

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
	1	2	3	4	5	6
Max Power	Strength	Core. Cardio	Strength	Core. Cardio	Strength	
Phase	Blocks 1,2,3		Blocks 1,2,3		Blocks 1,2,3	
WEEK 1/5	Shooting	Stickhandling		Shooting	Stickhandling	
7	8	9	10	11	12	13
Max Power	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	RBL Stickhandling		Shooting	RBL Stickhandling	
14	15	16	17	18	19	20
Max Power	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	RBL Stickhandling		Shooting	RBL Stickhandling	
21	22	23	24	25	26	27
Max Power	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	RBL Stickhandling		Shooting	RBL Stickhandling	
28	29	30	31	July 2024		
Max Power	SAQ					
Phase	Power Blocks 1.2	Strength Blocks 1.2	Core			
WEEK 5/5	Cardio- Sprints		Cardio- Sprints			
	Shooting	RBL Stickhandling				