

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 2: Full Gym Access

	TABATA		STRENGTH		MOBILITY
BLOCK 1		BLOCK 1			
Exercise 1:	Double Scissor Jump	Exercise 1A:	TB Deadlift	Exercise 1A:	90/90 Shin Box Half Kneel
Sets x Reps:	4 x Max	Sets x Reps:	3 x 4	Sets x Reps:	3 x 6 Per Side
Weight:	Body Weight	Weight:	5 RM	Weight:	Body Weight
Work : Rest	20 : 10	Tempo:	2:1:2:1	Tempo:	Slow & Controlled
	SUPERSET				
Exercise 2:	Man Makers	Exercise 1B:	Lat Lunge W/ Banded Add./Flex.	Exercise 1B:	SA Crab Bridge
Sets x Reps:	4 x Max	Sets x Reps:	3 x 5 Per Leg	Sets x Reps:	3 x 6 Per Side
Weight:	KB or DB	Weight:	5 RM Band	Weight:	Body Weight
Work : Rest	20 : 10	Tempo:	Slow & Controlled	Tempo:	2:2:2:2
BLOCK 2					
Exercise 3:	Power Pushups	Exercise 1C:	DB Alternating Bench- Hold Bottom	Exercise 1C:	Hip CAR to Hip Airplane
Sets x Reps:	4 x Max	Sets x Reps:	3 x 4 Per Arm	Sets x Reps:	3 x 3 Per Leg
Weight:	Body Weight	Weight:	4 RM	Weight:	Body Weight
Work : Rest	20 : 10	Tempo:	2:1:2:1	Tempo:	10 Seconds Per Rep
	SUPERSET	BLOCK 2			
Exercise 4:	High Plank Mountain Climber	Exercise 2A:	BB Step Back Lunges	SAQ	
Sets x Reps:	4 x Max	Sets x Reps:	3 x 5 Per Leg	Sets / Exercise	3
Weight:	Body Weight	Weight:	6 RM	Work : Rest	10 sec / 40 sec
Work : Rest	20 : 10	Tempo:	3:1:2:1	Intensity	100%
					1 Minute Rest BTW Exercises
BLOCK 3					
Exercise 5:	Bear Stance Sit Throughs	Exercise 2B:	Pullups- Overhand	Exercise 1:	Cross-Over (Over 2 Lines)
Sets x Reps:	4 x Max	Sets x Reps:	3 x 4	Exercise 2:	Cross-Behind (Over 2 Lines)
Weight:	Body Weight	Weight:	4 RM	Exercise 3:	Lateral 1,2,3 (Over 2 Lines)
Work : Rest	20 : 10	Tempo:	2:1:2:1	Exercise 4:	HopScotch (2 Lines)
	SUPERSET				
Exercise 6:	Lunge Switches	Exercise 2C:	Renegade Row	CORE	
Sets x Reps:	4 x Max	Sets x Reps:	3 x 8 Ea Arm	Rounds	3
Weight:	Body Weight	Weight:	8 RM	Sets / Exercise	8
Work : Rest	20 : 10	Tempo:	2:2:2:2	Work : Rest	5 sec : 5 sec
BLOCK 4		BLOCK 3			
Exercise 7:	Squat Jumps	Exercise 3A:	Lunge Twist to Cossack Squat	Exercise 1:	Dead Bug 2 Arms 2 Legs Straight
Sets x Reps:	4 x Max	Sets x Reps:	3 x 4 Per Lunge Per Leg	Exercise 2:	Bird Bear
Weight:	Body Weight	Weight:	4 RM	Exercise 3:	Side Plank + Abduction
Work : Rest	20 : 10	Tempo:	2:1:2:1	Exercise 4:	Low Plank Overhead Reaches
	SUPERSET				
Exercise 8:	Tuck Jumps- Repeated	Exercise 3B:	DB Lateral Raise	CARDIO	
Sets x Reps:	4 x Max	Sets x Reps:	3 x 12	Sets	8
Weight:	Body Weight	Weight:	12 RM	Work : Rest	10 : 50
Work : Rest	20 : 10	Tempo:	2:1:2:1	Modality	Sprints