

SPEEDU.CA

IN-SEASON 2024-2025 PERIODIZATION

No Equipment Needed Programs

WEEK STARTING																					
November				December				January				February				March					
4	11	18	25	2	9	16	23	30	6	13	20	27	2	9	16	23	2	9	16	23	30
Max Strength 1				Max Strength 2				Max Power 1				Max Power 2				Met Con					
				*B				*C				*D				*F					
*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
February 2025						1
2	3	4	5	6	7	8
Max Power 2	SAQ			SAQ		
Phase	Power Blocks 1.2	Strength Blocks 1.2	Core	Power Blocks 1.2	Strength Blocks 1.2	
WEEK 1/5	Cardio- Sprints		Cardio- Sprints		Cardio- Shuttles	
	Shooting	Stickhandling		Shooting	Stickhandling	
9	10	11	12	13	14	15
Max Power 2	SAQ			SAQ		
Phase	Power Blocks 1.2	Strength Blocks 1.2	Core	Power Blocks 1.2	Strength Blocks 1.2	
WEEK 2/5	Cardio- Sprints		Cardio- Sprints		Cardio- Shuttles	
	Shooting	Stickhandling		Shooting	Stickhandling	
16	17	18	19	20	21	22
Max Power 2	SAQ			SAQ		
Phase	Power Blocks 1.2	Strength Blocks 1.2	Core	Power Blocks 1.2	Strength Blocks 1.2	
WEEK 3/5	Cardio- Sprints		Cardio- Sprints		Cardio- Shuttles	
	Shooting	Stickhandling		Shooting	Stickhandling	
23	24	25	26	27	28	
Max Power 2	SAQ			SAQ		
Phase	Power Blocks 1.2	Strength Blocks 1.2	Core	Power Blocks 1.2	Strength Blocks 1.2	
WEEK 4/5	Cardio- Sprints		Cardio- Sprints		Cardio- Shuttles	
	Shooting	Stickhandling		Shooting	Stickhandling	