Congratulations for taking the first step towards a successful 2015-2016 season!

That’s right, your early self evaluations, personal goals, commitment and dedication will have a direct impact on how much success we enjoy during the upcoming season.

Our season preparation begins during the summer months with each player working-out at least 5 days each week. Each workout should take approximately an hour to an hour and a half.

Attached is a list of numbered workout routines for four categories: Distance, Sprints, Agility, Cardio and Stickwork. Each workout begins with a warm up and ends with a warm down. DON’T SKIP WARM-UPS or WARM-DOWNS!

Your workouts for the first 2 weeks of the workout guide are provided for you. After that, you select your own daily workout routines from each category.

You should do each routine at least once per month and keep your workouts to at least an hour per day including warm-up and warm-down. Select a variety of routines from the different categories to do each day.

PRINT OUT THIS WORKOUT GUIDE and track your progress! Keep a record of what workouts you do and your performance times. Note what you like and don’t like so we can improve this workout each year.

Remember, this is only a guide. Everyone is different, so if you are experiencing any unusual pain, apply R.I.C.E, (rest, ice, compression, elevation) and be sure to avoid doing any further injury.

“If you fail to prepare, you’re prepared to fail.” Mark Spitz

“It’s not the will to win that matters, everyone has that. It’s the will to prepare to win that matters.” Paul “Bear” Bryant

“There may be people that have more talent than you, but there’s no excuse for anyone to work harder than you do.” Derek Jeter

“I may not know if you’re working out today, but I’ll know in September.” Coach Unpublished
Warm-up/Warm-down (5 minute each)

1. Warm Up
   10 Yard Dynamics stretches (Before every workout)
   High knees,
   Lunge and twist,
   Frankenstein's,
   Scales,
   Sumos,
   Butt kicks,
   Figure 4s, rear quad stretch,
   Knee pulls,
   Jog,
   Set of 10 push-ups and 10 sit-ups. (when these get easy, add 5 reps)

2. Warm Down
   10 Yard Dynamics stretches (After every workout)
   Lunge and reach for sky,
   Frankenstein's,
   Scales,
   Sumos,
   Figure 4s, rear quad stretch,
   Knee pulls,
   Jog,
   Set of 10 push-ups and 10 sit-ups. (when these get easy, add 5 reps)
Distance Running  
(10-20 minutes each)

1. 2 Mile Run  
   (5 laps around football field = 1 mile)  
   Relaxed pace (10 minutes per mile)

2. Fartlek (Swedish for variable speed)  
   Jog for 5 minutes,  
   transition to hard run for 1 minute,  
   jog for 1 minute,  
   hard run for 1 minute,  
   jog for 1 minute,  
   walk for 1 minute and stretch.

3. Timed Mile Hard Run  
   Hard paced run (5 laps around football field = 1 mile)  
   Target time: 7-7.5 minutes  
   After run, walk for 1 minute and stretch.

Sprints  
(10-15 minutes each)

1. Progressive Sprints  
   3 sets: 1<sup>st</sup> no stick, 2<sup>nd</sup> cradle strong hand, 3<sup>rd</sup> cradle off hand  
   5 x 10 yard falling forward sprints and 10 yard walk  
   4 x 25 yard sprint and 25 yard walk  
   2 x 50 yard sprint and 50 yard walk  
   1 x 100 yard sprint and 100 yard walk

2. Lax Field Ladders (2 sets continuous movement)  
   3 sets: 1<sup>st</sup> no stick, 2<sup>nd</sup> cradle strong hand, 3<sup>rd</sup> cradle off hand  
   Start at corner of lax field  
   Jog 40 yards (to restraining line)  
   Sprint 60 yards (cross field)  
   Jog 40 yards (to far restraining line)  
   Sprint 60 yards (cross field)  
   Jog 40 yards (to end line)  
   Sprint 60 yards (to far corner of lax field)  
   Repeat pattern (to starting point)  
   Walk cross field and return.  
   Repeat

Running on a turf field is the best option. Next is grass, then asphalt. If you choose to use a treadmill, be aware that your run times will be about 15% better than outside.
Agility Drills (10 minutes each)

1. JP Drill
   Set 4 cones in a straight line 5 yards apart.
   3 sets: 1st no stick, 2nd cradle strong hand, 3rd cradle off hand
   When running drill run along one side of cone and always keep stick on opposite side of body away from cones.
   Start at 1st cone, run to 2nd cone and return,
   Run to 3rd cone and return,
   Run to 4th cone and return,
   Rest and walk for 1 minute between sets.
   Run 3 sets: no stick, cradle with hand switches.

2. Cross Box Drill
   Place four cones in a square with cones 10 yards apart.
   3 sets: 1st no stick, 2nd cradle strong hand, 3rd cradle off hand
   Sprint diagonally,
   Shuffle across,
   Sprint diagonal,
   Backwards run across to starting cone.
   Repeat continuously for 3 times to complete 1 set.
   Rest 30 seconds between sets.
   Run 3 sets: no stick, cradle right, cradle left.

