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**Contact Ryan Struppa at  
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#### Disclaimer

Please recognize the fact that it is your responsibility to work directly with your physician before, during, and after seeking consultation

As such, any information shared

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If you choose to use this information without the prior consent of your physician, you are agreeing to accept full responsibility for your decisions from any liability with respect to

injury to you or your property arising out of or connected with your use of the information discussed. The material described here is a recommendation

and any and all exercises should be modified individually based on your doctor's recommendations.

THIS PROGRAM IS FOR A RECOMMENDED FOR 3 DAYS A WEEK (FOR 2 WEEKS). EACH TRAINING SESSION HAS A WARM UP WITH A CORRESPONDING TRAINING SESSION (IE SPEED WARM UP GOES WITH SPEED DAY 1 AND 3, CHANGE OF DIRECTION WARM UP GOES WITH COD DAY 2). ON OFF DAYS RECOMMENDED DAILY ACTIVITY SHOULD BE DONE. WALKS, BIKE RIDES, TECHNICAL/TACTICAL, ETC. ARE ALWAYS A GREAT WAY TO STAY ACTIVE. [VIDEOS TO THE CORRESPONDING EXERCISES ARE LINKED IN THE PROGRAM WITH BLUE LETTERING](#)

# SPEED WARM UP

## GENERAL PREP

[GENERAL PREP LINK](#)

BODY WEIGHT SQUATS	X10 REPS
FORWARD TO BACKWARD LUNGE	X10 REPS
SIDE LUNGE	X10 REPS
INCH WORMS	X10 REPS
CAT/CAMEL	X10 REPS
BIRD/DOG	X10 REPS
SCORPIONS	X10 REPS
DOUBLE LEG GLUTE BRIDGE	X10 REPS
SINGLE LEG GLUTE BRIDGE	X10 REPS

## MOVEMENT PREP

[MOVEMENT PREP LINK](#)

KNEE TUCK TO LUNGE	X 10 YARDS
QUAD STRETCH TO REVERSE LUNGE	X10 YARDS
KNEE CRADLES	X 10 YARDS
WALKING TOE TOUCHES	X10 YARDS
WORLDS GREATEST STRETCH	X 10 YARDS
WARRIOR WALKS	X10 YARDS
SIDE LUNGE AND TWIST	X 10 YARDS

## SPEED PREP

[SPEED PREP LINK](#)

ANKLE DRIBBLERS	2X10 YARDS
SHIN DRIBBLERS	2X10 YARDS
KNEE DRIBBLERS	2X10 YARDS
SHUFFLE	2X10 YARDS
CROSS OVER RUN	2X10 YARDS
BUILD UP (70%)	2X30 YARDS
BUILD UP (80%)	2X30 YARDS
BUILD UP (90%)	2X30 YARDS

# COD WARM UP

## GENERAL PREP

[GENERAL PREP LINK](#)

BODY WEIGHT SQUATS	X10 REPS
FORWARD TO BACKWARD LUNGE	X10 REPS
SIDE LUNGE	X10 REPS
INCH WORMS	X10 REPS
CAT/CAMEL	X10 REPS
BIRD/DOG	X10 REPS
SCORPIONS	X10 REPS
DOUBLE LEG GLUTE BRIDGE	X10 REPS
SINGLE LEG GLUTE BRIDGE	X10 REPS

## MOVEMENT PREP

[MOVEMENT PREP LINK](#)

KNEE TUCK TO LUNGE	X 10 YARDS
QUAD STRETCH TO REVERSE LUNGE	X10 YARDS
KNEE CRADLES	X 10 YARDS
WALKING TOE TOUCHES	X10 YARDS
WORLDS GREATEST STRETCH	X 10 YARDS
WARRIOR WALKS	X10 YARDS
SIDE LUNGE AND TWIST	X 10 YARDS

## CHANGE OF DIRECTION PREP

[CHANGE OF DIRECTION PREP](#)

FRONT TO BACK DOUBLE LEG FOOT SPEED	4X15 REPS
SIDE TO SIDE DOUBLE LEG FOOT SPEED	4X15 REPS
FRONT TO BACK SINGLE LEG FOOT SPEED	4X15 REPS
SIDE TO SIDE SINGLE LEG FOOT SPEED	4X15 REPS
CALF POPS	2X10 REPS
KNEE TUCKS	2X10 REPS
SQUAT JUMPS	2X10 REPS
LUNGE JUMPS	2X10 REPS

