

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



SPEEDU.CA

Power Phase

U15-U17: Dumbbells and Bands ONLY

POWER BLOCKS					
BLOCK 1		BLOCK 2		BLOCK 3	
Exercise 1A:	Kneel to Squat to Squat Jump	Exercise 2A:	Tuck Jumps- Repeated	Exercise 3A:	2 Foot Broad Jump after Decel
Sets x Reps:	3 x 8	Sets x Reps:	3 x 6	Sets x Reps:	3 x 6
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Tempo:	2:0:1:1	Tempo:	1:0:1:0	Tempo:	2:0:2:1
Exercise 1B:	Power Pushups	Exercise 2B:	Pogo Jumps	Exercise 3B:	Lunge Twists
Sets x Reps:	3 x 6	Sets x Reps:	3 x 10	Sets x Reps:	3 x 6 Per Side
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Tempo:	2:0:1:1	Tempo:	1:0:1:0	Tempo:	2:2:2:2
Exercise 1C:	2 Foot 90 Deg Squat Jump after Decel	Exercise 2C:	Jump Back and Row-Banded	Exercise 3C:	High Plank Mountain Climber
Sets x Reps:	3 x 6	Sets x Reps:	3 x 10	Sets x Reps:	3 x 12 Per Side
Weight:	Body Weight	Weight:	10 RM	Weight:	Body Weight
Tempo:	2:1:2:1	Tempo:	1:1:1:1	Tempo:	1:0:1:0
Exercise 1D:	Handcuffs - Floor	Exercise 2D:	Lunge Decel - Switch	Exercise 3D:	Stride Jump after 1F Decel
Sets x Reps:	3 x 10	Sets x Reps:	3 x 6 Per Side	Sets x Reps:	3 x 8 Per Side
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Tempo:	5:1:5:1	Tempo:	2:0:2:0	Tempo:	2:1:2:1

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

