

WARM UP

WARMing UP is one of the most crucial parts of your workout. It is important to raise your core body temperature in order to increase circulation and warm the muscles, tendons, and ligaments of your body. Flexibility, strength training, and running should only be worked on AFTER proper warming of the body, which requires “breaking a sweat”.

In order to warm-up adequately, a brief lap is not sufficient.

Start with

5-7 minute jog

Static Stretch (hold still a 20-30 sec. stretch of 1 muscle – 2x per side)

- Hamstrings
- Quads
- Groin
- Calves
- Butt
- Abs/Obliques
- Arms
- Back/Neck

Then, PLYOS (20 yard distance, each should be done 2x – over and back)

- Butt Kicks
- Back peddle
- 1/2 back peddles - , then turn forward and jog
- Carioca (grapevine)
- Basketball Slides (keep butt low)
- High Knees
- Lunge (alternating walking lunges)
- Acceleration – 50%
- Acceleration –75%
- Acceleration – 90%
- Acceleration - 100%

** for all PLYOS, keep your back straight from the waist to the neck and do not look down at the ground, keep focus up.*

ADVICE: Just because it is a WARM UP does not mean you can SLACK off. The WARM UP is not about going hard, it is about focus and concentration on preparing your body to be able to go hard without injury. If you are going to spend 45 minutes working out, spend 15 WARMING UP and COOLING DOWN.

The graphic for 'COOL DOWN' features the text 'COOL DOWN' in a bold, blue, sans-serif font. The text is positioned above three overlapping circles in yellow, pink, and purple. These circles are partially enclosed by a light blue, oval-shaped graphic that has a slight gradient and a soft shadow.

COOLing DOWN your body is just as important as warming it up. If your body is not cooled down properly, you can put yourself at risk for injury, especially pulled muscles.

A proper COOL DOWN

- 5 minute jog (SLOW . . .)
- STRETCHING (20-30 second hold on all muscle groups)

The graphic for 'all RUNS' features the text 'all RUNS' in a bold, blue, sans-serif font. The text is positioned above three overlapping circles in yellow, pink, and purple. These circles are partially enclosed by a light blue, oval-shaped graphic that has a slight gradient and a soft shadow.

EASY RUNS

EASY runs are only measured by time and usually done to elongate muscles, build stamina and get used to running outside in the heat. EASY runs are always outside – rain or shine!

These runs will train your muscles to adapt to the other elements of the game. The run is to be done at a good pace, establishing a sturdy level of fitness whereby all of your workouts will be measured.

FARTLEK RUNS

A fartlek run is a form of athletic training combining continuous and interval training. This is done by establishing a “base” pace (SLOW) and an “interval” pace (FAST).

Fartlek runs are designed to decrease recovery time. A FAST pace should range between 6-8mM (10.0 - 7.5 on treadmill) and SLOW between 8-10mM (7.5 – 6.0).

The faster your recovery time pace gets, the more in shape you are. But, as your recovery pace gets faster, so should your FAST pace increase. The key is having a marked difference *between* the SLOW and FAST paces.

ADVICE: Take the REST seriously, so that the FAST increments are powerful and sustainable.

- Don't worry about mileage, this is about time and effort – measure yourself ONLY against the clock
- If outside . . . carry small water bottle or Gel Pack and replenish at half way point; maintaining hydration and energy is ONLY way to fuel slow and fast twitch muscles
- You can measure distance if you do these on treadmill

FARTLEK #1: 34 minutes

repeat BOLD part of program twice

3 minute WARM UP JOG (establish base, SLOW pace)

2x

2 min SLOW

2 min FAST

2 min SLOW

2 min FAST

2 min SLOW

1 min FAST

1 min SLOW

: 30 FAST

: 30 SLOW

: 30 FAST

: 30 SLOW

REPEAT

3 min COOL DOWN (slower than SLOW pace)

FARTLEK #2: 42 minutes

3 minute WARM UP JOG (establish base, SLOW pace)

2x

1 min FAST

1 min SLOW

2 min FAST

1 min SLOW

2 min FAST

1 min SLOW

1 min FAST

1 min SLOW

2 min FAST

3 min SLOW

2 min FAST

1 min SLOW

REPEAT

3 min COOL DOWN (slower than SLOW pace)