# SPEED DAY 1

## SPEED WARM UP (ON SEPERATE TAB)

## POWER DEVELOPMENT

[POWER DEVELOPMENT LINK](#)

	SETS	REPS	WEIGHT	DISTANCE	REST	NOTES
BOUND	3			15 YARDS	1:30	TRY TO TAKE AS LEAST AMOUNT OF STEPS (TAKE FLIGHT)

## SPEED DEVELOPMENT

[SPEED DEVELOPMENT LINK](#)

SPRINT (start from push up position)	2-3			10 yards	1:00	PUSH OUT NOT UP
SPRINT (start on back)	2-3			10 yards	1:00	PUSH OUT NOT UP
SPRINT (start from lunge position)	2-3			10 yards	1:00	PUSH OUT NOT UP

## STRENGTH DEVELOPMENT

[STRENGTH DEVELOPMENT LINK](#)

STAIR WALKS	5	flights			1:00	PUSH TALL, STEP TALL, HOLD ANY WEIGHT
PUSH UPS	4	10			1:00	REGRESSION: ON KNEES. PROGRESSION CLAP PUSH UPS
SQUAT HOLD	4	30 SECONDS			1:00	PROGRESSION: HOLD WEIGHT
LUNGE HOLD	4	30 SECONDS			1:00	PROGRESSION: HOLD WEIGHT
SIDE SQUAT HOLD	4	30 SECONDS			1:00	PROGRESSION: HOLD WEIGHT
SIDE BRIDGE	4	30 SECONDS			1:00	
MCGILL SIT UPS	4	8			1:00	
BIRD/DOG	4	8			1:00	

# CHANGE OF DIRECTION DAY 2

## CHANGE OF DIRECTION WARM UP (ON SEPERATE TAB)

### POWER DEVELOPMENT

[POWER DEVELOPMENT LINK](#)

	SETS	REPS	WEIGHT	DISTANCE	REST	NOTES
SKATER BOUNDS	5	10			seconds	1:00

### CHANGE OF DIRECTION DEVELOPMENT

[CHANGE OF DIRECTION DEVELOPMENT LINK](#)

20 YARD SHUTTLE	3				1:30	
3 CONE DRILL	3				1:30	

### STRENGTH DEVELOPMENT

[STRENGTH DEVELOPMENT LINK](#)

STAIR JUMPS	5	flights			1:30	DOUBLE LEG JUMPS, RHYTHM BASED
CRAWL SERIES				10 YARDS	:30	1 OF EACH
SPRINTER SIT UPS	4	30 SECONDS			1:00	
V UPS	4	30 SECONDS			1:00	
RUSSIAN TWISTS	4	30 SECONDS			1:00	

# SPEED DAY 3

## SPEED WARM UP (ON SEPERATE TAB)

## POWER DEVELOPMENT

[POWER DEVELOPMENT LINK](#)

	SETS	REPS	WEIGHT	DISTANCE	REST	NOTES
CONTINUOUS DOUBLE BROAD JUMP	4			10 YARDS	1:30	TRY TO TAKE AS LEAST AMOUNT OF JUMPS (TAKE FLIGHT)

## SPEED DEVELOPMENT

[SPEED DEVELOPMENT LINK](#)

SPRINT (do a somersault)	2-3			10 yards	1:00	PUSH OUT NOT UP
SPRINT (start sitting down)	2-3			10 yards	1:00	PUSH OUT NOT UP
SPRINT (vertical jump to sprint)	2-3			10 yards	1:00	PUSH OUT NOT UP

## STRENGTH DEVELOPMENT

[STRENGTH DEVELOPMENT LINK](#)

SIDE STAIR WALKS	5	flights			1:00	PUSH TALL, STEP TALL, HOLD ANY WEIGHT 5 EACH WAY
1 ARM PUSH UP HOLD	4	30 SECONDS			1:00	REGRESSION: HOLD HIGHER PROGRESSION HOLD LOWER
BULGARIAN SPLIT SQUAT HOLD	4	30 SECONDS			1:00	PROGRESSION: HOLD WEIGHT
PUSH UP HOLD	4	30 SECONDS			1:00	PROGRESSION: HOLD WEIGHT
CALF RAISE	4	20			1:00	PROGRESSION: HOLD WEIGHT
SIDE BRIDGE	4	30 SECONDS			1:00	
MCGILL SIT UPS	4	8			1:00	
BIRD/DOG	4	8			1:00	