

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



# SPEED U.C.A

## Metabolic Conditioning Phase

### U13-U15: Dumbbells and Bands ONLY

	TABATA	STRENGTH	MOBILITY
<b>BLOCK 1</b>		<b>BLOCK 1</b>	
<b>Exercise 1:</b>	Lunge Jumps Continuous	<b>Exercise 1A:</b> Single Leg RDL with Knee Drive	<b>Exercise 1A:</b> 90/90 Windshield Wiper
<b>Sets x Reps:</b>	4 x Max	<b>Sets x Reps:</b> 3 x 6 Per Leg	<b>Sets x Reps:</b> 3 x 6 Per Side
<b>Weight:</b>	Body Weight	<b>Weight:</b> 6 RM	<b>Weight:</b> Body Weight
<b>Work : Rest</b>	20 : 10	<b>Tempo:</b> 3:1:2:1	<b>Tempo:</b> 5 Seconds Per Wiper
	<b>SUPERSET</b>		
<b>Exercise 2:</b>	Burpee	<b>Exercise 1B:</b> Glute Bridge Pigeon	<b>Exercise 1B:</b> SA Crab Bridge
<b>Sets x Reps:</b>	4 x Max	<b>Sets x Reps:</b> 3 x 10 Per Leg	<b>Sets x Reps:</b> 3x6 Per Side
<b>Weight:</b>	Body Weight	<b>Weight:</b> Body Weight	<b>Weight:</b> Body Weight
<b>Work : Rest</b>	20 : 10	<b>Tempo:</b> 2:2:2:1	<b>Tempo:</b> 2:2:2:2
<b>BLOCK 2</b>			
<b>Exercise 3:</b>	Pushups- Floor	<b>Exercise 1C:</b> DB Bench Press- Flat Bench	<b>Exercise 1C:</b> Hip Airplane (Arms in T)
<b>Sets x Reps:</b>	4 x Max	<b>Sets x Reps:</b> 3 x 6	<b>Sets x Reps:</b> 3 x 5 Per Leg
<b>Weight:</b>	Body Weight	<b>Weight:</b> 6 RM	<b>Weight:</b> Body Weight
<b>Work : Rest</b>	20 : 10	<b>Tempo:</b> 2:2:2:1	<b>Tempo:</b> 5 Seconds Per Rep
	<b>SUPERSET</b>		
<b>Exercise 4:</b>	High Plank Mountain Climber	<b>Exercise 2A:</b> Pendulum Lunges - Goblet	<b>SAQ</b>
<b>Sets x Reps:</b>	4 x Max	<b>Sets x Reps:</b> 3 x 5 Per Lunge Per Leg	<b>Sets / Exercise</b> 3
<b>Weight:</b>	Body Weight	<b>Weight:</b> 5 RM DB	<b>Work : Rest</b> 10 sec / 20 sec
<b>Work : Rest</b>	20 : 10	<b>Tempo:</b> 2 Second Pause Per Rep	<b>Intensity</b> 100%
<b>BLOCK 3</b>			1 Minute Rest BTW Exercises
<b>Exercise 5:</b>	Bear Stance Sit Throughs	<b>Exercise 2B:</b> DB Bent Over Row- Sumo Stance	<b>Exercise 1:</b> Cross-Over (Over 2 Lines)
<b>Sets x Reps:</b>	4 x Max	<b>Sets x Reps:</b> 3 x 8	<b>Exercise 2:</b> Cross-Behind (Over 2 Lines)
<b>Weight:</b>	Body Weight	<b>Weight:</b> 8 RM	<b>Exercise 3:</b> Lateral 1,2,3 (Over 2 Lines)
<b>Work : Rest</b>	20 : 10	<b>Tempo:</b> 2:2:2:1	<b>Exercise 4:</b> HopScotch (2 Lines)
	<b>SUPERSET</b>		
<b>Exercise 6:</b>	Superman Squat	<b>Exercise 2C:</b> Renegade Row	<b>CORE</b>
<b>Sets x Reps:</b>	2 x Max Per Leg	<b>Sets x Reps:</b> 3 x 8 Ea Arm	<b>Rounds</b> 3
<b>Weight:</b>	Body Weight	<b>Weight:</b> 8 RM	<b>Sets / Exercise</b> 8
<b>Work : Rest</b>	20 : 10	<b>Tempo:</b> 2:2:2:2	<b>Work : Rest</b> 5 sec : 5 sec
<b>BLOCK 4</b>			
<b>Exercise 7:</b>	Squat Jumps	<b>Exercise 3A:</b> DB Walking Lunges	<b>Exercise 1:</b> Front Plank UDD
<b>Sets x Reps:</b>	4 x Max	<b>Sets x Reps:</b> 3 x 6 Per Leg	<b>Exercise 2:</b> Bird Bear- 1 Leg Only
<b>Weight:</b>	Body Weight	<b>Weight:</b> 6 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> Dead Bug 2 Arms 1 Leg Straight
	<b>SUPERSET</b>		
<b>Exercise 8:</b>	Tuck Jumps- Repeated	<b>Exercise 3B:</b> DB Lateral Raise	<b>CARDIO</b>
<b>Sets x Reps:</b>	4 x Max	<b>Sets x Reps:</b> 3 x 10	<b>Sets</b> 8
<b>Weight:</b>	Body Weight	<b>Weight:</b> 10 RM	<b>Work : Rest</b> 8 : 52
<b>Work : Rest</b>	20 : 10	<b>Tempo:</b> 2:1:2:1	<b>Modality</b> Sprints