

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



# SPEED U.CA

## Metabolic Conditioning Phase

### U11-U13 No Equipment Needed

TABATA		STRENGTH		MOBILITY	
<b>BLOCK 1</b>		<b>BLOCK 1</b>			
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 10	Sets x Reps:	3x3 Per Lunge Per Leg
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Work : Rest	20 : 10	Tempo:	5:1:2:1	Tempo:	5 Second RAIL
	<b>SUPERSET</b>				
Exercise 2:	Burpee	Exercise 1B:	Body Weight Squat	Exercise 1B:	SA Crab Bridge
Sets x Reps:	4 x Max	Sets x Reps:	3 x 5	Sets x Reps:	3x6 Per Side
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Work : Rest	20 : 10	Tempo:	5:5:5:0	Tempo:	2:2:2:2
<b>BLOCK 2</b>					
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
	<b>SUPERSET</b>	<b>BLOCK 2</b>			
Exercise 4:	Bear Crawl Sideways	Exercise 2A:	Stationary Split Squat	<b>SAQ</b>	
Sets x Reps:	4 x Max	Sets x Reps:	3 x 6 Per Leg	Sets / Exercise	3
Weight:	Body Weight	Weight:	Body Weight	Work : Rest	10 sec / 20 sec
Work : Rest	20 : 10	Tempo:	2:5:2:1	Intensity	100%
<b>BLOCK 3</b>					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)
	<b>SUPERSET</b>				
Exercise 6:	Cross-Over Lunges	Exercise 2C:	Standing Shoulder CAR	<b>CORE</b>	
Sets x Reps:	4 x Max	Sets x Reps:	3 x 5 Per Arm	Rounds	3
Weight:	Body Weight	Weight:	Body Weight	Sets / Exercise	8
Work : Rest	20 : 10	Tempo:	10 Second Rep	Work : Rest	5 sec : 5 sec
<b>BLOCK 4</b>		<b>BLOCK 3</b>			
Exercise 7:	Squat Jumps	Exercise 3A:	BW Renegade Row With Pushup	Exercise 1:	Front Plank UDD
Sets x Reps:	4 x Max	Sets x Reps:	3 x 10 Per Arm	Exercise 2:	High Plank Mountain Climber
Weight:	Body Weight	Weight:	Body Weight	Exercise 3:	Side Plank + Abduction
Work : Rest	20 : 10	Tempo:	2:2:2:2	Exercise 4:	Bear Stance
	<b>SUPERSET</b>				
Exercise 8:	Tuck Jumps- Repeated	Exercise 3B:	SL RDL w/ OH Dowel	<b>CARDIO</b>	
Sets x Reps:	4 x Max	Sets x Reps:	3 x 8 Per Leg	Sets	8
Weight:	Body Weight	Weight:	Hockey Stick or Broom	Work : Rest	8 : 52
Work : Rest	20 : 10	Tempo:	3:1:3:1	Modality	Sprints