



2011 RRHS
GIRLS LACROSSE

PRE-SEASON
STRENGTH & CONDITIONING PACKET

INFORMATION PROVIDED BY:

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Strength & Conditioning Coach
U.S. Women's Lacrosse Team

Players,

The Following information was taken from another high school girls' lacrosse program. We have not spoken with the coach regarding use of this packet, nor were we given permission to use it. We found it on the internet and thought it would be useful for our team. The provided workouts are intended as a reference for your preseason strength and conditioning program. We are in no way doctors and do not know the individual needs of each player. Please use this packet as a guideline, but always consult with your own family doctor or health practitioner regarding your personal fitness capabilities and/or limits.

THIS IS A 6-WEEK PROGRAM; PRESEASON CONDITIONING FOR ALL PLAYERS STARTS ON JANUARY 10TH, 2011 and goes until the first day of the season, February 21st, 2011.

You will have a fitness test during the week of try-outs. This will include a timed 2.5 mile run and a timed 100 meter sprint. Do not take your preseason conditioning lightly - we expect all players to come fully prepared and in-shape for the season. We encourage you to meet with each other and workout together!

Please email us if you have any questions. Thanks!

~Lindsey & Sarah

Here is a note from the high school Coach that put this packet together:

While at the US Lacrosse Convention in 2008, I had the opportunity to talk with Sue Heether, the US Women's Team coach and I asked for information in regards what the US Team does for pre-season strength and conditioning. She put me in touch with Andrew Carter, the US Women's Team Strength Coach and I have taken some key parts from his program.

Read through this packet carefully. Andrew "designed the running/conditioning portion as a 4 day/week program and the lifting portion is designed as a 3 day/week program." Please note the Guidelines Andrew provided the US Team Players. Keep in mind, he is dealing with mature, ELITE level athletes and this phase is planned for about 6 weeks in duration. You may have to tailor your activities to suit your own needs but this gives you an insight to what is expected at the Next Level.

CONDITIONING PORTION PHASE 1 4 DAYS/WEEK

Pre-Season Conditioning

Day 1

Day 2

Day 3

Day 4

Aerobic

Speed Work

Agilities

Interval/Conditioning

“U.S. Women’s National Lacrosse Team” Conditioning Guidelines

The following pages contain information about your conditioning workouts.
The first phase is 6 weeks in duration and your running is set up to be done 4 days per week.

****Always remember to begin with the dynamic warm up and finish with a cool down and static stretch**

****Make your running a priority; it is inexcusable to be out of shape representing the United States as the best lacrosse players in the country.**

****There are cross training workouts attached at the end of the running part that you may do as well.**

****Listen to your body and try to live a healthy lifestyle.**

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Running-- Dynamic Warm Up

All distances are 15-20yds (slow and deliberate is a must)

Wide Squat w/ Rotation x 5

Walking Knee To Chest

A Skip

Lunge w/ Forearm to instep and reach back

Straight Leg Skip

Walking Quad/Toe Touch

Lateral Lunge –Switch sides each time

Spiderman

Lateral Run x 2

High Knees x 2

Backward Run

Butt Kicks

Leg Swings x 12ea

½ Speed Sprint

¾ Speed Sprint x 2

Full Speed Sprint x 2

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Phase 1 – Day 1

Aerobic Conditioning

Begin with Dynamic Warm Up

Week 1- 35 Minute run @ approximately 65-80% of Max HR. (Max HR 204 for a 16 year old, 133 to 163 would be your range, Max HR = 220- Age) Keep track of the distance run in the allotted 35 minutes.

How to Take Your Pulse*

Place your index and middle fingers directly under your ear, then slide your fingers down until they are directly under your jawbone, pressing lightly. Start with zero on the first beat and count for 10 seconds then multiply by six. Always check your pulse frequently throughout your workout to make sure you within your target heart rate zone. If you do not have a heart monitor, you need to take your pulse (2 fingers just below your jaw), use your watch, count from zero for a 6 second period. Multiply your beats times 10.

* http://exercise.about.com/cs/fitnesstools/l/bl_THR.htm

COOL DOWN & STRETCH

Week 2 – 1.5 mile run (not a slow paced jog, maintain 70-80% of Max HR, or range of 143- 163 for a 16 year old) Keep track of your time every day. Find the pace that put you in the HR zone shown above.

COOL DOWN & STRETCH

Week 3 – 1600 Meter Tempo Run (approximately 80-90% intensity, note, not max heart rate)

100, 200, 300, 200, 300, 200, 100 meter runs

REST

15 seconds for each 100's

30 seconds for each 200's

45 seconds for each 300's

COOL DOWN & STRETCH

Week 4 – 45 Minute Run @ approximately 65-80% of Max HR (Max HR 204 for a 16 year old, 133 to 163 would be your range, Max HR = 220- Age)

COOL DOWN & STRETCH

Week 5 – 2 Mile Run – Try to complete in under 17 minutes. This is one of our running GOALS for 2008.

