

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

U18 and Older 2: Full Gym Access

WORKOUT 1

BLOCK 1		BLOCK 2		BLOCK 3	
Exercise 1A:	Toe Squat C&C into Toe Flexion	Exercise 2A:	Lat to Toe Up Lunge PAIL/RAIL	Exercise 3A:	Half Kneeling Hip CAR
Sets x Reps:	2 x 5	Sets x Reps:	2 x 3 per leg per lunge	Sets x Reps:	2 x 3 Per Side
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Tempo:	2:1:2:1	Tempo:	3:3:3:3	Tempo:	5 sec each way
Exercise 1B:	FW/BW Rock with OH Dowel	Exercise 2B:	Cross to Lunge Twist PAIL/RAIL	Exercise 3B:	Sotts Press
Sets x Reps:	2 x 4 per side	Sets x Reps:	2 x 3 per leg per lunge	Sets x Reps:	2 x 5
Weight:	Body Weight	Weight:	Body Weight	Weight:	5RM
Tempo:	2:1:2:1	Tempo:	3:3:3:3	Tempo:	2:1:2:1
Exercise 1C:	ISO Hip Flex w/ Int/Ext Rot.	Exercise 2C:	Neck Bridge Hip Thrust March	Exercise 3C:	KB Ecc. Hip Flexion w/ Hike
Sets x Reps:	2 x 3 per leg	Sets x Reps:	2 x 5 Per Leg	Sets x Reps:	2 x 4 per leg
Weight:	Body Weight	Weight:	Body Weight	Weight:	4 RM Weight or Band
Tempo:	3:3:3:3	Tempo:	2:1:2:1	Tempo:	5 Seconds Down
Exercise 1D:	Walrus Pushup Plus	Exercise 2D:	Hip Airplane (Arms in T)	Exercise 3D:	KB Swing
Sets x Reps:	2 x 8	Sets x Reps:	2 x 5 Per Side	Sets x Reps:	2 x 10
Weight:	Body Weight	Weight:	Body Weight	Weight:	10 RM
Tempo:	2:2:2:2	Tempo:	3:3:1:1:	Tempo:	1:1:1:1
Exercise 1E:	Tib Raise Horseshoe w/ Inv/Ever.	Exercise 2E:	Lat Lunge W/ Banded Add./Flex.	Exercise 3E:	Dynamic Banded Shldr Int/Ext Rot
Sets x Reps:	2 x 4 per direction per leg	Sets x Reps:	2 x 3 per leg	Sets x Reps:	2 x 3 per arm per int./ext.
Weight:	Body Weight	Weight:	Banded	Weight:	Band
Tempo:	2:2:2:2	Tempo:	2:2:2:2	Tempo:	SLOW
Exercise 1G:	Standing Windmill	Exercise 2F:	Ast. Tib Raise to Pogo Stick	Exercise 3F:	Deadhang/Lat Pack/Switch
Sets x Reps:	2 x 5 per side	Sets x Reps:	2 x 6 of Each	Sets x Reps:	2 x 4 switches per arm
Weight:	8 RM	Weight:	Body Weight	Weight:	Body Weight
Tempo:	Slow and Controlled	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:	HopScotch (2 Lines)	Exercise 1:	Plank Swiss Ball Rollout		
Exercise 2:	In, In, Out, Out (2 Lines)	Exercise 2:	Copenhagen SP + Abd.		
Exercise 3:	Icky Stationary (2 Lines)	Exercise 3:	Back Extension		
Exercise 4:	Ali x3, Quarters x3 Combo	Exercise 4:	Weighted Hanging Pelvic Tilt		
Exercise 5:	Cross-Over (1 Line)	Exercise 5:			
Exercise 6:	2F Lat. Slalom Hops (1,2,Over)	Exercise 6:			

