

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Workout 1 Prehab / Rehab	Workout 2 SAQ, Core, Cardio Shuttles	Workout 1 Prehab / Rehab	Workout 2 SAQ, Core, Cardio Shuttles	Workout 1 Prehab / Rehab	Rest / Recovery



SPEEDU.CA

Prehabilitation / Rehabilitation Phase

U15-U17: No Equipment Needed

WORKOUT 1

BLOCK 1		BLOCK 2		BLOCK 3	
Exercise 1A:	Toe Spread + Foot Grip + Toe Yoga	Exercise 2A:	4 Way Lunge w/ RAIL	Exercise 3A:	Pushup Plus to Pike Plus
Sets x Reps:	2 x 5 of each	Sets x Reps:	2 x 3 Per Side per lunge	Sets x Reps:	2 x 5
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Tempo:	2:1:2:1	Tempo:	3 second RAIL	Tempo:	1:1:3:3
Exercise 1B:	Ankle CAR	Exercise 2B:	Single Leg RDL	Exercise 3B:	SA Crab Bridge
Sets x Reps:	2 x 3 per direction	Sets x Reps:	2 x 5 Per Leg	Sets x Reps:	2 x 5 Per Side
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Tempo:	10 second rep	Tempo:	2:1:2:1	Tempo:	2:1:2:1
Exercise 1C:	Hip Thrust	Exercise 2C:	Standing Hip Flexor RAIL	Exercise 3C:	Deep Squat Hold w/ OH Reach
Sets x Reps:	2 x 5	Sets x Reps:	2 x 4 Per Side	Sets x Reps:	2 x 5 Per Side
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Tempo:	2:5:2:1	Tempo:	5 second hold	Tempo:	2:2:2:2
Exercise 1D:	Assisted Tib Raise to Pogo Stick	Exercise 2D:	Standing Hamstring Curl RAIL	Exercise 3D:	Kneeling Wrist Flexion/Extension
Sets x Reps:	2 x 6 of each	Sets x Reps:	2 x 4 Per Side	Sets x Reps:	2 x 1 Per Side
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Tempo:	3 second hold on each	Tempo:	5 second hold	Tempo:	30 second hold per side
Exercise 1E:	Standing Shoulder CAR	Exercise 2E:	Standing Hip Ext. Rot. RAIL	Exercise 3E:	Standing Hip CAR
Sets x Reps:	2 x 3 per arm	Sets x Reps:	2 x 4 Per Leg	Sets x Reps:	2 x 3 Ea Way
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Tempo:	5 Seconds Per Direction	Tempo:	5 second hold	Tempo:	5 Seconds Per Direction
Exercise 1F:	Shoulder I/Y PAIL/RAIL	Exercise 2F:	Standing Hip Int. Rot. RAIL	Exercise 3F:	Pushup/Ren Row/Walk/Sit Thru
Sets x Reps:	2 x 4 Per Direction	Sets x Reps:	2 x 4 Per Leg	Sets x Reps:	2 x 5 of each
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Tempo:	5 Sec Up / 5 Sec Down	Tempo:	5 second hold	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:	Low Plank Spiderman		
Exercise 2:	In, In, Out, Out (2 Lines)	Exercise 2:	Side Plank		
Exercise 3:	Icky Stationary (2 Lines)	Exercise 3:	Dead Bug 2 Arms 1 Leg Straight		
Exercise 4:	Ali x3, Quarters x3 Combo	Exercise 4:	Half Superman		
Exercise 5:	Cross-Over (1 Line)	Exercise 5:			
Exercise 6:	2F Lat. Slalom Hops (1,2,Over)	Exercise 6:			