<u>SPEEDU.CA</u>																		
					IN-S	SEASON	N 2024-	2025 P	ERIC	DDIZ	ATIC	ON						
						No Equi	pment	Neede	d Pr	ograi	ns							
								K STARTING	3									
	1 1	eptembe		<u> </u>	Octo			ovember				ecembe				1	uary	
2	9	16 ( Dobob	23 30	7		21 28		11 18	25	2	9	16	23	30	6	13		27
	Prehab	/ Renab			GPP	*B		Max Strengt	in 1	*C	IV.	lax Str	ength 2	*D		Max P	ower	*F
*A *B *C *D *E *F	Unload Unload Unload Unload	Final We Final We Final We If Team	eek- Do Only 2 eek- Do 1 Less eek- Do Only 2 eek- Cut Reps Training Camp eek- Do Only 2	Set and Sets and in Half ar is this W	Increase Increase Ind Increase Veek	Rest e Rest se Rest												
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<u> </u>	SUNDAY 1		MONDAY 2		TUESDAY 3		WEDNESDAY 4		THURSDAY 5			FRIDAY 6		, 	SATURDAY 7			
Max	Max Strength 1		Strength		S Core, Cardio		4 Strength		Core, Cardio			Strength				1		
inc.	Phase		Blocks 1,2,3				Blocks 1,2,3					Blocks 1,2,3						
١	WEEK 5/5		Shooting		Stickhandling				Shooting			Stickhandling						
	8		9 Strength		10 Core, Cardio		-	1	12 Core, Cardio			13 Strongth			14			
Max Strength 2 Phase		th 2	Blocks 1,2,3		<u>Core, Cardio</u>			<u>ngth</u> s 1,2,3	Core, Cardio		2	Blocks 1,2,3						
١	WEEK 1/4		Shooting		RBL Stickhandling				Shooting			RBL Stickhandling						
<b> </b>	15		16		17		1	8	19		-+	20			21			
Max	Max Strength 2		Strength		Core, Cardio		Stre	Strength		Core, Cardio		Strength						
	Phase		Blocks 1				Block	s 1,2,3				Blocks 1,2,3						
١	WEEK 2/4		<u>Shooting</u>		RBL Stickhandling				<u>Shooting</u>			<u>RBL</u>	Stickha	ndling				
	22		23		24		25		26			27			28			
Ma	Max Strength 2		<u>Strength</u>		Core, Cardio			<u>Strength</u>		Core, Cardio		<u>Strength</u>						
	Phase		Blocks 1,2,3 Shooting		RBL Stickhandling		Blocks 1,2,3		Chaoting			Blocks 1,2,3 RBL Stickhandling						
	WEEK 3/	4	Shootir	Ig	RBL S	tickhandling			<u>S</u>	hooting		<u>KR</u>	Stickha	naling				
	29 x Strengt Phase WEEK 4/4		30 <u>Streng</u> Blocks 1 <u>Shootir</u>	,2,3		31 re, Cardio Stickhandling	S.P.	<b>E.</b>	De	ce	m	be	ər	20	24	1		