

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>
GPP Blocks	SAQ, Core, Cardio Shuttles	GPP Blocks	SAQ, Core, Cardio Shuttles	GPP Blocks	



# SPEEDU.CA

## General Physical Preparedness Phase

### U13-U15: No Equipment Needed

WORKOUT 1					
<b>BLOCK 1</b>		<b>BLOCK 2</b>		<b>BLOCK 3</b>	
<b>Exercise 1A:</b>	<b>Glute Bridge</b>	<b>Exercise 2A:</b>	<b>Toe Squats</b>	<b>Exercise 3A:</b>	<b>Bent Over Is, Ts, Ys</b>
<b>Sets x Reps:</b>	<b>3 x 8</b>	<b>Sets x Reps:</b>	<b>3 x 8</b>	<b>Sets x Reps:</b>	<b>3 x 6 Per</b>
<b>Weight:</b>	<b>Body Weight</b>	<b>Weight:</b>	<b>Body Weight</b>	<b>Weight:</b>	<b>Body Weight</b>
<b>Tempo:</b>	<b>2:3:2:0</b>	<b>Tempo:</b>	<b>4:2:2:0</b>	<b>Tempo:</b>	<b>2:1:2:1</b>
<b>Exercise 1B:</b>	<b>Pushups- Floor</b>	<b>Exercise 2B:</b>	<b>Bent Over Object Row</b>	<b>Exercise 3B:</b>	<b>Lateral Lunges</b>
<b>Sets x Reps:</b>	<b>3 x 10</b>	<b>Sets x Reps:</b>	<b>3 x 10</b>	<b>Sets x Reps:</b>	<b>3 x 6 per leg</b>
<b>Weight:</b>	<b>Body Weight</b>	<b>Weight:</b>	<b>10 RM</b>	<b>Weight:</b>	<b>Body Weight</b>
<b>Tempo:</b>	<b>2:2:2:1</b>	<b>Tempo:</b>	<b>2:2:2:1</b>	<b>Tempo:</b>	<b>2:2:2:2</b>
<b>Exercise 1C:</b>	<b>Handcuffs - Floor</b>	<b>Exercise 2B:</b>	<b>Half Baby Fall</b>	<b>Exercise 3C:</b>	<b>Lunge Twist</b>
<b>Sets x Reps:</b>	<b>3 x 6</b>	<b>Sets x Reps:</b>	<b>2 x 5 Per Side</b>	<b>Sets x Reps:</b>	<b>3 x 6 Per Leg</b>
<b>Weight:</b>	<b>Body Weight</b>	<b>Weight:</b>	<b>Body Weight</b>	<b>Weight:</b>	<b>Body Weight</b>
<b>Tempo:</b>	<b>1:5:1:5</b>	<b>Tempo:</b>	<b>3:1:2:1</b>	<b>Tempo:</b>	<b>2:2:2:2</b>
<b>Exercise 1D:</b>	<b>Standing Hip CAR</b>	<b>Exercise 2C:</b>	<b>Wall Slides</b>	<b>Exercise 3D:</b>	<b>Single Leg RDL</b>
<b>Sets x Reps:</b>	<b>3 x 3 Per Leg</b>	<b>Sets x Reps:</b>	<b>3 x 8</b>	<b>Sets x Reps:</b>	<b>3 x 5 Per Leg</b>
<b>Weight:</b>	<b>Body Weight</b>	<b>Weight:</b>	<b>Body Weight</b>	<b>Weight:</b>	<b>Body Weight</b>
<b>Tempo:</b>	<b>10 second rep</b>	<b>Tempo:</b>	<b>3:1:3:1</b>	<b>Tempo:</b>	<b>2:1:2:1</b>

WORKOUT 2					
<b>SAQ</b>		<b>CORE</b>		<b>CARDIO</b>	
<b>Sets / Exercise</b>	<b>2</b>	<b>Rounds</b>	<b>3</b>	<b>Sets</b>	<b>10</b>
<b>Work : Rest</b>	<b>5 sec / 25 sec</b>	<b>Sets / Exercise</b>	<b>6</b>	<b>Work : Rest</b>	<b>50 Sec : 70 Sec</b>
<b>Intensity</b>	<b>100%</b>	<b>Work : Rest</b>	<b>5 sec : 5 sec</b>	<b>Modality</b>	<b>Running- 10m Shuttle</b>
<b>Exercise 1:</b>	<b>Cross-Behind (BTW 2 Lines)</b>	<b>Exercise 1:</b>	<b>Copenhagen Side Plank</b>		
<b>Exercise 2:</b>	<b>Cross-Behind (Over 2 Lines)</b>	<b>Exercise 2:</b>	<b>Low Plank Spiderman</b>		
<b>Exercise 3:</b>	<b>Lateral 1,2,3 (Over 2 Lines)</b>	<b>Exercise 3:</b>	<b>Paloff Press Squat</b>		
<b>Exercise 4:</b>	<b>HopScotch (2 Lines)</b>	<b>Exercise 4:</b>	<b>Dead Bug Contralateral Bent Knee</b>		
<b>Exercise 5:</b>	<b>In, In, Out, Out (2 Lines)</b>				
<b>Exercise 6:</b>	<b>Icky Stationary (2 Lines)</b>				

