

# SPEEDU.CA

## IN-SEASON 2024-2025 PERIODIZATION

### No Equipment Needed Programs

WEEK STARTING																					
September					October				November				December				January				
2	9	16	23	30	7	14	21	28	4	11	18	25	2	9	16	23	30	6	13	20	27
Prehab / Rehab					GPP				Max Strength 1				Max Strength 2				Max Power				
								*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	
<b>November 2023</b>						1	2
						<a href="#">GPP Blocks 1,2,3</a>	
					<a href="#">Stickhandling</a>		
3	4	5	6	7	8	9	
<b>Max Strength 1</b> Phase WEEK 1/5	<a href="#">Strength</a> Blocks 1,2,3 <a href="#">Shooting</a>	<a href="#">Core, Cardio</a>  <a href="#">Stickhandling</a>	<a href="#">Strength</a> Blocks 1,2,3	<a href="#">Core, Cardio</a>  <a href="#">Shooting</a>	<a href="#">Strength</a> Blocks 1,2,3 <a href="#">Stickhandling</a>		
10	11	12	13	14	15	16	
<b>Max Strength 1</b> Phase WEEK 2/5	<a href="#">Strength</a> Blocks 1,2,3 <a href="#">Shooting</a>	<a href="#">Core, Cardio</a>  <a href="#">Stickhandling</a>	<a href="#">Strength</a> Blocks 1,2,3	<a href="#">Core, Cardio</a>  <a href="#">Shooting</a>	<a href="#">Strength</a> Blocks 1,2,3 <a href="#">Stickhandling</a>		
17	18	19	20	21	22	23	
<b>Max Strength 1</b> Phase WEEK 3/5	<a href="#">Strength</a> Blocks 1,2,3 <a href="#">Shooting</a>	<a href="#">Core, Cardio</a>  <a href="#">Stickhandling</a>	<a href="#">Strength</a> Blocks 1,2,3	<a href="#">Core, Cardio</a>  <a href="#">Shooting</a>	<a href="#">Strength</a> Blocks 1,2,3 <a href="#">Stickhandling</a>		
24	25	26	27	28	29	30	
<b>Max Strength 1</b> Phase WEEK 4/5	<a href="#">Strength</a> Blocks 1,2,3 <a href="#">Shooting</a>	<a href="#">Core, Cardio</a>  <a href="#">Stickhandling</a>	<a href="#">Strength</a> Blocks 1,2,3	<a href="#">Core, Cardio</a>  <a href="#">Shooting</a>	<a href="#">Strength</a> Blocks 1,2,3 <a href="#">Stickhandling</a>		