

Hall High School 2014 Girls Lacrosse Training Instructions

LACROSSE is a running game- the more you prepare, the better you will be and the better the team will be- Lacrosse is also a skills game- the more comfortable you are catching and throwing, the easier it is to play the game. If you play wall ball (WB) when you are tired, your strength and skills will improve. What you do to prepare, is what will determine our season. Being tired leads to mental errors and dropped balls; being fit leads to crisp sharp play. **DO NOT WAIT TO GET INTO SHAPE!!!!** If you start this program on 2/9 you will make it through week 6, if you start 12/29 you will complete 12 weeks, if you start 12/1 you will do 16 weeks and if you start this coming MONDAY 11/17 you will complete all 18 weeks!!!

General instructions- warm up with dynamic stretching, and 4min jog. Cool down with 4 min jog or fast walk. – ADJUST TIMES AND RESTS to suit your ability but be sure to progress- you should be tired, but not exhausted at the end of your workout. Likewise, it is ok to be sore, but you shouldn't be miserably sore or stiff. The workouts get harder- if you can't complete a week fairly comfortably, repeat it before moving on- if the workouts are not challenging, then add something on or run faster or decrease rest time. Day 7 is always a rest day. It is ok to take a second rest day of your choice each week if necessary. There are some time guidelines on the spreadsheet- the important thing about times, is to see yourself improve. We would like to see your mile time below 7 minutes and your 2 mile time below 16 minutes. Some of you should be able to get your mile time very close to 6 minutes and your 2 miles time below 14 minutes. You should be able to complete 10 sprints all at 17 seconds each - some of you will be able to do 16. And you should be able to do all the shuttles at 70 sec.