

# BizzFitness

## 2025 Strength and Conditioning Program U18 and Junior



**Endurance**

**Explosiveness**

**Mobility**

**Quickness**

**Agility**

**Mental Toughness**

**Balance**

**Flexibility**

**Increased Confidence**



## **U18 and Junior** **2025 - Strength and Conditioning Program**

### **Training Program Outline**

#### **Conditioning Sessions**

To ensure that our athletes hit their peak fitness level by the end of our program, our group conditioning sessions are designed to push our athletes to the next level. Our goal is to challenge their heart, intrinsic desire and increase their compete level. To help each athlete achieve their best possible shape, we will offer our specially designed BizzFitness sessions comprised of plyometrics, speed and agility training, Iron Man workouts and our conditioning circuit. Outdoor conditioning workouts / prowler / hill sprints will be incorporated into their training regimen once the weather allows us to be outside.

#### **Boxing/Kickboxing**

Bizzfitness prides itself on the development of athletes versus one-sport players. Our participants will also cross-train, working on their hand-eye coordination, footwork as well as their conditioning through our boxing/kickboxing sessions. The focus is on technique and conditioning and there will be no fighting involved. These sessions are great to improve mental toughness and increase confidence.

#### **Strength Coach**

Each participant will have access to a strength coach, on site, as a resource and to oversee their workout.

#### **Program Upgrade**

After every block of 4 weeks, participants will be upgraded to a new program. This is essential to ensure that they continue to improve their level of fitness and don't plateau.



## **U18 and Junior** **2025 - Strength and Conditioning Program**

### **Our Program offers:**

- Group conditioning workouts.
- Outdoor Iron Man workouts.
- Comprehensive programs; comprised of 5 sessions/week.
- Programs are designed to ensure progression with upgrades at each phase.
- Strength and conditioning coach present at every session.
- State of the art facility!

### **Program length: April 28<sup>th</sup> to August 22<sup>nd</sup>, 2025 (17 weeks)**

A major emphasis is placed on mobility and range of motion throughout the entire duration of the program.

- Strength – Hypertrophy – April 28<sup>th</sup> to June 6<sup>th</sup> (6 weeks)
- **Tapered week: June 9<sup>th</sup> to 13<sup>th</sup>, 2025 (recovery)**
- Explosiveness – conditioning linear movements: June 16<sup>th</sup> to July 11<sup>th</sup> (4 weeks)
- **Tapered week: July 14<sup>th</sup> to 18<sup>th</sup>, 2025 (recovery)**
- Increased conditioning, including change of directions – speed and agility: July 21<sup>st</sup> to August 15<sup>th</sup> (4 weeks)
- **Tapered week: August 18 to August 22<sup>nd</sup> (1 weeks)**

### **BizzFitness will be closed:**

- **Monday May 19<sup>th</sup> – Victoria Day**
- **Tuesday July 1<sup>st</sup> – Canada Day**
- **Monday August 4<sup>th</sup> – New Brunswick**

### **Personalized schedules for two-sport athletes or those with full-time work**

For players with time constraints due to work or other sports commitments, we have the ability to work around your schedule. Please reach out to discuss a personalized plan according to your schedule.

Contact: [Bizzfitness.ca@gmail.com](mailto:Bizzfitness.ca@gmail.com) or 506-260-9898



## **U18 and Junior** **2025 - Strength and Conditioning Program**

### **Schedule from April 28<sup>th</sup> to May 30<sup>th</sup> (5 weeks)**

<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Thursday</u></b>	<b><u>Friday</u></b>
5:30 p.m.	6:45 p.m.	5:30 p.m.	6:45 p.m.	4:15 p.m.
to	to	to	to	To
6:45 p.m.	8:00 p.m.	6:45 p.m.	8:00 p.m.	5:30 p.m.

### **Schedule from June 2<sup>nd</sup> to June 27<sup>th</sup> (4 weeks)**

<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Thursday</u></b>	<b><u>Friday</u></b>
5:30 p.m.	6:45 p.m.	5:30 p.m.	5:45 p.m.	4:15 p.m.
to	to	to	to	To
6:45 p.m.	8:00 p.m.	6:45 p.m.	7:00 p.m.	5:30 p.m.

- Morning or afternoon times are available for participants who are not in school.
- We understand that participants will not attend each session.  
**During our strength and hypertrophy phase, participants will have their own program designed for a minimum of 3 weekly sessions.**
- BizzFitness will be closed Monday May 19<sup>th</sup>, 2025



## **U18 and Junior** **2025 - Strength and Conditioning Program**

**Schedule from June 30<sup>th</sup> to August 22<sup>nd</sup>, (8 weeks)**

<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Thursday</u></b>	<b><u>Friday</u></b>
9:00 a.m. to 10:00 a.m.	9:00 a.m. to 10:00 a.m.	9:00 a.m. to 10:00 a.m.	9:00 a.m. to 10:00 a.m.	9:00 a.m. to 10:00 a.m.
10:15 a.m. To 11:15 a.m.	10:15 a.m. To 11:15 a.m.	10:15 a.m. To 11:15 a.m.	10:15 a.m. To 11:15 a.m.	10:15 a.m. To 11:15 a.m.
4:15 p.m. To 5:30 p.m.	4:15 p.m. To 5:30 p.m.	4:15 p.m. To 5:30 p.m.	4:15 p.m. To 5:30 p.m.	4:15 p.m. To 5:30 p.m.



**“YOUR TRUE SUCCESS IN LIFE BEGINS ONLY WHEN YOU  
MAKE THE COMMITMENT  
TO  
BECOME EXCELLENT  
AT  
WHAT YOU DO”**



## U18 and Junior **2025 - Strength and Conditioning Program**

### Method of Payment

Payments can be made by cash, via e-transfer @ [Bizzfitness.ca@gmail.com](mailto:Bizzfitness.ca@gmail.com) or by post-dated cheques. If paying by post-dated cheques, please make sure to include all your cheques with your registration form. **Payment can be made in full or following the payment plan below.**

### Method of payment (4 installments)

April 28<sup>th</sup>, \$220.00 (HST included)

June 1<sup>st</sup>, \$220.00 (HST included)

July 1<sup>st</sup>, \$220.00 (HST included)

August 1<sup>st</sup>, \$220.00 (HST included)