



SPEEDU.CA



OFF- SEASON 2023 PERIODIZATION

No Equipment Needed Programs

WEEK STARTING

April				May				June				July				August							
3	10	17	24	1	8	15	22	29	5	12	19	26	3	10	17	24	31	7	14	21	28		
				Prehab / Rehab				GPP				Max Strength				Max Power				Met Con			
								*B				*C				*D				*E *E *E			


- *A Unload Final Week- Do Only 2 Sets and Increase Rest
- *B Unload Final Week- Do 1 Less Set and Increase Rest
- *C Unload Final Week- Do Only 2 Sets and Increase Rest
- *D Unload Final Week- Cut Reps in Half and Increase Rest
- *E Unload If Team Training Camp is this Week
- *F Unload Final Week- Do Only 2 Sets and Increase Rest

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
Prehab / Rehab	Prehab/Rehab	SAQ, Core, Cardio	Prehab/Rehab	SAQ, Core, Cardio	Prehab/Rehab	
Phase	Blocks 1,2,3		Blocks 1,2,3		Blocks 1,2,3	
WEEK 1/3	Shooting	Stickhandling		Shooting	Stickhandling	
7	8	9	10	11	12	13
Prehab / Rehab	Prehab/Rehab	SAQ, Core, Cardio	Prehab/Rehab	SAQ, Core, Cardio	Prehab/Rehab	
Phase	Blocks 1,2,3		Blocks 1,2,3		Blocks 1,2,3	
WEEK 2/3	Shooting	Stickhandling		Shooting	Stickhandling	
14	15	16	17	18	19	20
Prehab / Rehab	Prehab/Rehab	SAQ, Core, Cardio	Prehab/Rehab	SAQ, Core, Cardio	Prehab/Rehab	
Phase	Blocks 1,2,3		Blocks 1,2,3		Blocks 1,2,3	
WEEK 3/3	Shooting	Stickhandling		Shooting	Stickhandling	
21	22	23	24	25	26	27
GPP	GPP Blocks 1,2,3	SAQ, Core, Cardio	GPP Blocks 1,2,3	SAQ, Core, Cardio	GPP Blocks 1,2,3	
Phase						
WEEK 1/3	Shooting	Stickhandling		Shooting	Stickhandling	
28	29	30	31	May 2023		
GPP	GPP Blocks 1,2,3	SAQ, Core, Cardio	GPP Blocks 1,2,3			
Phase						
WEEK 2/3	Shooting	Stickhandling				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 June 2023					1 SAQ, Core, Cardio Shooting	2 GPP Blocks 1,2,3 Stickhandling
4 GPP Phase WEEK 3/3	5 GPP Blocks 1,2,3 Shooting	6 SAQ, Core, Cardio Stickhandling	7 GPP Blocks 1,2,3	8 SAQ, Core, Cardio Shooting	9 GPP Blocks 1,2,3 Stickhandling	10
11 Max Strength Phase WEEK 1/4	12 Strength Blocks 1,2,3 Shooting	13 Core, Cardio Stickhandling	14 Strength Blocks 1,2,3	15 Core, Cardio Shooting	16 Strength Blocks 1,2,3 Stickhandling	17
18 Max Strength Phase WEEK 2/4	19 Strength Blocks 1,2,3 Shooting	20 Core, Cardio Stickhandling	21 Strength Blocks 1,2,3	22 Core, Cardio Shooting	23 Strength Blocks 1,2,3 Stickhandling	24
25 Max Strength Phase WEEK 3/4	26 Strength Blocks 1,2,3 Shooting	27 Core, Cardio Stickhandling	28 Strength Blocks 1,2,3	29 Core, Cardio Shooting	30 Strength Blocks 1,2,3 Stickhandling	

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 July 2023						1
2 Max Strength Phase WEEK 4/4	3 Strength Blocks 1,2,3 Shooting	4 Core, Cardio Stickhandling	5 Strength Blocks 1,2,3	6 Core, Cardio Shooting	7 Strength Blocks 1,2,3 Stickhandling	8
9 Max Power Phase WEEK 1/4	10 SAQ Power Blocks 1,2 Cardio- Sprints Shooting	11 Strength Blocks 1,2 RBL Stickhandling	12 Core Cardio- Sprints	13 SAQ Power Blocks 1,2 Shooting	14 Strength Blocks 1,2 Cardio- Shuttles RBL Stickhandling	15
16 Max Power Phase WEEK 2/4	17 SAQ Power Blocks 1,2 Cardio- Sprints Shooting	18 Strength Blocks 1,2 RBL Stickhandling	19 Core Cardio- Sprints	20 SAQ Power Blocks 1,2 Shooting	21 Strength Blocks 1,2 Cardio- Shuttles RBL Stickhandling	22
23 Max Power Phase WEEK 3/4	24 SAQ Power Blocks 1,2 Cardio- Sprints Shooting	25 Strength Blocks 1,2 RBL Stickhandling	27 Core Cardio- Sprints	28 SAQ Power Blocks 1,2 Shooting	29 Strength Blocks 1,2 Cardio- Shuttles RBL Stickhandling	30
30	31 SAQ Power Blocks 1,2 Cardio- Sprints Shooting					

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
Max Power				SAQ		
Phase		Strength Blocks 1,2	Core	Power Blocks 1,2	Strength Blocks 1,2	
WEEK 4/4		RBL Stickhandling	Cardio- Sprints	speedu.ca/drill/workout-oi	Cardio- Shuttles	
					RBL Stickhandling	
6	7	8	9	10	11	12
Met Con	Power Block 1	SAQ		SAQ		
Phase	Strength Block 1	Tabatas 1	Core	Power Block 2	Tabatas 2	
WEEK 1/4	Cardio- Sprints		Cardio- Sprints	Strength Block 2	Cardio- Sprints	
	Shooting	RBL Stickhandling		Shooting	RBL Stickhandling	
13	14	15	16	17	18	19
Met Con	Power Block 1	SAQ		SAQ		
Phase	Strength Block 1	Tabatas 1	Core	Power Block 2	Tabatas 2	
WEEK 2/4	Cardio- Sprints		Cardio- Sprints	Strength Block 2	Cardio- Sprints	
	Shooting	RBL Stickhandling		Shooting	RBL Stickhandling	
20	21	22	23	24	25	26
Met Con	Power Block 1	SAQ		SAQ		Aug '23 
Phase	Strength Block 1	Tabatas 1	Core	Power Block 2	Tabatas 2	
WEEK 3/4	Cardio- Sprints		Cardio- Sprints	Strength Block 2	Cardio- Sprints	
	Shooting	RBL Stickhandling		Shooting	RBL Stickhandling	
27	28	29	30	31	Sept 1, 23	
Met Con	Power Block 1	SAQ		SAQ		
Phase	Strength Block 1	Tabatas 1	Core	Power Block 2	Tabatas 2	
WEEK 4/4	Cardio- Sprints		Cardio- Sprints	Strength Block 2	Cardio- Sprints	
	Shooting	RBL Stickhandling		Shooting	RBL Stickhandling	

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