

SPEEDU.CA

OFF- SEASON 2024 PERIODIZATION

No Equipment Needed Programs

WEEK STARTING

April				May				June				July				August						
1	8	14	22	29	6	13	20	27	3	10	17	24	1	8	15	22	29	5	12	19	26	
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
	May 2024		1 GPP Blocks 1,2,3	2 SAQ, Core, Cardio Shooting	3 GPP Blocks 1,2,3 Stickhandling	4
5 GPP Phase WEEK 2/4	6 GPP Blocks 1,2,3 Shooting	7 SAQ, Core, Cardio Stickhandling	8 GPP Blocks 1,2,3	9 SAQ, Core, Cardio Shooting	10 GPP Blocks 1,2,3 Stickhandling	11
12 GPP Phase WEEK 3/4	13 GPP Blocks 1,2,3 Shooting	14 SAQ, Core, Cardio Stickhandling	15 GPP Blocks 1,2,3	16 SAQ, Core, Cardio Shooting	17 GPP Blocks 1,2,3 Stickhandling	18
19 GPP Phase WEEK 4/4	20 GPP Blocks 1,2,3 Shooting	21 SAQ, Core, Cardio Stickhandling	22 GPP Blocks 1,2,3	23 SAQ, Core, Cardio Shooting	24 GPP Blocks 1,2,3 Stickhandling	25
26 Max Strength Phase WEEK 1/5	27 Strength Blocks 1,2,3 Shooting	28 Core, Cardio Stickhandling	29 Strength Blocks 1,2,3	30 Core, Cardio Shooting	31 Strength Blocks 1,2,3 Stickhandling	