

NAME: \_\_\_\_\_



Training Phase: Preparatory  
Muscular Strength

**Women's Lacrosse**

Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
<b>TEMPO TRAINING - 3:2:1</b>						
Back Squat - 3:2:1	6-8 X	6-8 X	6-8 X	<b>Low Velocity Training</b>  <b>Rest Between Sets &gt; 1:30 sec.</b>  <b>TEMPO TRAINING = 3:2:1</b> <b>3 = Eccentric Contraction (Down)</b> <b>2 = Isometric Hold</b> <b>1 = Concentric Contraction (Up)</b>		
REST: Plank Circuit	15 X	15 X	15 X			
Dumbbell Front Step Ups - 3:2:1	6-8 X	6-8 X	6-8 X			
Forward Lunge - 3:2:1	6-8 X	6-8 X	6-8 X			
REST: Physioball Shoulder/Core Stability	20 sec	20 sec	20 sec			
Romanian Dean Lift - 3:2:1	6-8 X	6-8 X	6-8 X			
REST: Single Leg Posts w/MB Catch - Airex	20 sec	20 sec	20 sec			
DB Bench Press - 90* - 3:2:1	6-8 X	6-8 X	6-8 X			
Seated Row - 3:2:1	6-8 X	6-8 X	6-8 X			
Pull Ups	6-8 X	6-8 X	6-8 X			
DB Curl/Tricep Kickbacks	6-8 X	6-8 X	6-8 X			
Chop Series	10 X	10 X	10 X			

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Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Alternating Dumbbell Bench Press	6-8 X	6-8 X	6-8 X	5-7 X	<b>Final Reps of Each Set Should Be Tough To Get</b>  <b>Rest Between Sets &gt; 1:30 sec.</b>	
Lat Pull Down	6-8 X	6-8 X	6-8 X	5-7 X		
REST: Phyball Seated Balance	20 sec	20 sec	20 sec	20 sec		
Seated Row	6-8 X	6-8 X	6-8 X	5-7 X		
Pushup Sprint w/ Vest	6-8 X	6-8 X	6-8 X	5-7 X		
DB Curl/Tricep Push Down	6-8 X	6-8 X	6-8 X	5-7 X		
Lunge and Press	6-8 X	6-8 X	6-8 X	5-7 X		
Single Leg Squat	6-8 X	6-8 X	6-8 X	5-7 X		
REST: Bus Drivers	15 X	15 X	15 X	15 X		
Lunge & Change	6-8 X	6-8 X	6-8 X	5-7 X		
Forearms: Flex,Ext,Pro,Sup	15 X	15 X	15 X			
Med Ball Abs On Floor	15 X	15 X	15 X			

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Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
<b>TEMPO TRAINING - 3:2:1</b>						
Back Squat - 3:2:1	6-8 X	5-7 X	5-7 X	<b>Low Velocity Training</b>  <b>Rest Between Sets &gt; 1:30 sec.</b>  <b>TEMPO TRAINING = 3:2:1</b> <b>3 = Eccentric Contraction (Down)</b> <b>2 = Isometric Hold</b> <b>1 = Concentric Contraction (Up)</b>		
REST: Low to High	15 X	15 X	15 X			
Dumbbell Side Step Ups - 3:2:1	6-8 X	5-7 X	5-7 X			
Crossover Lunge - 3:2:1	6-8 X	5-7 X	5-7 X			
REST: Physball Seated Balance	20 sec	20 sec	20 sec			
Romanian Dean Lift - 3:2:1	6-8 X	5-7 X	5-7 X			
REST: Single Leg Posts w/MB	20 sec	20 sec	20 sec			
DB Bench Press - 90* - 3:2:1	6-8 X	5-7 X	5-7 X			
Lying Row - Bent Knee - 3:2:1	6-8 X	5-7 X	5-7 X			
3 Way Shoulders - 3:2:1	6-8 X	5-7 X	5-7 X			
Chop Series	10 X	10 X	10 X			

NAME: \_\_\_\_\_



Training Phase: Preparatory  
Muscular Strength

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**Women's Lacrosse**

Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
<b>TEMPO TRAINING - 3:1:1</b>						
Back Squat - 3:1:1	6-8 X	5-7 X	5-7 X	<b>Low Velocity Training</b>  <b>Rest Between Sets &gt; 1:30 sec.</b>  <b>TEMPO TRAINING = 3:1:1</b> <b>3 = Eccentric Contraction (Down)</b> <b>1 = Isometric Hold</b> <b>1 = Concentric Contraction (Up)</b>		
REST: Plank Circuit	15 X	15 X	15 X			
Dumbbell Front Step Ups - 3:1:1	6-8 X	5-7 X	5-7 X			
Forward Lunge 3:1:1	6-8 X	5-7 X	5-7 X			
REST: Physioball Seated Balance	20 sec	20 sec	20 sec			
Romanian Dean Lift - 3:1:1	6-8 X	5-7 X	5-7 X			
REST: Single Leg Posts w/MB	20 sec	20 sec	20 sec			
DB Bench Press - 90* - 3:1:1	6-8 X	5-7 X	5-7 X			
Seated Row - 3:1:1	6-8 X	5-7 X	5-7 X			
Pull Ups	6-8 X	5-7 X	5-7 X			
Dumbbell Curl	6-8 X	5-7 X	5-7 X			
Chop Series	10 X	10 X	10 X			

