

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

U11-U13: No Equipment Needed

WORKOUT 1

BLOCK 1		BLOCK 2		BLOCK 3	
Exercise 1A:	Toe Yoga	Exercise 2A:	2 Foot to 1 Foot RDL	Exercise 3A:	Pushup Plus
Sets x Reps:	2 x 8 Per Side	Sets x Reps:	2 x 5 Per Side	Sets x Reps:	2 x 6
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Tempo:	2:2:2:2	Tempo:	2:2:2:2	Tempo:	2:1:2:1
Exercise 1B:	Toe Raised Inversion/Eversion	Exercise 2B:	1/2 Kneeling Ext. Rot. RAIL	Exercise 3B:	Standing Shoulder CAR
Sets x Reps:	2 x 5 per side	Sets x Reps:	2 x 5 Per Side	Sets x Reps:	2 x 3 Per Side
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Tempo:	2:1:2:1	Tempo:	5 seconds / 5 seconds	Tempo:	5 Second Per Direction
Exercise 1C:	Toe Pointed Inversion/Eversion	Exercise 2B:	1/2 Kneeling Int. Rot. RAIL	Exercise 3C:	Crab Walk + Bridge
Sets x Reps:	2 x 5 per side	Sets x Reps:	2 x 5 Per Side	Sets x Reps:	2 x 6
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Tempo:	2:1:2:1	Tempo:	5 seconds / 5 seconds	Tempo:	Walk 4 steps. Bridge. Repeat
Exercise 1D:	BW Hip Thrust	Exercise 2C:	1/2 Kneeling Hip Flexor RAIL	Exercise 3D:	Glute Bridge - Single Leg
Sets x Reps:	2 x 6	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:	2:2:2:1	Tempo:	5 sec work / 5 sec rest	Tempo:	2:2:2:1
Exercise 1E:	Tibialis Raises	Exercise 2D:	1/2 Kneeling Hamstring RAIL	Exercise 3E:	Kneeling Wrist Flexion/Extension
Sets x Reps:	2 x 10	Sets x Reps:	2 x 5 Per Side	Sets x Reps:	2 x 1 Ea Way
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Tempo:	2:3:2:0	Tempo:	5 sec work / 5 sec rest	Tempo:	30 second hold per side
Exercise 1F:	Pogo Sticks	Exercise 2F:	Bent Over Is, Ts, Ys	Exercise 3F:	Wall Slides
Sets x Reps:	2 x 10	Sets x Reps:	2 x 4 of Each	Sets x Reps:	2 x 8
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Tempo:	1:2:1:2	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	5 sec : 5 sec	Modality	Running- 10m Shuttle
Exercise 1:	Cross-Over (1 Line)	Exercise 1:	Front Plank		
Exercise 2:	Cross-Behind (1 Line)	Exercise 2:	Side Plank Kneeling w/ Leg Lift		
Exercise 3:	Lateral 1,2,3 (1 Line)	Exercise 3:	Pelvic Tilt		
Exercise 4:	Ali Shuffle (1 Line)	Exercise 4:	SL Reverse Hyper		
Exercise 5:	Quarter Eagles (1 Line)	Exercise 5:			
Exercise 6:	Fw,Fw,Back,Back (1 Line)	Exercise 6:			

