






Acceleration Workout | Learning the Fundamentals with EXOS Drill Progression

	Sets x reps	Movements	Cues
At a Glance:			<p style="text-align: center;">See the pattern? Hold > Push > Resist > Free</p> <p style="text-align: center;"><i>*Note that most of the time, the push/sled phase will not be used due to availability; go straight to resisted</i></p>
Wall	1 1-2 x30sec hold		<p style="text-align: center;">“Head to heel, strong as steel.” “Hang a bucket on your toe” “Wedge yourself between feet and hands” “Sunshine under the heel”</p>
	2 1-2x5ea		<p style="text-align: center;">Load and Lift “Break the glass with your knee” “Push the wall down” “Push the ground away”</p>
	3 1-2x5ea		<p style="text-align: center;">Single and Triple Switches “Pistons” “Simultaneous leg drive”</p>
Push	1 1-2x 10-20yd		<p style="text-align: center;">March w/ Sled “Same angle as wall...now march” “hit hard with back of the ball of the foot” “knee up; sweep the floor; make a mark down”</p>
	2	“Pop & Float” (same as above but w/ bounding)	
	3	Rapid Bound (same as above but higher rate of bounding)	
Resisted	1 1-2x10- 20yd		<p style="text-align: center;">March w/ Resistance (same cues as above)</p>



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	2		"Pop & Float" (same as above but with bounding)	(same cues at above)
	3		Rapid Bound (same as above but higher rate of bounding)	(same cues as above)
Free	1	2-4x	 Two Big Steps	"Get big" "Break the Glass"
	2	2-4x	 Four Big Steps	(same cues as above)
	3	2-4x	 Accelerate to 10yds	(same cues as above)

Relay Competition Conditioning

- Split groups into 6-8
- Set cones 10 yards apart.
- Each member of the team runs 1x10yd length, slapping the hand of their teammate at 10yds
- Set it up either by how fast a team can complete "x" number of rounds or by how many rounds they complete in "x" amount of time.