

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
<b>Workout 1</b>	<b>Workout 2</b>	<b>Workout 1</b>	<b>Workout 2</b>	<b>Workout 1</b>	<b>Rest / Recovery</b>
Power Blocks	SAQ, Core, Cardio Shuttles	Power Blocks	SAQ, Core, Cardio Shuttles	Power Blocks	



# SPEEDU.CA

## Power Phase

### U11-U13: Dumbbells and Bands ONLY

#### POWER BLOCKS

BLOCK 1		BLOCK 2		BLOCK 3	
<b>Exercise 1A:</b>	Kneel to Squat Jump n Stick	<b>Exercise 2A:</b>	Tuck Jumps- Singles	<b>Exercise 3A:</b>	Single Leg Jump after Decel
<b>Sets x Reps:</b>	3 x 8	<b>Sets x Reps:</b>	3 x 6	<b>Sets x Reps:</b>	3 x 6 Per Side
<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight
<b>Tempo:</b>	2:0:1:1	<b>Tempo:</b>	2 Second Stick	<b>Tempo:</b>	2:0:2:2
<b>Exercise 1B:</b>	Power Pushups	<b>Exercise 2B:</b>	Pogo Jumps	<b>Exercise 3B:</b>	Lunge Twists
<b>Sets x Reps:</b>	3 x 6	<b>Sets x Reps:</b>	3 x 10	<b>Sets x Reps:</b>	3 x 6 Per Side
<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight	<b>Weight:</b>	6 RM Goblet
<b>Tempo:</b>	2:0:1:1	<b>Tempo:</b>	1:0:1:0	<b>Tempo:</b>	2:2:2:2
<b>Exercise 1C:</b>	2 Foot Squat Jump after Decel	<b>Exercise 2C:</b>	Jump Back and Row-Banded	<b>Exercise 3C:</b>	High Plank Mountain Climber
<b>Sets x Reps:</b>	3 x 6	<b>Sets x Reps:</b>	3 x 8	<b>Sets x Reps:</b>	3 x 12 Per Side
<b>Weight:</b>	Body Weight	<b>Weight:</b>	8 RM	<b>Weight:</b>	Body Weight
<b>Tempo:</b>	2:1:2:1	<b>Tempo:</b>	1:1:1:1	<b>Tempo:</b>	1:0:1:0
<b>Exercise 1D:</b>	Handcuffs - Floor	<b>Exercise 2D:</b>	Lunge Decel Sagittal	<b>Exercise 3D:</b>	2 Foot 90 Deg Squat Jump after Decel
<b>Sets x Reps:</b>	3 x 10	<b>Sets x Reps:</b>	3 x 6 Per Side	<b>Sets x Reps:</b>	3 x 8
<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight
<b>Tempo:</b>	5:1:5:1	<b>Tempo:</b>	2:0:2:0	<b>Tempo:</b>	2:1:2:1

#### WORKOUT 2

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

