

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Tabatas	Mobility	Strength	Mobility	Tabatas	Rest / Recovery
SAQ	Core	Sprints	Core	Sprints	



SPEEDU.CA

Metabolic Conditioning Phase

U10 & Younger: Full Gym Access

	TABATA		STRENGTH		MOBILITY
BLOCK 1		BLOCK 1			
Exercise 1:	Lunge Switches	Exercise 1A:	Sissy Squats	Exercise 1A:	Lat to Toe Up Lunge w/ RAIL
Sets x Reps:	4 x Max	Sets x Reps:	3 x 8	Sets x Reps:	3x3 Per Lunge Per Leg
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Work : Rest	20 : 10	Tempo:	4:1:2:1	Tempo:	5 Second RAIL
	SUPERSET				
Exercise 2:	Half Burpee	Exercise 1B:	Goblet Squat	Exercise 1B:	SA Crab Bridge
Sets x Reps:	4 x Max	Sets x Reps:	3 x 6	Sets x Reps:	3x6 Per Side
Weight:	Body Weight	Weight:	6 RM	Weight:	Body Weight
Work : Rest	20 : 10	Tempo:	3:2:3:0	Tempo:	2:2:2:2
BLOCK 2					
Exercise 3:	Pushups- Floor	Exercise 1C:	SLOW Pushups- Floor	Exercise 1C:	Standing Hip CAR
Sets x Reps:	4 x Max	Sets x Reps:	3 x Max	Sets x Reps:	3x5 Per Direction
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Work : Rest	20 : 10	Tempo:	3:0:2:0	Tempo:	10 Sec Rep
	SUPERSET	BLOCK 2			
Exercise 4:	2 Foot MB Slam	Exercise 2A:	Bulgarian Split Squat	SAQ	
Sets x Reps:	4 x Max	Sets x Reps:	3 x 6 Per Leg	Sets / Exercise	3
Weight:	4 RM	Weight:	6 RM	Work : Rest	10 sec / 10 sec
Work : Rest	20 : 10	Tempo:	3:3:3:0	Intensity	100%
BLOCK 3					1 Minute Rest BTW Exercises
Exercise 5:	Bear Stance Sit Throughs	Exercise 2B:	Lateral Lunges	Exercise 1:	Cross-Behind (BTW 2 Lines)
Sets x Reps:	4 x Max	Sets x Reps:	3 x 8 Per Side	Exercise 2:	Cross-Behind (Over 2 Lines)
Weight:	Body Weight	Weight:	Body Weight	Exercise 3:	Lateral 1,2,3 (Over 2 Lines)
Work : Rest	20 : 10	Tempo:	3:3:3:3	Exercise 4:	HopScotch (2 Lines)
	SUPERSET				
Exercise 6:	Lunge Twist	Exercise 2C:	Handcuffs - Floor	CORE	
Sets x Reps:	4 x Max	Sets x Reps:	3 x 8	Rounds	3
Weight:	Body Weight	Weight:	Body Weight	Sets / Exercise	8
Work : Rest	20 : 10	Tempo:	1:5:1:5	Work : Rest	5 sec : 5 sec
BLOCK 4		BLOCK 3			
Exercise 7:	Squat Jumps	Exercise 3A:	DB Renegade Row	Exercise 1:	Over Unders on Bench
Sets x Reps:	4 x Max	Sets x Reps:	3 x 10 Per Arm	Exercise 2:	High Plank Mountain Climber
Weight:	Body Weight	Weight:	10 RM	Exercise 3:	Side Plank
Work : Rest	20 : 10	Tempo:	2:2:2:2	Exercise 4:	Bird Dog
	SUPERSET				
Exercise 8:	Tuck Jumps- Repeated	Exercise 3B:	Single Leg RDL	CARDIO	
Sets x Reps:	4 x Max	Sets x Reps:	3 x 8 Per Leg	Sets	8
Weight:	Body Weight	Weight:	Body Weight	Work : Rest	8 : 52
Work : Rest	20 : 10	Tempo:	3:1:3:1	Modality	Sprints