

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



SPEEDU.CA

Strength Phase

U18 and Older 1: No Equipment Needed

STRENGTH BLOCKS					
BLOCK 1		BLOCK 2		BLOCK 3	
Exercise 1A:	Single Leg RDL	Exercise 2A:	Lunge Jumps Continuous	Exercise 3A:	Explosive Lateral Lunge
Sets x Reps:	3 x 6 Per Leg	Sets x Reps:	3 x 5 Per Side	Sets x Reps:	3 x 6 Per Side
Weight:	Dowel	Weight:	Body Weight	Weight:	Body Weight
Tempo:	3:1:3:1	Tempo:		Tempo:	2 Second Load
Exercise 1B:	Sissy Squats	Exercise 2B:	Bulgarian Split Squat	Exercise 3B:	Lunge Twists
Sets x Reps:	3 x 8	Sets x Reps:	3 x 6 Per Leg	Sets x Reps:	3 x 8 Per Side
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Tempo:	5:1:5:1	Tempo:	2:2:2:1	Tempo:	3:1:3:1
Exercise 1C:	Power Pushups	Exercise 2C:	Bent Over Object Row	Exercise 3C:	Bear Crawl Fw/Bw
Sets x Reps:	3 x 6	Sets x Reps:	3 x 8	Sets x Reps:	3 x 12 Fw / 12 Bw
Weight:	Body Weight	Weight:	8 RM	Weight:	Body Weight
Tempo:	2:1:2:1	Tempo:	2:1:2:1	Tempo:	1:2:1:2
Exercise 1D:	Slow Pushups	Exercise 2D:	Bent Over Is,Ts,Ys	Exercise 3D:	Wall Slides
Sets x Reps:	3 x 10	Sets x Reps:	3 x 6 of Each	Sets x Reps:	3 x 8
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Tempo:	5:1:5:1	Tempo:	1:2:1:1	Tempo:	1:2:1:1

WORKOUT 2					
SAQ		CORE		CARDIO	
Sets / Exercise	2	Rounds	3	Sets	10
Work : Rest	8 sec / 32 sec	Sets / Exercise	6	Work : Rest	40 Sec : 80 Sec
Intensity	100%	Work : Rest	5 sec : 5 sec	Modality	Running- 10m Shuttle
Exercise 1:	Cross-Behind (BTW 2 Lines)	Exercise 1:	Over Unders on Bench		
Exercise 2:	Cross-Behind (Over 2 Lines)	Exercise 2:	High Plank Mountain Climber		
Exercise 3:	Lateral 1,2,3 (Over 2 Lines)	Exercise 3:	Copenhagen Side Plank		
Exercise 4:	HopScotch (2 Lines)	Exercise 4:	Dead Bug Contralateral Straight Knee		
Exercise 5:	In, In, Out, Out (2 Lines)				
Exercise 6:	Icky Stationary (2 Lines)				

