

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



# SPEEDU.CA

## Metabolic Conditioning Phase

### U18 and Older 1: Full Gym Access

	TABATA		STRENGTH		MOBILITY
<b>BLOCK 1</b>		<b>BLOCK 1</b>			
<b>Exercise 1:</b>	Double Scissor Jump	<b>Exercise 1A:</b>	TB Deadlift	<b>Exercise 1A:</b>	90/90 Shin Box Half Kneel
<b>Sets x Reps:</b>	4 x Max	<b>Sets x Reps:</b>	3 x 4	<b>Sets x Reps:</b>	3 x 6 Per Side
<b>Weight:</b>	Body Weight	<b>Weight:</b>	5 RM	<b>Weight:</b>	Body Weight
<b>Work : Rest</b>	20 : 10	<b>Tempo:</b>	2:1:2:1	<b>Tempo:</b>	Slow & Controlled
	<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>	3 x 6 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>	Power Pushups	<b>Exercise 1C:</b>	DB Alternating Bench- Hold Bottom	<b>Exercise 1C:</b>	Hip CAR to Hip Airplane
<b>Sets x Reps:</b>	4 x Max	<b>Sets x Reps:</b>	3 x 4 Per Arm	<b>Sets x Reps:</b>	3 x 3 Per Leg
<b>Weight:</b>	Body Weight	<b>Weight:</b>	4 RM	<b>Weight:</b>	Body Weight
<b>Work : Rest</b>	20 : 10	<b>Tempo:</b>	2:1:2:1	<b>Tempo:</b>	10 Seconds Per Rep
	<b>SUPERSET</b>	<b>BLOCK 2</b>			
<b>Exercise 4:</b>	High Plank Mountain Climber	<b>Exercise 2A:</b>	DB Bulgarian Split Squat	<b>SAQ</b>	
<b>Sets x Reps:</b>	4 x Max	<b>Sets x Reps:</b>	3 x 5 Per Leg	<b>Sets / Exercise</b>	3
<b>Weight:</b>	Body Weight	<b>Weight:</b>	5 RM DB	<b>Work : Rest</b>	10 sec / 30 sec
<b>Work : Rest</b>	20 : 10	<b>Tempo:</b>	3:1:2:1	<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>	Chinups	<b>Exercise 1:</b>	Cross-Over (Over 2 Lines)
<b>Sets x Reps:</b>	4 x Max	<b>Sets x Reps:</b>	3 x 4	<b>Exercise 2:</b>	Cross-Behind (Over 2 Lines)
<b>Weight:</b>	Body Weight	<b>Weight:</b>	4 RM	<b>Exercise 3:</b>	Lateral 1,2,3 (Over 2 Lines)
<b>Work : Rest</b>	20 : 10	<b>Tempo:</b>	2:1:2:1	<b>Exercise 4:</b>	HopScotch (2 Lines)
	<b>SUPERSET</b>				
<b>Exercise 6:</b>	Lunge Switches	<b>Exercise 2C:</b>	Renegade Row	<b>CORE</b>	
<b>Sets x Reps:</b>	4 x Max	<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>BLOCK 3</b>			
<b>Exercise 7:</b>	Squat Jumps	<b>Exercise 3A:</b>	DB Walking Lunges w/ Knee Drive	<b>Exercise 1:</b>	Dead Bug 2 Arms 1 Leg Straight
<b>Sets x Reps:</b>	4 x Max	<b>Sets x Reps:</b>	3 x 6 Per Leg	<b>Exercise 2:</b>	Bird Bear
<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>	2:2:2:2	<b>Exercise 4:</b>	Low Plank Overhead Reaches
	<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 12	<b>Sets</b>	8
<b>Weight:</b>	Body Weight	<b>Weight:</b>	12 RM	<b>Work : Rest</b>	10 : 50
<b>Work : Rest</b>	20 : 10	<b>Tempo:</b>	2:1:2:1	<b>Modality</b>	Sprints