SPEEDU.CA

						IN-	SEA5	ON	2024	F-2U25	PERI	ODIZ								
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									WE	EK STARTII	IG									
	Nove	mber			D	ecembe	er			January			Febru	ıary				Marci	h	
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	Max	Streng	jth 1			Max Str	ength 2		N	Max Power 1			Ma	k Powe	r 2			Me	t Con	
				*B				*C			*D					*F				*
	nload	Final W	/eek- Do	Only 2	Sets and	Increas	se Rest													
			/eek- Do																	
			/eek- Do	•																
			/eek- Cu				ase Rest													
			Training																	
Ur	nload	Final W	/eek- Do	Only 2	Sets and	Increas	se Rest													1
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SUI	INDAY	(N	IONDA	Y			uaı		NESDAY	TH	IURSDAY	1	I	FRIDAY		S	SATURI		
SUI	2	(N	ionda'	Y			uaı			ТН	IURSDA)	′		FRIDAY		S	SATURI		
			N		Y		ebru	uai		2025	TH		(I			S	SATURE	1	
Max I	2			3		F	ebru		ry 2	2025		6					S	SATURE	1	
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Max I	2 Power	r 2	Powe Car	3 SAQ er Block	s 1,2 ints	F (ebru	: 1,2	ry 2	2025 5	Powe	6 SAQ		Streng Caro	7	ks 1,2 ttles	S	SATURE	1	
Max I	2 Power	r 2	Powe Car	3 SAQ er Block	s 1,2 ints	F (ebru 4	: 1,2	ry 2	2025 5	Powe	6 SAQ er Blocks		Streng Caro	7 gth Bloc dio- Shu	ks 1,2 ttles	S	SATURI	1	
Max I Pi WEI	2 Power hase EK 1/5	r 2 5	Powe Car	3 SAQ er Block dio- Spr Shooting	s 1,2 ints	F (ebru 4 gth Blocks	: 1,2	ry 2	\$ Core o- Sprints	Powe	6 SAQ er Blocks		Streng Caro	7 gth Bloc dio- Shu ckhandli	ks 1,2 ttles	S	SATURI	8	
Max I Pi WEI	2 Power hase EK 1/5	r 2 5	Poww Car	3 SAQ er Block dio- Spr Shooting	s 1,2 ints	Streng	ebru 4 gth Blocks	1,2	ry 2	\$ Core o- Sprints	Powe	6 SAQ er Blocks Shooting 13	1,2	Streng Carc Sti	7 gth Bloc dio- Shu ckhandli	ks 1,2 ttles ng	5	SATURE	8	
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Max I Pl WEI Max I Pl WEI	2 Power hase EK 1/5 9 Power hase	r 2 5 r 2	Poww Car S	3 SAQ er Block dio- Spr Shooting 10 SAQ er Block dio- Spr	s 1,2 ints 1 s 1,2 ints	Streng Streng	ebru 4 gth Blocks ckhandling 11 gth Blocks	i 1,2	ry 2	2025 5 Core o- Sprints 12 Core	Powe S	6 SAQ er Blocks Shooting 13 SAQ er Blocks	1,2	Streng Card Still	7 gth Bloc dio- Shu ckhandli 14 gth Bloc dio- Shu	ks 1,2 ttles ng ks 1,2 ttles	S	SATURE	8	
Max I PI WEI Max I PI	2 Power hase EK 1/5 9 Power hase EK 2/5	r 2 5 r 2 5	Poww Car S	3 SAQ er Block dio- Spr Shooting 10 SAQ er Block dio- Spr Shooting	s 1,2 ints 1 s 1,2 ints	Streng Streng	ebru 4 gth Blocks ckhandling 11 gth Blocks	i 1,2	ry 2	2025 Core O-Sprints 12 Core O-Sprints	Powe S	6 SAQ er Blocks Shooting 13 SAQ er Blocks	1,2	Streng Card Still	7 gth Blocdio- Shuckhandli 14 gth Blocdio- Shuckhandli	ks 1,2 ttles ng ks 1,2 ttles	S	SATURE	8	
Max I WEI Max I PI WEI	2 Power hase EK 1/5 9 Power hase EK 2/5	r 2 5 r 2 5	Power S	3 SAQ er Block dio- Spr Shooting 10 SAQ er Block dio- Spr Shooting	s 1,2 ints 1 s 1,2 ints	Streng Stin	ebru 4 gth Blocks ckhandling 11 gth Blocks	1.2 1 1.2 1.2	cardi	2025 Core O-Sprints 12 Core O-Sprints	Powe §	6 SAQ er Blocks Shooting 13 SAQ er Blocks Shooting 20	1,2	Streng Stie Streng Carc Stie	7 gth Blocdio- Shuckhandli 14 gth Blocdio- Shuckhandli	ks 1,2 ttles ng ks 1,2 ttles	S	SATURE	8	
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Core

Cardio- Sprints

Shooting

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<u>SAQ</u>

Power Blocks 1,2

Shooting

Stickhandling

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Strength Blocks 1,2

Cardio- Shuttles

Stickhandling

Shooting

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SAQ

Power Blocks 1,2

Cardio- Sprints

Shooting

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Max Power 2

Phase

WEEK 4/5

Stickhandling

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Strength Blocks 1,2

Stickhandling