

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



# SPEED U.CA

## Metabolic Conditioning Phase

### U18 and Older 1: No Equipment Needed

TABATA		STRENGTH		MOBILITY	
<b>BLOCK 1</b>		<b>BLOCK 1</b>			
Exercise 1:	Double Scissor Jump	Exercise 1A:	Superman Squat	Exercise 1A:	90/90 Shin Box Half Kneel
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:	Slow & Controlled
	<b>SUPERSET</b>				
Exercise 2:	Burpee	Exercise 1B:	Pendulum Lunges	Exercise 1B:	SA Crab Bridge
Sets x Reps:	4 x Max	Sets x Reps:	3 x 5 Per Lunge Per Leg	Sets x Reps:	3 x 6 Per Side
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Work : Rest	20 : 10	Tempo:	2 Second Pause Per Lunge	Tempo:	2:2:2:2
<b>BLOCK 2</b>					
Exercise 3:	Power Pushups	Exercise 1C:	SLOW Pushups- Floor	Exercise 1C:	Hip CAR to Hip Airplane
Sets x Reps:	4 x Max	Sets x Reps:	3 x Max	Sets x Reps:	3 x 3 Per Leg
Weight:	Body Weight	Weight:	Body Weight	Weight:	Body Weight
Work : Rest	20 : 10	Tempo:	3:3:1:1	Tempo:	10 Seconds Per Rep
	<b>SUPERSET</b>	<b>BLOCK 2</b>			
Exercise 4:	High Plank Mountain Climber	Exercise 2A:	Lunge Twist to Cossack Squat	<b>SAQ</b>	
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 / 30 sec
Work : Rest	20 : 10	Tempo:	3 Second Pause Per Rep	Intensity	100%
<b>BLOCK 3</b>					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)
	<b>SUPERSET</b>				
Exercise 6:	Lunge Switches	Exercise 2C:	Handcuffs - Floor	<b>CORE</b>	
Sets x Reps:	4 x Max	Sets x Reps:	3 x 8	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
<b>BLOCK 4</b>		<b>BLOCK 3</b>			
Exercise 7:	Squat Jumps	Exercise 3A:	Pushup/Ren Row/Walk/Sit Thru	Exercise 1:	Dead Bug 2 Arms 1 Leg Straight
Sets x Reps:	4 x Max	Sets x Reps:	3 x 10	Exercise 2:	Bird Bear
Weight:	Body Weight	Weight:	Body Weight	Exercise 3:	Side Plank + Abduction
Work : Rest	20 : 10	Tempo:	2:1:2:1	Exercise 4:	Low Plank Overhead Reaches
	<b>SUPERSET</b>				
Exercise 8:	Tuck Jumps- Repeated	Exercise 3B:	ISO Neck Ext. Hip Thrust	<b>CARDIO</b>	
Sets x Reps:	4 x Max	Sets x Reps:	3 x 6	Sets	8
Weight:	Body Weight	Weight:	Body Weight	Work : Rest	10 : 50
Work : Rest	20 : 10	Tempo:	2:5:2:1	Modality	Sprints