

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



# SPEEDU.CA

## Power Phase

### U18 and Older 2: No Equipment Needed

POWER BLOCKS					
BLOCK 1		BLOCK 2		BLOCK 3	
<b>Exercise 1A:</b>	<b>2 Foot Broad Jump after Decel</b>	<b>Exercise 2A:</b>	<b>2 Foot 90 Deg Squat Jump after Decel</b>	<b>Exercise 3A:</b>	<b>Single Leg Lateral Jump after Decel</b>
<b>Sets x Reps:</b>	<b>3 x 8</b>	<b>Sets x Reps:</b>	<b>3 x 6</b>	<b>Sets x Reps:</b>	<b>3 x 6 Per Side</b>
<b>Weight:</b>	<b>Body Weight</b>	<b>Weight:</b>	<b>Body Weight</b>	<b>Weight:</b>	<b>Body Weight</b>
<b>Tempo:</b>	<b>2:0:1:1</b>	<b>Tempo:</b>	<b>1:0:1:0</b>	<b>Tempo:</b>	<b>2:0:2:2</b>
<b>Exercise 1B:</b>	<b>Power Pushups</b>	<b>Exercise 2B:</b>	<b>Pogo Jumps</b>	<b>Exercise 3B:</b>	<b>Lunge Twists</b>
<b>Sets x Reps:</b>	<b>3 x 8</b>	<b>Sets x Reps:</b>	<b>3 x 15</b>	<b>Sets x Reps:</b>	<b>3 x 6 Per Side</b>
<b>Weight:</b>	<b>Body Weight</b>	<b>Weight:</b>	<b>Body Weight</b>	<b>Weight:</b>	<b>Body Weight</b>
<b>Tempo:</b>	<b>2:0:1:1</b>	<b>Tempo:</b>	<b>1:0:1:0</b>	<b>Tempo:</b>	<b>2:2:2:2</b>
<b>Exercise 1C:</b>	<b>2F Tuck Jump Burpee</b>	<b>Exercise 2C:</b>	<b>Bent Over Object Row</b>	<b>Exercise 3C:</b>	<b>High Plank Mountain Climber</b>
<b>Sets x Reps:</b>	<b>3 x 6</b>	<b>Sets x Reps:</b>	<b>3 x 8</b>	<b>Sets x Reps:</b>	<b>3 x 12 Per Side</b>
<b>Weight:</b>	<b>Body Weight</b>	<b>Weight:</b>	<b>8 RM</b>	<b>Weight:</b>	<b>Body Weight</b>
<b>Tempo:</b>	<b>2:1:2:1</b>	<b>Tempo:</b>	<b>1:1:1:1</b>	<b>Tempo:</b>	<b>1:0:1:0</b>
<b>Exercise 1D:</b>	<b>Handcuffs - Floor</b>	<b>Exercise 2D:</b>	<b>Lunge Jumps Continuous</b>	<b>Exercise 3D:</b>	<b>Single Leg Broad Jumps after Decel</b>
<b>Sets x Reps:</b>	<b>3 x 10</b>	<b>Sets x Reps:</b>	<b>3 x 6 Per Side</b>	<b>Sets x Reps:</b>	<b>3 x 8 Per Side</b>
<b>Weight:</b>	<b>Body Weight</b>	<b>Weight:</b>	<b>Body Weight</b>	<b>Weight:</b>	<b>Body Weight</b>
<b>Tempo:</b>	<b>5:1:5:1</b>	<b>Tempo:</b>	<b>2:0:2:0</b>	<b>Tempo:</b>	<b>2:1:2:1</b>

WORKOUT 2					
SAQ		CORE		CARDIO	
<b>Sets / Exercise</b>	<b>2</b>	<b>Rounds</b>	<b>3</b>	<b>Sets</b>	<b>10</b>
<b>Work : Rest</b>	<b>10 sec / 40 sec</b>	<b>Sets / Exercise</b>	<b>6</b>	<b>Work : Rest</b>	<b>30 Sec : 90 Sec</b>
<b>Intensity</b>	<b>100%</b>	<b>Work : Rest</b>	<b>5 sec : 5 sec</b>	<b>Modality</b>	<b>Running- 10m Shuttle</b>
<b>Exercise 1:</b>	<b>Cross-Behind (BTW 2 Lines)</b>	<b>Exercise 1:</b>	<b>Over Unders on Bench</b>		
<b>Exercise 2:</b>	<b>Cross-Behind (Over 2 Lines)</b>	<b>Exercise 2:</b>	<b>High Plank Mountain Climber</b>		
<b>Exercise 3:</b>	<b>Lateral 1,2,3 (Over 2 Lines)</b>	<b>Exercise 3:</b>	<b>Side Plank</b>		
<b>Exercise 4:</b>	<b>HopScotch (2 Lines)</b>	<b>Exercise 4:</b>	<b>Bird Dog</b>		
<b>Exercise 5:</b>	<b>In, In, Out, Out (2 Lines)</b>				
<b>Exercise 6:</b>	<b>Icky Stationary (2 Lines)</b>				

