

ENDICOTT MEN'S LACROSSE



SUMMER WORKOUT
2005

Men's Lacrosse Summer Workout with Weight Training

Weeks 1 – 6

Monday	Tuesday	Wednesday	Thursday	Friday
Core	Core	Core	Core	Core
Crunches Side Crunch Jackknives Side Iso-Abs Prone Alt. Arm/Leg Lift All 2x for 30 seconds	Bows & Toes Superman Hip Ups Pushup With Rotation Crunches All 2x for 30 seconds	Crunches Side Crunch Jackknives Side Iso-Abs Prone Alt. Arm/Leg Lift All 2x for 30 seconds	Bows & Toes Superman Hip Ups Pushup With Rotation Crunches All 2x for 30 seconds	Crunches Side Crunch Jackknives Side Iso-Abs Prone Alt. Arm/Leg Lift All 2x for 30 seconds
Speed & Agility	Plyometrics	Speed & Agility	Plyometrics	Speed & Agility
Pro Agility 4x 30 Yard Shuttle 4x 4 Cone Square 4x 5 Cone In & Out 4x (Rest 30-60 seconds)	Ankle Hops 2x15 Squat Jumps 2x15 Pike Jumps 2x15 Lateral Cone Hops 2x15 Standing Long Jump 2x15	Agility Ladder Routine (Rest 30-60 seconds)	Ankle Hops 2x15 Lunge Jump 2x15 Zig-Zag Cone Hops 2x15 Power Vertical Leap 2x15 Box Jumps 2x15	T-Drill 4x Figure 8 - 4x Partner Reaction 4x 40 yard dash with Hurdle 4x (Rest 30-60 seconds)
Cardio-Conditioning (Pace)	Cardio-Conditioning	Cardio-Conditioning (Pace)	Cardio-Conditioning	Cardio-Conditioning
800m x 1 w/ 2 min rest (Moderate) 400m x 2 w/ 1:30 min rest (Full) 200m x 2 w/ 1 min rest (Full) 100m x 2 w/ 45 sec rest (Full) 50m x 2 w/ 30 sec rest (Sprints)	1.5 Mile Run @ Moderate Pace	400m x 4 w/ 1:30 min rest (Med) 200m x 4 w/ 1 min rest (Full) 100m x 2 w/ 45 sec rest (Full) 50m x 2 w/ 30 sec rest (Sprints) 25m x 2 w/ 20 sec rest (Sprints)	1.5 Mile Run @ Moderate Pace	Sand or Hill Running 800m x 1 w/ 3 min rest (Med) 400m x 2 w/ 2 min rest (Med) 200m x 4 w/ 1:30 min rest (Full) 100m x 4 w/ 1 min rest (Full)
Weight Training	Weight Training	Weight Training	Weight Training	Weight Training
Squat - 3x10 Lunge - 3x12 Leg Extension / Curl - 3x12 Calf Raises - 3x20 Cable Pull Down - 3x12 1 Arm Row - 3x10	None	Rotator Cuff Rotations - 2x15 ea. DB Bench Press - 3x12 DB Incline Press - 3x12 DB Seated Press - 3x12 Lateral Raises - 3x12 Bicep Curls (SS) 3x12 Triceps Pushdowns (SS) - 3x12	None	DB Overhead Squat - 3x10 Lunge - 3x12 Calf Raise - 3x20 Rotator Cuff Rotations - 2x15 ea. DB Incline Press - 3x12 Machine Seated Press - 3x12 Bent Over Lateral Raises - 3x12
Static Stretching	Static Stretching	Static Stretching	Static Stretching	Static Stretching
15-20 Minutes of total body stretching after the workout	15-20 Minutes of total body stretching after the workout	15-20 Minutes of total body stretching after the workout	15-20 Minutes of total body stretching after the workout	15-20 Minutes of total body stretching after the workout

