


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				*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
1	2	3	4	5	6	7
Max Strength 1 Phase WEEK 5/5	Strength Blocks 1,2,3 Shooting	Core, Cardio Stickhandling	Strength Blocks 1,2,3	Core, Cardio Shooting	Strength Blocks 1,2,3 Stickhandling	
8	9	10	11	12	13	14
Max Strength 2 Phase WEEK 1/4	Strength Blocks 1,2,3 Shooting	Core, Cardio RBL Stickhandling	Strength Blocks 1,2,3	Core, Cardio Shooting	Strength Blocks 1,2,3 RBL Stickhandling	
15	16	17	18	19	20	21
Max Strength 2 Phase WEEK 2/4	Strength Blocks 1,2,3 Shooting	Core, Cardio RBL Stickhandling	Strength Blocks 1,2,3	Core, Cardio Shooting	Strength Blocks 1,2,3 RBL Stickhandling	
22	23	24	25	26	27	28
Max Strength 2 Phase WEEK 3/4	Strength Blocks 1,2,3 Shooting	Core, Cardio RBL Stickhandling	Strength Blocks 1,2,3	Core, Cardio Shooting	Strength Blocks 1,2,3 RBL Stickhandling	
29	30	31	 <h2 style="margin: 0;">December 2024</h2>			
Max Strength 2 Phase WEEK 4/4	Strength Blocks 1,2,3 Shooting	Core, Cardio RBL Stickhandling				