3. T Test
   Place 4 cones in the shape of a T
   (3 in a line 5 yards apart, one 10 yards from middle cone).
   3 sets: 1st no stick, 2nd cradle strong hand, 3rd cradle off hand
   Start at bottom of T
   Sprint 10 yards to middle cone, touch ground with right hand
   Shuffle to left cone, touch ground with left hand
   Shuffle to far right cone, touch ground with left hand
   Shuffle to middle cone, touch ground with left hand
   Back pedal to starting cone.
   Rest 1 minute rest between sets.

Workouts interrupted by rain days? Take it to the gym. A lifting session to work on arms, chest, legs is a great alternative!
Cardio (20 minutes each)

1. 30 Second Workout
   Do each of the following exercises for 30 seconds each, followed by a 5-10 second rest in between each. Do 3 sets with a 1 minute rest between sets. Focus on technique and continuation through each 30 second time. Intensify each set with faster pace and more reps.
   
   Jumping Jacks
   High knee run in place
   Squat thrusts (also known as burpies)
   Mountain climbers
   Push-ups (no knees. Hands outside shoulder width, hold in plank pose to rest)
   Superman (on stomach, feet up, arms up out front)
   Crunches (knees up, legs crossed, elbows to knees)
   Plank
   High knee jumps (arms out front, knees up to hands)
   Striders (one leg and arm out front as far as possible, one leg and arm behind as far as possible, jump switching legs while swinging arms. Similar to cross-country skiing. Hands in a fist)

2. Drop 10 Workout
   Run through 1 set of the following. 10 Second break max between exercises.
   Start with 100 reps and work down to 10.

   100 Crunches
   90 Jumping Jacks
   80 Lunges
   70 Squats
   60 Seconds Run in Place
   50 Seconds Plank
   40 Mountain Climbers
   30 Seconds Machine Gun drill (athletic stance, rapid fire foot taps)
   20 High Knee Jumps
   10 Push Ups
Stick Drills (10 minutes each)

1. **Cradle**
   Focus on proper technique, top hand at mid-stick, bottom hand at bottom of stick. Shift weight to proper foot, turn shoulders to protect stick.
   
   3 minutes right hand cradle
   3 minutes left hand cradle
   3 minutes switching hands cradle

2. **Wall Ball**
   Use a bounce back or find a brick wall (chimney works well too). Vary on type of throw: from shoulder, over-head, side arm, cross-over. Focus on target passes and footwork.
   
   40 reps right hand
   40 reps left hand
   40 reps catch one hand, switch and throw

3. **Stick Tricks**
   Get creative and create a routine cradling and tossing the ball.
   Toss it high, catching up high and down low
   Cradle upside down with quick wrists
   Flip ball behind back and between the legs
   One hand ball pick-ups
   Ball balancing, stick tosses, etc.
Self Evaluation and Goals

My Top 3 Strengths as a Lacrosse Player are:
1. 
2. 
3. 

My target areas for improvement are:
1. 
2. 
3. 

My Goals for August 1st are:
1. 
2. 
3. 

What I MUST do to accomplish these goals:
What MUST NOT do to accomplish these goals:

My Goals for September 1st are:
1. 
2. 
3. 

What I MUST do to accomplish these goals:
What I MUST NOT do to accomplish these goals:

My Goals for the 2014-2015 season are:
1. 
2. 
3. 

My personal tag line or saying to remind, motivate, and push me towards reaching my goals and remind me how important this is to me:

I will do this: _____________________________
Workout Guide Schedule

See the attached descriptions of the workout routines by number.
If you see (1 + 2) that means you do both workout routines 1 and 2.

FOR EXAMPLE: On Day 1 of Week 3, you will Warm up and Warm down (routines 1 and 2), for Distance you will do routine #1: Run 3 miles, No Sprints, do Agility routine #1: JP Drill, No Cardio, and do Stickwork routine #1: cradling.

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“If you train hard, you’ll not only be hard, you’ll be hard to beat.” Herschel Walker

“The principle is competing against yourself. It’s about self-improvement, about being better than you were the day before.” Steve Young

“You have to expect things of yourself before you can do them.” Michael Jordan

“To uncover your true potential you must first find your own limits and then you have to have the courage to blow past them.” Picabo Street
# WESTFIELD STATE WOMEN'S LACROSSE
## 2015 SUMMER WORKOUT GUIDE

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“I hated every minute of training, but I said, ‘Don’t quit. Suffer now and live the rest of your life as a champion.’”  
Muhammad Ali

“There are only two options regarding commitment. You’re either IN or you’re OUT.  
There is no such thing as life in-between.”  
Pat Riley

“I will prepare and some day my chance will come.”  
Abraham Lincoln
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“Do not let what you can not do interfere with what you can do.” John Wooden

“I am building a fire, and everyday I train, I add more fuel. At just the right moment, I light the match.” Mia Hamm

“The highest compliment that you can pay me is to say that I work hard every day.” Wayne Gretzky

“Quitters never win, and winners never quit.” Vince Lombardi