

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



# SPEEDU.CA

## Metabolic Conditioning Phase

### U11-U13: Full Gym Access

	TABATA		STRENGTH		MOBILITY
<b>BLOCK 1</b>		<b>BLOCK 1</b>			
<b>Exercise 1:</b>	Lunge Switches	<b>Exercise 1A:</b>	Pendulum Lunges - Goblet	<b>Exercise 1A:</b>	Lat to Toe Up Lunge w/ RAIL
<b>Sets x Reps:</b>	4 x Max	<b>Sets x Reps:</b>	3 x 5 Per Lunge Per Leg	<b>Sets x Reps:</b>	3x3 Per Lunge Per Leg
<b>Weight:</b>	Body Weight	<b>Weight:</b>	5 RM DB	<b>Weight:</b>	Body Weight
<b>Work : Rest</b>	20 : 10	<b>Tempo:</b>	2 Second Pause Per Rep	<b>Tempo:</b>	5 Second RAIL
	<b>SUPERSET</b>				
<b>Exercise 2:</b>	Burpee	<b>Exercise 1B:</b>	Goblet Squat	<b>Exercise 1B:</b>	SA Crab Bridge
<b>Sets x Reps:</b>	4 x Max	<b>Sets x Reps:</b>	3 x 5	<b>Sets x Reps:</b>	3x6 Per Side
<b>Weight:</b>	Body Weight	<b>Weight:</b>	5 RM	<b>Weight:</b>	Body Weight
<b>Work : Rest</b>	20 : 10	<b>Tempo:</b>	5:5:1:0	<b>Tempo:</b>	2:2:2:2
<b>BLOCK 2</b>					
<b>Exercise 3:</b>	Pushups- Floor	<b>Exercise 1C:</b>	DB Renegade Row	<b>Exercise 1C:</b>	Standing Hip CAR
<b>Sets x Reps:</b>	4 x Max	<b>Sets x Reps:</b>	3 x 10 Per Arm	<b>Sets x Reps:</b>	3x5 Per Direction
<b>Weight:</b>	Body Weight	<b>Weight:</b>	10 RM	<b>Weight:</b>	Body Weight
<b>Work : Rest</b>	20 : 10	<b>Tempo:</b>	2:2:2:2	<b>Tempo:</b>	10 Sec Rep
	<b>SUPERSET</b>	<b>BLOCK 2</b>			
<b>Exercise 4:</b>	Bear Crawl Sideways Banded Knees	<b>Exercise 2A:</b>	Stationary Split Squat	<b>SAQ</b>	
<b>Sets x Reps:</b>	4 x Max	<b>Sets x Reps:</b>	3 x 6 Per Leg	<b>Sets / Exercise</b>	3
<b>Weight:</b>	Body Weight	<b>Weight:</b>	6 RM DB	<b>Work : Rest</b>	10 sec / 20 sec
<b>Work : Rest</b>	20 : 10	<b>Tempo:</b>	2:3:2:1	<b>Intensity</b>	100%
					1 Minute Rest BTW Exercises
<b>BLOCK 3</b>					
<b>Exercise 5:</b>	Bear Stance Sit Throughs	<b>Exercise 2B:</b>	Lateral Lunges	<b>Exercise 1:</b>	Cross-Behind (BTW 2 Lines)
<b>Sets x Reps:</b>	4 x Max	<b>Sets x Reps:</b>	3 x 8 Per Side	<b>Exercise 2:</b>	Cross-Behind (Over 2 Lines)
<b>Weight:</b>	Body Weight	<b>Weight:</b>	6 RM DB	<b>Exercise 3:</b>	Lateral 1,2,3 (Over 2 Lines)
<b>Work : Rest</b>	20 : 10	<b>Tempo:</b>	3:3:3:3	<b>Exercise 4:</b>	HopScotch (2 Lines)
	<b>SUPERSET</b>				
<b>Exercise 6:</b>	Cross-Over Lunges	<b>Exercise 2C:</b>	Standing Shoulder CAR	<b>CORE</b>	
<b>Sets x Reps:</b>	4 x Max	<b>Sets x Reps:</b>	3 x 5 Per Arm	<b>Rounds</b>	3
<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight	<b>Sets / Exercise</b>	8
<b>Work : Rest</b>	20 : 10	<b>Tempo:</b>	10 Second Rep	<b>Work : Rest</b>	5 sec : 5 sec
<b>BLOCK 4</b>		<b>BLOCK 3</b>			
<b>Exercise 7:</b>	Squat Jumps	<b>Exercise 3A:</b>	Chinups- Underhand	<b>Exercise 1:</b>	Front Plank UDD
<b>Sets x Reps:</b>	4 x Max	<b>Sets x Reps:</b>	3 x 8	<b>Exercise 2:</b>	High Plank Mountain Climber
<b>Weight:</b>	Body Weight	<b>Weight:</b>	8 RM	<b>Exercise 3:</b>	Side Plank + Abduction
<b>Work : Rest</b>	20 : 10	<b>Tempo:</b>	2:1:2:1	<b>Exercise 4:</b>	Bear Stance
	<b>SUPERSET</b>				
<b>Exercise 8:</b>	Tuck Jumps- Repeated	<b>Exercise 3B:</b>	SL RDL w/ OH Dowel	<b>CARDIO</b>	
<b>Sets x Reps:</b>	4 x Max	<b>Sets x Reps:</b>	3 x 8 Per Leg	<b>Sets</b>	8
<b>Weight:</b>	Body Weight	<b>Weight:</b>	Hockey Stick or Broom	<b>Work : Rest</b>	8 : 52
<b>Work : Rest</b>	20 : 10	<b>Tempo:</b>	3:1:3:1	<b>Modality</b>	Sprints