All Workouts should start with 5-10 minutes of any cardio to get ready

Men's Lacrosse Summer Workout with Weight Training

Weeks 7-13

Monday	Tuesday	Wednesday	Thursday	Friday
Core	Core	Core	Core	Core
Crunches Side Crunch Jackknifes Side Iso-Abs Prone Alt. Arm/Leg Lift All 2x for 45 seconds	Bows & Toes Superman Hip Ups Pushup With Rotation Crunches All 2x for 45 seconds	Crunches Side Crunch Jackknifes Side Iso-Abs Prone Alt. Arm/Leg Lift All 2x for 45 seconds	Bows & Toes Superman Hip Ups Pushup With Rotation Crunches All 2x for 45 seconds	Crunches Side Crunch Jackknifes Side Iso-Abs Prone Alt. Arm/Leg Lift All 2x for 45 seconds
Speed & Agility	Plyometrics	Speed & Agility	Plyometrics	Speed & Agility
Pro Agility 5x 30 Yard Shuttle 5x 4 Cone Square 5x 5 Cone In & Out 5x (Rest 30-60 seconds)	Ankle Hops 3x15 Squat Jumps 3x15 Pike Jumps 3x15 Lateral Cone Hops 3x15 Long Jump 3x15	Agility Ladder Routine (Rest 30-60 seconds)	Ankle Hops 3x15 Lunge Jump 3x15 Zig-Zag Cone Hops 3x15 Power Vertical Leap 3x15 Box Jumps 3x15	T-Drill 5x Figure 8 5x Partner Reaction 5x 40 yard dash with Hurdle 5x (Rest 30-60 seconds)
Cardio-Conditioning (Pace)	Cardio-Conditioning	Cardio-Conditioning	Cardio-Conditioning	Cardio-Conditioning
400m x 2 w/ 1:30 min rest (Med) 200m x 4 w/ 1 min rest (Full) 100m x 4 w/ 45 sec rest (Full) 50m x 4 w/ 30 sec rest (Sprints) 25m x 4 w/ 20 sec rest (Sprints)	2 Mile Run @ Moderate Pace	200m x 4 w/ 1 min rest (Medium) 100m x 6 w/ 45 sec rest (Full) 50m x 6 w/ 30 sec rest (Sprints) 25m x 6 w/ 20 sec rest (Sprints)	2 Mile Run @ Moderate Pace	Sand or Hill Running 400m x 4 w/ 2 min rest (Med) 200m x 6 w/ 1:30 min rest (Med) 100m x 6 w/ 1 min rest (Full)
Weight Training	Weight Training	Weight Training	Weight Training	Weight Training
Squat - 3x8 Lunge - 3x10 Leg Extension / Curl - 3x10 Calf Raises - 3x20 Cable Pull Down - 3x10 1 Arm Row - 3x8	None	Rotator Cuff Rotations - 2x15 ea. DB Bench Press - 3x10 DB Incline Press - 3x10 DB Seated Press - 3x10 Lateral Raises - 3x10 Bicep Curls (SS) 3x10 Triceps Pushdowns (SS) - 3x10	None	DB Overhead Squat - 3x8 Lunge - 3x10 Calf Raise - 3x20 Rotator Cuff Rotations - 2x15 ea. DB Incline Press - 3x10 Machine Seated Press - 3x10 Bent Over Lateral Raises - 3x10
Static Stretching	Static Stretching	Static Stretching	Static Stretching	Static Stretching
15-20 Minutes of total body stretching after the workout	15-20 Minutes of total body stretching after the workout	15-20 Minutes of total body stretching after the workout	15-20 Minutes of total body stretching after the workout	15-20 Minutes of total body stretching after the workout

All Workouts should start with 5-10 minutes of any cardio to get ready

SPEED AND AGILITY EXPLANATIONS

PRO AGILITY

- Place 3 cones in a straight line with 5 yards between each (10 yard total)
- Start at the middle cone and sprint to one end
- Turn and sprint the 10 yards to the other end - Turn and sprint the 5 yards to the middle

30-YARD SHUTTLE

- Sprint 10 yard and back, then 20 and then 30 yards and back consecutively

4 CONES SQUARE

- Place 4 cones in a square with 10 yards between them
- You will stay facing the same direction the entire time
- Sprint 10 yards to first cone
- Slide 10 yards to next corner
- Backpedal 10 yards to corner
- Slide 10 yards back to the starting cone

5 CONES – IN & OUT

- Using the same 4 cones as above add one cone in the middle
- This time you will turn and sprint to each cone
- Starting on the outside – sprint to the middle – then to the next outside – then back to the middle – continue in this X pattern until you return to the start cone

T-DRILL

- The T pattern should be 10 yards from the base to the cross and then 5 yards both directions
- Starting at the base, sprint 10 yards forward to the top center of the T
- Slide 5 yards to the left end
- Slide 10 yards to the right end
- Slide 5 yards back to the middle
- Backpedal 10 yards to the start

FIGURE 8

- Place 2 objects 5 yards apart
- Sprint around the objects in a figure 8 pattern
- 3 figure 8's is one set

40-YARD DASH WITH HURDLE

- You are doing a 40 yard sprint with a 1–2 foot high obstacle on the 20 yard line

PARTNER REACTION

- Sprint 10 yards straight ahead at partner.
- Partner then points either direction with you pivoting and sprinting 5 yards that direction

PLYOMETRIC EXERCISE EXPLANATIONS

LUNGE JUMP

- Start with left foot forwards in a lunge position (back knee off ground and front knee behind toes)
- Jump as high as you can straight up and alternate feet (land with right foot forwards)

STANDING LONG JUMP

- Start from a standing position and jump out as far as you can.