COOL DOWN & STRETCH

Week 6 – 2000 Meter Tempo Run (approximately 80-90% intensity)

100, 200, 300, 200, 300, 200, 100, 200, 100, 100

REST

15 seconds for each 100's

30 seconds for each 200's

45 seconds for each 300's

COOL DOWN & STRETCH

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Phase 1 - Day 2

Speed Work

WEEKS 1, 3, 5:

Begin with Dynamic Warm Up

Form Running Drills

- Seated Arm Drives 2 x 10sec
- A Skips
- Straight Leg Bound
- Power Skip (height)
- Power Skip (distance)

Falling Sprints—

Begin Standing Tall come up on your toes, begin to lean forward when you feel yourself falling drive your leg into the ground and sprint with a good forward lean for 50 yds.

50 yards x 10 reps (30 seconds rest)

Shuffle Run into Sprint—

Shuffle 10 yards turn and Sprint 30 yards

x 5 reps each direction (20 seconds rest)

Backpedal into Sprint

Backpedal 10 yards turn and sprint 30 yards

x 8 reps (20 seconds rest)

150 Yard Shuttle x 2

Sprint 5 yds touch the line and go back, Sprint 10 yds and back, 15 yds and back, 20 yds and back, 25 yds and back. TIME : Less than 40 seconds

REST: 1:30

COOL DOWN & STRETCH

WEEKS 2, 4, 6

Begin with Dynamic Warm up

3 x 60 yard shuttles (5 yards and back, 10 and back, 15 and back)

Sprint Workout:

<u>Sprint</u>	<u>Reps</u>	<u>Rest</u>
60 Yds	6	30 sec
40 Yds	8	20 sec
20 Yds	10	15 sec

REST 2 Minutes between each change in distance

2 x 60 Yard shuttle

COOL DOWN & STRETCH

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Phase 1 - Day 3 Agilities and C.O.D.

Begin with Dynamic Warm Up

Low Level Plyometrics

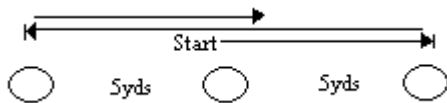
Squat Jumps **2 x 10** (*Jump as high as you can, land as softly as you can*)

Speed Skaters **4 x 20yds** (*Stick your landing each jump*)

Split Squat Jumps (*Lunge Jumps*) **2 x 10ea**

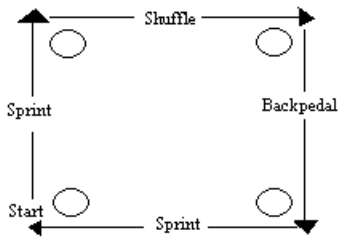
Pro Agility

x 10 reps



Box Cone Drill (Cones 5 yds apart)

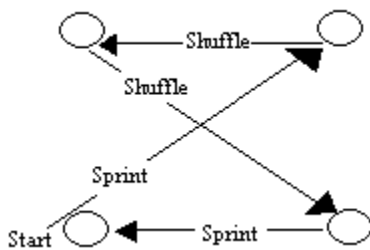
x 5 reps each direction



PROGRESSION: INCREASE REPS BY 2 EACH WEEK
-Variations to cone drills can be made, put your own in when these 4 get stale.
-The next phase will have different agility drills.

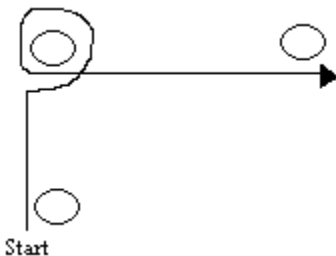
X-Cone Drill

x 5 each direction



3 Cone L drill

x 5 each Direction



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Phase 1 - Day 4
Interval/Conditioning

Weeks 1, 3, 5

Dynamic Warm Up

100 Yard Ladder—to be done on a field

Explanation: Sprint 100 yards jog back, sprint 90 yards jog back, sprint 80 yards jog back ... sprint 20 yards jog back, sprint 10 yards jog back.

Rest 3 minutes

300 Yard Shuttle – 25 yds x 12

Rep 1 – 65 seconds

Rep 2 – 67 seconds

INCREASE by 1 (ONE) 300 Yard shuttle each week.

COOL DOWN & STRETCH

Weeks 2, 4, 6

Dynamic Warm Up

12 x 200's

(increase by 2 each week)

200's = Sprint 100 yards in 20 seconds, 40 seconds to get back; Repeat

The 40 seconds to get back IS your rest interval.