FARTLEK #3: 35 minutes

3 minute WARM UP JOG (establish base, SLOW pace)

2x

2 min FAST

1 min SLOW

2 min FAST

: 30 SLOW

1 min FAST

: 30 SLOW

1 min FAST

: 30 SLOW

1 min FAST

1 min SLOW

2 min FAST

: 30 SLOW

1 min FAST

: 30 SLOW

REPEAT

3 min COOL DOWN (slower than SLOW pace)

15:14 RUN

This run is really a test of endurance and grit. You run out a certain path for 15 minutes (remember which way you went, EXACTLY) and at the 15 minute mark, you turn around and try to make it back to the starting point in 14 minutes. It's great fun. If you challenge yourself on the 15 minute OUT run, then you really kill yourself getting back!

TRACK INTERVALS

Long Intervals will work on increasing your heart rate and pumps per minute while getting the core of your fitness. Fartlek runs are also interval training, but those are fit into a running program. TRACK interval running is long distance sprinting, the most grueling workouts and they require the most stamina (different from fitness or endurance).

Rest after a sprint is still. You can either walk or stand, but DO NOT put those hands on the knees and bend over. If anything, put them on your head and keep the diaphragm open.

ALL of these workouts should be done on a TRACK.

ADVICE: Take note of your MUSCLE and LUNG recovery for the duration of the workout; Hydration is VERY IMPORTANT.

INTERVAL #1

2x

800 meters (1/2 mile, 2 laps)

Target time: 2:50-3:10

Resting time: 3 minutes between each

4x

400 Meters (1/4 mile, 1 lap)

Target time: 1:20 - 1:45min

Resting time: 2 minutes between each

2x

800 meters (1/2 mile, 2 laps)

Target time: 2:50 - 3:10min

Resting time: 3 minutes between each

INTERVAL #2

8x

400 Meters (1/4 mile, 1 lap)

Target Time: 1:20 - 1:45min

Resting Time: 3 minutes between each

1x

800 Meters (1/2 mile, 2 laps)

Target Time: 2:50 - 3:10min

Resting Time: 2 minutes between each

INTERVAL #3

4x

400 Meters (1/4 mile)

Target Time: 1:20 - 1:45min

REST 1 minute

800 meters (1/2 mile)

Target time: 2:50 - 3:10min

REST 3 minutes

SPRINTING

Sprints should be done at FULL SPEED and you need to SPRINT through the LINE. Make sure to keep your back straight and to use your arms to generate speed. As you sprint, think of pushing the ground AWAY from you underneath your feet (as if you were trying to make the ground start up like a treadmill). This will help you develop more speed.

Allow ample time and space to slow down your speed after you go through the line.

SPRINT #1

8x 30 yard SPRINT

7x 50 yard SPRINT

6x 70 yard SPRINT

5x 100 yard SPRINT

SPRINT #2

2x 100yds Skip

2x 100yds Backpedaled

1x 100yds 65% Speed

1x 100yds 75% Speed

3x 100yds 100% Speed

2x 50yds 100% Speed

SPRINT #3 (STARTS)

30 yard sprints

Each SPRINT is the same distance, but you will start from different positions! Fun!

Each "start" is done 3x

Total Sprints (21)

- Backwards, standing up (3x)
- Indian style, sitting down (3x)
- Lay on stomach, head facing down (3x)
- Lay on back, eyes to the sky (3x)
- In the "sprint start" position - like a track runner (3x)
- On all fours, like a puppy (3x)
- Backwards on all fours, like a crab (3x)

SPRINT #4

6-4-6 sprints

Cones are 30 yards apart

Up to the cone is 1 sprint

8x, 2 min rest in between

6 SPRINT

4 BACK PEDDLE = ONE SET

6 SPRINT



BODY WORK is about getting sore! It is dramatically working your muscles in a way that is helping to increase the strength of the muscle, not the mass or size of it. These exercises will work on generating more power in your legs, arms and core.

When you lift weights or do any **BODY WORK**, you have to move slowly and surely so that you do not risk injury. Be careful in the weight room and if you are not familiar with anything below, you can ask the trainers at your local gym.

