

| Monday | Tuesday | Wednesday | Thursday | Friday | Weekend |
|------------------|----------------------------|------------------|----------------------------|------------------|------------------------|
| Workout 1 | Workout 2 | Workout 1 | Workout 2 | Workout 1 | Rest / Recovery |
| Power Blocks | SAQ, Core, Cardio Shuttles | Power Blocks | SAQ, Core, Cardio Shuttles | Power Blocks | |



SPEEDU.CA

Power Phase

U10 and Younger: Dumbbells and Bands ONLY

POWER BLOCKS

| BLOCK 1 | | BLOCK 2 | | BLOCK 3 | |
|---------------------|--------------------------------------|---------------------|---------------------------------|---------------------|--------------------------------------|
| Exercise 1A: | Kneeling Explosive Hip Thrust | Exercise 2A: | Tuck Jumps- Singles | Exercise 3A: | Single Leg Jump after Decel |
| Sets x Reps: | 3 x 8 | Sets x Reps: | 3 x 6 | Sets x Reps: | 3 x 6 Per Side |
| Weight: | Body Weight | Weight: | Body Weight | Weight: | Body Weight |
| Tempo: | 2:0:1:1 | Tempo: | 2 Second Stick | Tempo: | 2:0:2:2 |
| Exercise 1B: | Power Pushups | Exercise 2B: | Pogo Jumps | Exercise 3B: | Lunge Twists |
| Sets x Reps: | 3 x 6 | Sets x Reps: | 3 x 10 | Sets x Reps: | 3 x 6 Per Side |
| Weight: | Body Weight | Weight: | Body Weight | Weight: | Body Weight |
| Tempo: | 2:0:1:1 | Tempo: | 1:0:1:0 | Tempo: | 2:2:2:2 |
| Exercise 1C: | 2 Foot Decel Technique | Exercise 2C: | Jump Back and Row-Banded | Exercise 3C: | High Plank Mountain Climber |
| Sets x Reps: | 3 x 6 | Sets x Reps: | 3 x 8 | Sets x Reps: | 3 x 12 Per Side |
| Weight: | Body Weight | Weight: | 8 RM | Weight: | Body Weight |
| Tempo: | 2:1:2:1 | Tempo: | 0:1:0:1 | Tempo: | 1:0:1:0 |
| Exercise 1D: | Handcuffs - Floor | Exercise 2D: | Lunge Switches | Exercise 3D: | 2 Foot Squat Jump after Decel |
| Sets x Reps: | 3 x 10 | Sets x Reps: | 3 x 6 Per Side | Sets x Reps: | 3 x 8 |
| Weight: | Body Weight | Weight: | Body Weight | Weight: | Body Weight |
| Tempo: | 5:1:5:1 | Tempo: | 2:0:2:0 | Tempo: | 2:1:2:1 |

WORKOUT 2

| SAQ | | CORE | | CARDIO | |
|------------------------|-------------------------------------|------------------------|--|--------------------|-----------------------------|
| Sets / Exercise | 2 | Rounds | 3 | Sets | 10 |
| Work : Rest | 10 sec / 40 sec | Sets / Exercise | 6 | Work : Rest | 30 Sec : 90 Sec |
| Intensity | 100% | Work : Rest | 5 sec : 5 sec | Modality | Running- 10m Shuttle |
| Exercise 1: | Cross-Behind (BTW 2 Lines) | Exercise 1: | 1/2 Kneeling Axe Lift and Press | | |
| Exercise 2: | Cross-Behind (Over 2 Lines) | Exercise 2: | High Plank Mountain Climber | | |
| Exercise 3: | Lateral 1,2,3 (Over 2 Lines) | Exercise 3: | Side Plank w/ Dumbbell | | |
| Exercise 4: | HopScotch (2 Lines) | Exercise 4: | Bird Dog | | |
| Exercise 5: | In. In. Out. Out (2 Lines) | Exercise 5: | | | |
| Exercise 6: | Icky Stationary (2 Lines) | Exercise 6: | | | |