COOL DOWN & STRETCH

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ALTERNATE CROSS TRAINING WORKOUT 1 – POOL WORKOUT

WORKOUT #1

WARM UP—4 Laps Freestyle

	<u>Time</u>	<u>Rest</u>
8 x 25m Sprints	20 sec	~1:00
6 x 50m Sprints	40 sec	~1:00
4 x 100m Sprints	1 minute	~1:00
8 x 25m Sprints	22 sec	~1:00

COOL DOWN— 4 Laps

WORKOUT #2

WARM UP – 4 Laps Freestyle

	<u>Time</u>	<u>Rest</u>
10 x 50m Sprints	40 sec	30sec
REST 2 Minutes		
6 x 75m Sprints/Kicks	1 minute	1:30
REST 2 Minutes		
10 x 25m Sprints	20 sec	15sec

COOL DOWN – 4 Laps

WORKOUT #3

WARM UP—8 laps
15 minute Water Fartlek

100% Down/ 70% Back for 15 minutes

COOL DOWN—4 Laps

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ALTERNATE CROSS TRAINING WORKOUT 2– Bike Workout

BIKE WORKOUT #1

Warm Up

4 miles in 10 Minutes Level 8-10

-Cool down → 60-70RPM - 3 minutes

2 Miles in 5 Minutes Level 6-8

-Cool down → 60-70RPM -3 minutes

1 Mile in 2:30 Minutes Level 6-8

5 minute Cooldown

BIKE WORKOUT #2

30 minute interval- Level 10

1:00 sprint followed by 1:30 medium paced for 30 minutes

STRENGTH TRAINING

STRENGTH TRAINING GUIDELINES

The following pages contain a weight training workout that is to be followed if you have a weight training facility available. In the pages after the actual workout you will see a bodyweight workout to use if you are unable to get to a gym. It is HIGHLY recommended that you find a weight training facility near you, and preferably one that allows you to perform Olympic lifting.

****Always perform a dynamic warm up prior to training, this will facilitate greater gains in strength and reduce the likelihood of injury.**

****Please note that percentages given are approximate, *listen to your body*, if the suggestion is 80% of 100 for 6 reps and you cannot do 80lbs for 6 reps, then don't do it. Do what you can, but push yourself. Follow the rule, that in any given set the final rep prescribed should be hard and another rep would be nearly unattainable.**

****For the major lifts (ones with a percentage) take at least a 1 and a half minute rest or greater, a 45 second to 1 minute rest on the other exercises will suffice.**

****Know and understand the difference between soreness and muscle or joint injury. If something is painful (muscle/joint injury) don't do it.**

****The strength training workout is supposed to be performed on 3 Non-Consecutive days i.e. M, W, F or T, Th, Sat. Make an effort to be consistent with your workouts. There are always certain extenuating circumstances that cause us to miss training days. Move on to the next day, but don't make it a habit.**

****Write in your weights so that you can track your progress, try to increase weights every 2 weeks or so.**

STRENGTH TRAINING DYNAMIC WARM UP
(Only do this if you haven't run prior to the lift)

Bodyweight Squats	x10
Push Ups	x10
Bodyweight Lunge	x10
Rear Delt Raise (5lb Plates)	x10
Leg Swings	x10ea
Single Leg Hip Raise	x10
Quadruped Hydrants	x15

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BODY WEIGHT CIRCUIT

UPPER—2 Sets x Max Reps INCREASE SETS BY 1 EACH WEEK

Pull Ups/Chin Ups
Bench Dips
Push Ups
Side Raises (w/ 2 gallon jugs or 5-15lb dumbbells)

LOWER—3 Sets x 10 INCREASE REPS by 2 EACH WEEK

Workout #1

Squat
Lunge
Split Squat Jump
Lateral Cone Hops

Workout #2

Lateral Lunges
Step Up-Back Lunge
Squat Jumps
Wall Sit 45 seconds—increase each week by 15 seconds

There are Core/Abdominal workouts that can be done with no weight at the bottom of each Weight Training Chart

TOTAL BODY CIRCUIT #1

Toe Touches x 50
Back Bridge 2:00
Front Bridge 1:00
Push Ups x 20
Toe Touches x 50
Single Leg Back Bridge :30
Side Bridge :30
Push Ups x 20
3 Way Lunge x 8ea
1 Leg RDL x12ea
3 Way Lunge x 8ea
1 Leg RDL x 12ea
Supermans x 20
Push Ups x 25
Lunge Hold x 30sec ea
Calf Raises x 100

TOTAL BODY CIRCUIT #2

Single Leg Squat x 20 (1 Leg on bench)
Single Leg Hip Raise x 15ea
Push Ups x 20
Hydrants x 20ea
Squats x 25
Push Ups x 20
Squats x 25
Front Bridge 1:00
1 Leg Hip Raise x 20ea
Crunches x 50
Walking Lunges x 50 Steps
Calf Raises x 100