

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



SPEED U.CA

Metabolic Conditioning Phase

U13-U15 No Equipment Needed

TABATA		STRENGTH		MOBILITY	
BLOCK 1		BLOCK 1			
Exercise 1:	Lunge Jumps Continuous	Exercise 1A:	Pistol Squat- Elevated Foot	Exercise 1A:	90/90 Windshield Wiper
Sets x Reps:	4 x Max	Sets x Reps:	3 x 8 Per Leg	Sets x Reps:	3 x 6 Per Side
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Work : Rest	20 : 10	Tempo:	5:1:2:1	Tempo:	5 Seconds Per Wiper
	SUPERSET				
Exercise 2:	Burpee	Exercise 1B:	Body Weight Squat	Exercise 1B:	SA Crab Bridge
Sets x Reps:	4 x Max	Sets x Reps:	3 x 8	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
BLOCK 2					
Exercise 3:	Pushups- Floor	Exercise 1C:	SLOW Pushups- Floor	Exercise 1C:	Hip Airplane (Arms in T)
Sets x Reps:	4 x Max	Sets x Reps:	3 x Max	Sets x Reps:	3 x 5 Per Leg
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Work : Rest	20 : 10	Tempo:	3:3:1:1	Tempo:	5 Seconds Per Rep
	SUPERSET	BLOCK 2			
Exercise 4:	High Plank Mountain Climber	Exercise 2A:	Lunge Twist to Cossack Squat	SAQ	
Sets x Reps:	4 x Max	Sets x Reps:	3 x 4 Per Lunge Per Leg	Sets / Exercise	3
Weight:	Body Weight	Weight:	Body Weight	Work : Rest	10 sec / 20 sec
Work : Rest	20 : 10	Tempo:	3 Second Pause Per Rep	Intensity	100%
BLOCK 3					1 Minute Rest BTW Exercises
Exercise 5:	Bear Stance Sit Throughs	Exercise 2B:	Hip Thrust w/ SL Abduction	Exercise 1:	Cross-Over (Over 2 Lines)
Sets x Reps:	4 x Max	Sets x Reps:	3 x 6 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:	2:2:2:2	Exercise 4:	HopScotch (2 Lines)
	SUPERSET				
Exercise 6:	Superman Squat	Exercise 2C:	Handcuffs - Floor	CORE	
Sets x Reps:	2 x Max Per Leg	Sets x Reps:	3 x 5	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
BLOCK 4		BLOCK 3			
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:	Bird Bear- 1 Leg Only
Weight:	Body Weight	Weight:	Body Weight	Exercise 3:	Side Plank + Abduction
Work : Rest	20 : 10	Tempo:	2:2:2:2	Exercise 4:	Dead Bug 2 Arms 1 Leg Straight
	SUPERSET				
Exercise 8:	Tuck Jumps- Repeated	Exercise 3B:	SL RDL w/ OH Dowel	CARDIO	
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