo:</b>	2:5:2:1	<b>Tempo:</b>	5 second hold	<b>Tempo:</b>	SLOW
<b>Exercise 1D:</b>	Assisted Tib Raise to Pogo Stick	<b>Exercise 2D:</b>	Standing Hamstring Curl RAIL	<b>Exercise 3D:</b>	Kneeling Wrist Flexion/Extension
<b>Sets x Reps:</b>	2 x 6 of each	<b>Sets x Reps:</b>	2 x 4 Per Side	<b>Sets x Reps:</b>	2 x 1 Per Side
<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight
<b>Tempo:</b>	3 second hold on each	<b>Tempo:</b>	5 second hold	<b>Tempo:</b>	30 second hold per side
<b>Exercise 1E:</b>	SA Straddle Press	<b>Exercise 2E:</b>	Standing Hip Ext. Rot. RAIL	<b>Exercise 3E:</b>	Lateral Mini Band Walk
<b>Sets x Reps:</b>	2 x 5 per arm	<b>Sets x Reps:</b>	2 x 4 Per Leg	<b>Sets x Reps:</b>	2 x 10 Ea Way
<b>Weight:</b>	8 RM	<b>Weight:</b>	Body Weight	<b>Weight:</b>	Mini Band
<b>Tempo:</b>	2:1:2:1	<b>Tempo:</b>	5 second hold	<b>Tempo:</b>	1:1:1:1
<b>Exercise 1F:</b>	Deadhang/Lat Pack/Switch	<b>Exercise 2F:</b>	Standing Hip Int. Rot. RAIL	<b>Exercise 3F:</b>	Pushup/Ren Row/Walk/Sit Thru
<b>Sets x Reps:</b>	2 x MAX	<b>Sets x Reps:</b>	2 x 4 Per Leg	<b>Sets x Reps:</b>	2 x 5 of each
<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight
<b>Tempo:</b>	2:1:2:1	<b>Tempo:</b>	5 second hold	<b>Tempo:</b>	2:1:2:1

#### WORKOUT 2

SAQ		CORE		CARDIO	
<b>Sets / Exercise</b>	4	<b>Rounds</b>	3	<b>Sets</b>	10
<b>Work : Rest</b>	10 sec / 20 sec	<b>Sets / Exercise</b>	6	<b>Work : Rest</b>	60 Sec : 60 Sec
<b>Intensity</b>	50%	<b>Work : Rest</b>	5 sec : 5 sec	<b>Modality</b>	Running- 10m Shuttle
<b>Exercise 1:</b>	Cross-Over (1 Line)	<b>Exercise 1:</b>	Low Plank Spiderman		
<b>Exercise 2:</b>	Cross-Behind (1 Line)	<b>Exercise 2:</b>	SB Goldy Side Crunch		
<b>Exercise 3:</b>	Lateral 1,2,3 (1 Line)	<b>Exercise 3:</b>	Pelvic Tilt Holding Band		
<b>Exercise 4:</b>	Ali Shuffle (1 Line)	<b>Exercise 4:</b>	Half Superman		
<b>Exercise 5:</b>	Quarter Eagles (1 Line)	<b>Exercise 5:</b>			
<b>Exercise 6:</b>	Fw,Fw,Back,Back (1 Line)	<b>Exercise 6:</b>			

