

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

### >U18-2: No Equipment Needed

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

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