ZIG-ZAG CONE HOPS

- Set up 10 small cones in a zig-zag format (about 12 inches apart) and hop to the outside of each cone.
- One time through the course = 1 set.

KNEE TUCK JUMPS

- Stand in place and jump as high as you can, pulling your knees up to your chest.

PIKE JUMPS

- Stand and jump as high as you can, keeping your legs straight and kicking them out in front of you.

LATERAL CONE HOPS

- Use a small cone (about 8") and hop laterally side to side over it

ANKLE HOPS

- Repetitively bounce off your ankles and knees like a spring

POWER VERTICAL LEAP

- From a standing position, quickly squat and jump as high as you can, using your arms to drive you up.

BOX JUMP

- From a standing position, jump to an elevated surface and back down. (You may use plyometric boxes or a sturdy bench or platform – Should be 14-20" high)

AGILITY LADDER ROUTINE

- Construct or imagine an agility ladder (You can draw this on the ground with chalk or use tape) with 10 boxes that are 16"x16". Choose any 6 footwork patterns using the ladder and do them each 3x.
- Quick Skip – Straight ahead skip as fast as you can
- High Knees Skip – Straight ahead throwing the knees as high as possible
- Lateral Crossover Skip – Skip laterally as fast as possible. Emphasize fast hips
- 2 in, 2 out – Moving laterally down the ladder, take 2 steps in each square and 2 out
- 2-in Sprints – Moving forward both feet hit each square as quickly as possible
- Bunny Jumps – 2 foot jumps in each square
- Ski Jumps – With feet spread shoulder width alternate 1 foot in and 1 out down the ladder
- One foot hops – 1 foot hops in every square

CORE EXERCISE EXPLANATIONS

(EL)BOWS & TOES

- Lying face down, elevate your body onto your toes and elbows (about shoulder width apart).
- Form a straight line and hold core tight for designated time
- For **SINGLE LEG RAISES** use this position and alternate leg raises

SIDE ISO-ABS

- Lying on your side, elevate your body by using your elbow as a bridge
- Raise your hips so you are in a straight line from your feet on the floor to your shoulder
- Lower hips to 1 inch above the floor and raise
- Be sure to alternate arms

CRUNCHES

- Bend legs slightly and lift 2 inches from the ground
- Flatten the arch into the floor by lifting up the hips
- Crunch with abdominal muscles
- For **SIDE CRUNCHES** bring elbow to opposite knee

LOWER LEG ROWS

- Lie on back with feet elevated and upper body resting on elbows
- Bring the knees to the chest while allowing the upper body to elevate onto hands (only for balance)
- Push legs away and return to starting position

PRONE ALTERNATING ARM/LEG EXTENSIONS

- Lie face down with arms and legs extended
- Raise opposing arm and leg (right arm and left leg) about 1 foot up and hold for 1 sec then alternate
- For **SUPER MAN** raise both arms and legs at the same time and hold for 2 seconds

HIP UPS

- Lie on back with legs pointed to the sky
- Holding a support, raise hips off the ground and slowly lower

PUSH UP WITH ROTATION

- Do a pushup and rotate so that the weight is on one arm with the other elbow pointed skyward

JACKKNIFE

- Lying on back and simultaneously raise arms and legs in the air about your midsection
- Touch your toes and return to start position

CARDIO-CONDITIONING NOTES

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|---|------------------------------------|
| • 800 Meters is about 880 yards or ½ mile | Field House: |
| • 400 Meters is about 440 yards or ¼ mile | 800 Meters=6 laps, 400 M=3 laps |
| • 200 Meters is about 220 yards | 200 M=1.5 laps, 100 M=.75 laps |
| • 100 Meters is about 110 yards | 1 Mile=12 laps and 4 poles |
| • 50 Meters is about 55 yards | most outdoor tracks are 400 meters |