BW #1

LEG EXTENSION (machine)

working weight no more than 20 lbs, no less than 10lbs

working time 20 seconds

resting time 20 seconds

repeat 2x

LEG PRESS (machine)

Working weight no more than 50 lbs, no less than 20lbs

working time 20 second

resting time 20 seconds

repeat 2x

DUMBBELL CURLS

working weight no more than 15 lbs, no less than 5lbs
2x 20 reps (R and L)

LATERAL PULL DOWN (machine)

working weight no more than 20lbs, no less than 10lbs

working time 20 seconds

resting time 20 seconds

MILITARY PRESS (machine)

working weight 5 lbs

working time 20 seconds

resting time 20 seconds

BW #2

leg swings

Hold onto wall and swing leg (make sure you are getting FULL extension).

toe touches

While standing, bring leg up and touch toe with opposite hand

wall sits

Sit up against a wall with you legs at a 90-degree angle to the floor.

power hops

Power hops are a lot like BUNNY HOPS!!! Keep both legs together and HOP, make sure to use your arms to get good distance.

standing leg full swings (R/L)

REPS 20

SETS 2

standing toe touches (alternate)

REPS 20

SETS 2

walking toe touches (alternate)

REPS 20

SETS 2

wall sits

REP 4

TIME 30 seconds

push-up

REPS 10

SETS 4

power hops

REPS 10

SETS 4

BW #3

Jump rope

5 minutes warm up

Jumping Jacks

keep arm muscles tight and spring with legs

REPS 20

SETS 2

Standing

Alternation Lunges (Forward)

REPS 10

SETS 2

Standing

Alternating Lunges (Backward)

REPS 10

SETS 2

Walking Lunges

REPS 10

SETS 2

Side Lunges (keep back straight and sit into butt)

REPS 10

SETS 2

Speed Lunges (as fast as possible, maintain form)

REPS 10

SETS 3

Jump rope

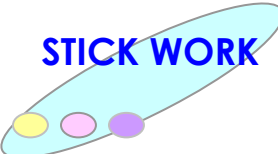
5 minutes cool down



CROSS TRAINING

CROSS TRAINING can be FUN and very effective. If you have a nagging injury, CROSS TRAINING (any activity BUT walking, jogging, running or sprinting) will help give your legs a break without compromising your fitness level. CROSS TRAINING should be the same intensity as any other workout, but on a bike, elliptical machine, stairmaster, pool, etc. If you don't know what to do, you can substitute the FARTLEK run workouts and use the interval times to go SLOW and FAST during your activity of choice.

CROSS TRAINING should include differences of speed and intensity over the allotted time. Work hard.



STICK WORK

STICK WORK is crucial to being a good lacrosse player. You cannot learn the game without feeling comfortable with the basics. YOU MUST SPEND THE TIME on the wall working out the kinks.

If you are unsure of what to do, order the bounce STICKIES videos online!

Make sure to

- keep throwing and catching WITHIN shoulders width - absorb ball/stick into your body
- keep butt end of stick UP (stick parallel to ground; perpendicular to body)
- do move, throw ball at wall, catch and then repeat

WALL BALL (R/L): 30 minutes

- No cradle
- Punch – Throw
- Over back – Throw
- #2- Throw
- Over, Flip- Weak Side Throw
- Out (butt to butt) – Throw
- Catch, Switch – Throw



NUTRITION

It is extremely important that good eating habits start NOW. Nutrition is a huge part of a player's performance in competition. Water, like food (fuel) is a crucial part of your ability to recover and for your muscles to continue to fire quickly enough to make you dodge a defender or stick with an attacker.

Make sure that you are drinking at least 100 ounces of water a day.

GOOD FOODS & TIPS

- Peanut Butter, 1 big scoop after EVERY workout
- 2-3 Fruits a day
- 2-3 Veggies a day
- Electrolyte drinks (Gatorade, Propel, SmartWater, VitaminWater)
- FAT – oil in salad dressing
- PROTEIN – vegetarianism is dangerous for high school athletes (possible, but needs attention)
 - 1-2 fish portions a week
 - No more than 1 red meat a week
- BIG breakfasts, but lower in white starches
 - Whole grain cereal (KASHI)
 - Banana
 - Yogurt (try Activia)
 - Whole grain English Muffin, cream cheese
 - Grapefruit

NO MORE THAN 3-4x PER WEEK (total)

- Huge packets of candy
- Soda, Diet Soda
- Macaroni and Cheese!
- Fast Food
- Sugar Drinks (Kool-Aid)