



# WOMEN'S LACROSSE CONDITIONING SCHEDULE

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SUMMER 2010 (Complete at least 3 times a week, approx 45 minutes long)

You will be expected to run a mile as a warm-up before each practice starting in the fall.

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## WARM-UP

- 10 minute run (easy)
- Stretch

## INTERVALS (increase interval when it gets too easy)

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|-------------------|-------------|------------------------------|---------------------|
| ➤ 5 minute run    |             | ➤ Sprint 60% max intensity** |                     |
| ➤ 5 minute walk   |             | ➤ 1 minute easy jog          |                     |
| ➤ 2.5 minute run  |             | ➤ Sprint 80% max intensity   | **Each of your      |
| ➤ 2.5 minute walk | <b>-or-</b> | ➤ 1 minute easy jog          | sprints should last |
| ➤ 1 minute run    |             | ➤ Sprint 100%                | for at least 30     |
| ➤ 1 minute walk   |             | ➤ 1 minute easy jog          | seconds.            |
|                   |             | ➤ Work back down             |                     |

## LEGS (increase interval when it gets too easy)

- 25 lunges (each leg once counts as one lunge)
- 1 minute wall sit
- 25 lunges
- 45 second wall sit
- 25 lunges
- 30 second wall sit

## 8-MINUTE AB WORKOUT (DO EACH TYPE FOR 30 SECONDS)

- Regular crunches
- Leg on knee, cross over to other side
- Switch sides
- Butterfly crunches
- Side 'fetal position' crunches
- Switch sides
- Waitresses (feet off ground and twist from side to side)
- Legs up crunches
- Bicycles
- Superman (belly)
- Jackknife (balance on butt/tailbone and pull knees and chest in)
- Flutter kick
- Straight leg raises
- Butt raises (legs up, in, out, in, up)
- Crossed leg reaches or explosives (go up really fast and down really slow, you should only get about 5 in)
- Regular crunches

\*\*SPEND AT LEAST 10 MINUTES A DAY WITH YOUR STICK WORKING ON GROUND BALLS OR WALL BALL.