

SHEPHERD WOMEN'S LACROSSE

SUMMER 2012 WORK OUT PACKET

300S

Just like at practice.... 50yrd increments.

Repeat 4 times. Goal time is 67s. *Rest 2 min between each*

Email times to Coach Meg by 9PM on the days listed.

LADDER WORK OUT

Sprint 10yds – Jog 90yds

Sprint 20 – Jog 80

Sprint 30 – Jog 70

Sprint 40 – Jog 60

Sprint 50 – Jog 50

Sprint 60 – Jog 40

Sprint 70 – Jog 30

Sprint 80 – Jog 20

Sprint 90 – Jog 10

Sprint 100

rest 2 mins

Sprint 90 – Jog 10

Sprint 80 – Jog 20

Sprint 70 – Jog 30

Sprint 60 – Jog 40

Sprint 50 – Jog 50

Sprint 40 – Jog 60

Sprint 30 – Jog 70

Sprint 20 – Jog 80

Sprint 10 – Jog 90

Sprint 100

As soon as you hit the end line to finish the jog, immediately turn and start the next sprint, NO REST!

THE GAUNTLET

Run 1 mile (4 Laps or 1,600 meters) – Rest 3 mins

Run ½ mile (2 Laps or 800 meters) – Rest 2 mins

Run ¼ mile (1 Lap or 400 meters) – Rest 30 sec

Run 1/8 mile (1/2 Lap or 200 meters)

Record your time for each step Keep a total time.... See following example:

Mile: 6:45 (start again at 9:45)

½ Mile: 13:00 (start again at 15:00) -1/2 mile time would be 9:45-13:00=3:15

¼ Mile: 16:30 (start again at 17:00) -1/4 mile time would be 15:00-16:30= 1:30

1/8 Mile: 17:40 -1/8 mile time would be 17:00-17:40= 0:40

SPRINT WORK OUT #1

800 x 2 (under 3:30) *rest 5 min between each*

400 x 4 (under 90s) *rest 2 min between each*

200 x 8 (under 40s) *rest 1 min between each*

100 x 10 (under 20s) *rest 30s between each*

SPRINT WORK OUT #2

Sprint 10s – Jog 10s x2

Sprint 15s – Jog 15s x2

Sprint 20s – Jog 20s x2

Sprint 25s – Jog 25s x2

Sprint 30s – Jog 30s x2

Sprint 40s – Jog 30s x2

Sprint 50s – Jog 30s x2

Sprint 1 min – Jog 30s x2

Rest 2 min - repeat 3 times

SPRINT WORK OUT #3

200 (under 40s) *rest 1 min*

400 (under 90s) *rest 2 min*

800 (under 3:30) *rest 4 min*

400 (under 90s) *rest 2 min*

200 (under 40s) *rest 1 min*

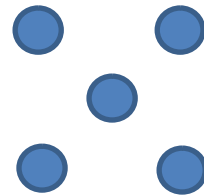
repeat 3 times

SPRINT WORK OUT #4

Sprint 30s – Jog 30s
 Sprint 1 min – Jog 1 min
 Sprint 1:30 – Jog 1 min
 Sprint 2 min – Jog 1 min
 Sprint 3 min – Jog 1 min
 Sprint 2 min – Jog 1 min
 Sprint 1:30 – Jog 1 min
 Sprint 1 min – Jog 1 min
 Sprint 30s – Jog 30s
 Jog 3 mins and repeat

FOOTWORK #1

Line hops front-back.... 4 x 15s
 Line hops side-to-side.... 4 x 15s
 5 dot drill.... 4 x 15s each leg (see picture)
 Quick feet over the line.... 4 x 15s
 5yrd starts x 10 *focus on going forward w/ first s



1 foot hop from dot to dot in order from 1-5 for 15s
 goal is to land & explode to next dot as quick

FOOTWORK #2

-5yrd cone drills:
 Sprint-slide-backpedal-slide x5
 Sprint-sprint-sprint-sprint x5
 Sprint-quick feet around cone-slide-quick feet around cone-backpedal-quick feet around cone-slide-quick feet around cone x5
 -zigzag 20yds... x5 (hips/feet downfield – upper body/stick up field. Turn to the inside!)

FOOTWORK #3

Sprint 5 yds – break steps down (3 count) – explode into backpedal x 10
 T Drill: Sprint, break down steps, get low (defensive stance) slide-slide-slide, backpedal x10 (see picture)
 5yrd starts x 10 *focus on going forward w/ first step!*

1 = sprint
 green dot = break steps down and get low in defensive stance
 2-4 = slide
 5 = backpedal

