

Girls Lacrosse

Pre-Season Conditioning

The lacrosse playing season lasts from the beginning of March to late May. It is imperative that all players come to tryouts / practice in shape. Start your training now! ***(You really should have started already!)***

- **December – Early January Running:**
 - Build your endurance by going on long, slow distance (LSD) runs.
 - First 2 weeks:
 - Start at 20 minutes, and increase 5 - 10% each week, up to 60 minutes. This should be done 4 - 6 times per week.
 - Third – Fourth week: (pace training)
 - As your endurance increases add in pace. Run at a faster pace and decrease your run time to 30 minutes.
 - Fifth Week: (interval training)
 - Change your running to hard running for 5 minutes rest for 2, run hard for 5 minutes, rest for 2. etc.
 - Work up to a hard run for 3 minutes, then jog slowly for 3 minutes, and then start again.

- **Late January and February:**
 - This is a high intensity training time where you will be preparing for the upcoming season.
 - Continue running and workouts using the LSD, pace training, and interval training.
 - Repeat the workouts throughout the week, concentrating on a strong pace and running for extended amounts of time, while increasing/decreasing speed during the run.
 - Remember to vary your pace from distance running to all out sprints to fast strides then back down to easy jogging without recovery times.

- **March / April / May :**
 - This is the competition season.
 - Keep up your endurance level, but you must also allow for recovery before games.
 - Continue with the same kinds of runs, but reduce the duration of your workouts.
 - Lacrosse practices will reduce your needed amount of workout time.

Workout routines

A. Thirty Minute workout

- a. Run hard for 3 minutes
- b. Walk for 3 minutes
- c. Total time of work out should equal 30 minutes

B. Forty Five Minute workout

- a. Run hard for 5 minutes
- b. Walk for 5 minutes
- c. Total time of work out should equal 45 minutes

C. X Routine

- a. On a field (lacrosse / soccer) jog the sideline
- b. At the corner of the sideline do a corner sprint diagonally across the field to the opposite corner.
- c. Complete the X by jogging the opposite side line, then....
- d. Sprint to the Opposite corner
- e. Work your way up to 5 to 8 times.

D. Graham Cracker

- a. Split the lacrosse / soccer field in half
- b. Jog the short end line
- c. Sprint the sideline
- d. Jog back to where you start (will be jogging the end line and sideline)
- e. Sprint the next two sections (end line and sideline)
- f. Jog the remaining two sections
- g. Sprint the next three sections (end line, sideline, end line)
- h. Jog the remaining one section
- i. Sprint all four sections
- j. Now work your way back down to jogging all four sides
- k. Do not stop during this work out routine
- l. **P.s. this is my new favorite conditioning drill....so learn it before try outs 😊**

E. Ten Ten's

- a. Stand on the end line (behind the cage / goal)
- b. Sprint to the top of the twelve meter arc and back to the starting point within ten seconds
- c. Your goal is to finish your sprint before the ten seconds are up.
- d. The sooner you get back the more rest you have.
- e. You will start the next sprint when the ten seconds are up.
- f. You will perform 10 up and back, each with in ten seconds

F. Hills

- a. Find a hill with at least a 30 degree incline and about 20 to 50 yard long
- b. Sprint up and jog slowly and carefully down
- c. Complete ten continuous sprints

G. 1000 yd Sprint / “Ladders”

- a. On a field start at the goal line. Sprint the consecutively”
- b. Goal line to the 30 and back
- c. Goal line to the 50 and back
- d. Goal line to the opposite 30 and back
- e. Goal line to the opposite goal line and back
- f. Reverse the order:
 - i. Goal line to the goal line and back
 - ii. Goal line to the opposite 30 and back
 - iii. Goal line to the opposite 50 and back
 - iv. Goal line to the 30 and back
- g. This is about pacing yourself
- h. You should be able to do this under 5 minutes
- i. Each time you complete this, time yourself and try to beat your time

H. 10 – 110’s

- a. On the lacrosse / soccer field, start at the end line
- b. Sprint to the opposite goal line in 30 seconds
- c. Once you are there you have whatever is left of your thirty seconds plus 15 seconds to rest
- d. Sprint it again until you have done 10 sprints
- e. **P.s. this is second my new favorite conditioning drill....** 😊

I. Strength conditioning

- a. You need to start lifting – especially for your upper body and abs!
- b. If you don’t belong to a gym, use Mainland or purchase simple free weights (8 to 10 lbs.)
- c. Target your abs everyday in your lifting workout
 - i. Important because a strong mid section allows for rotation in throwing and shooting along with helping you to balance.
- d. Target should be three sets of 8 to 12 reps
- e. Lift 3 to 4 times per week