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Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Alternating Dumbbell Bench Press	5-7 X	5-7 X	5-7 X	5-7 X	<b>Final Reps of Each Set</b> <b>Should Be Tough To Get</b>  <b>Rest Between Sets &gt; 1:30 sec.</b>	
Lat Pull Down	5-7 X	5-7 X	5-7 X	5-7 X		
REST: Physioball Seated Balance	20 sec	20 sec	20 sec	20 sec		
Seated Row	5-7 X	5-7 X	5-7 X	5-7 X		
Pushup Sprint w/ Vest	5-7 X	5-7 X	5-7 X	5-7 X		
Tricep Push Down	5-7 X	5-7 X	5-7 X	5-7 X		
Lunge and Press	5-7 X	5-7 X	5-7 X	5-7 X		
Single Leg Squat	5-7 X	5-7 X	5-7 X	5-7 X		
REST: Bus Drivers	15 X	15 X	15 X	15 X		
Lunge & Change	5-7 X	5-7 X	5-7 X	5-7 X		
Forearms: Flex,Ext,Pro,Sup	15 X	15 X	15 X			
Slam Series	10 X	10 X	10 X			

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Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
<b>TEMPO TRAINING - 3:1:1</b>						
Back Squat - 3:1:1	5-7 X	5-7 X	5-7 X	<b>Low Velocity Training</b>  <b>Rest Between Sets &gt; 1:30 sec.</b>  <b>TEMPO TRAINING = 3:1:1</b> <b>3 = Eccentric Contraction (Down)</b> <b>1 = Isometric Hold</b> <b>1 = Concentric Contraction (Up)</b>		
REST: Low to High	15 X	15 X	15 X			
Dumbbell Side Step Ups - 3:1:1	5-7 X	5-7 X	5-7 X			
Crossover Lunge - 3:1:1	5-7 X	5-7 X	5-7 X			
REST: Physioball Shoulder/Core S	20 sec	20 sec	20 sec			
Romanian Dean Lift - 3:1:1	5-7 X	5-7 X	5-7 X			
REST: Single Leg Posts w/MB Catch - Airex	20 sec	20 sec	20 sec			
DB Bench Press - 90* - 3:1:1	5-7 X	5-7 X	5-7 X			
Lying Row - Bent Knee - 3:1:1	5-7 X	5-7 X	5-7 X			
3 Way Shoulders - 3:1:1	5-7 X	5-7 X	5-7 X			
Chop Series	10 X	10 X	10 X			

NAME: \_\_\_\_\_

Training Phase - Preparatory

Conversion To Power

1

Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISES	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
<b>TEMPO 3:0:1</b>						
Back Squat - 3:0:1	5-7 X	5-7 X	5-7 X	3-5 X	<b>Heavy Weight</b>  <b>Follow Tempo of 3:0:1</b> <b>3 sec - Eccentric</b> <b>0 sec - Isometric Hold</b> <b>* 1 sec - Concentric</b> <b>* Movements Must Be Quick</b>  <b>Rest Times: &gt;2 minutes</b>  <b>Women's Lacrosse</b>	
REST: Bus Drivers	20 X	20 X	20 X			
Forward Lunge - 3:0:1	5-7 X	5-7 X	5-7 X	3-5 X		
REST: Physioball Shoulder/Core S	20 X	20 X	20 X			
Hamstring Curls - 3:0:1	5-7 X	5-7 X	5-7 X	3-5 X		
REST: Band Swings	20 X	20 X	20 X			
Box Jumps	10 X	10 X	10 X	10 X		
Plyo Pushups	10 X	10 X	10 X	10 X		
Assisted Pull Ups	5-7 X	5-7 X	5-7 X	3-5 X		
3 Way Shoulders	5-7 X	5-7 X	5-7 X	3-5 X		
Lateral Cone Touches	10 X	10 X	10 X			
Chop Series	10 X	10 X	10 X			

2

Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISES	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
<b>TEMPO 3:0:1</b>						
Seated Row - 3:0:1	5-7 X	5-7 X	5-7 X	3-5 X	<b>Heavy Weight</b>  <b>Follow Tempo of 3:0:1</b> <b>3 sec - Eccentric</b> <b>0 sec - Isometric Hold</b> <b>* 1 sec - Concentric</b> <b>* Movements Must Be Quick</b>  <b>Rest Times: &gt;2 minutes</b>	
REST: High to Low	10 X	10 X	10 X			
Lat Pull Down - 3:0:1	5-7 X	5-7 X	5-7 X	3-5 X		
REST: Low to High	10 X	10 X	10 X			
Dumbbell Bench Press - 3:0:1	5-7 X	5-7 X	5-7 X	3-5 X		
REST: Single Leg Posts	20sec -	20sec -	20sec -			
Alternating Dumbbell Curl	5-7 X	5-7 X	5-7 X	3-5 X		
Tricep Push Down	5-7 X	5-7 X	5-7 X	3-5 X		
Single Leg Box Explosion	10 X	10 X	10 X	10 X		
Side Lunge with Med Ball Drop	10 X	10 X	10 X	10 X		
Single Leg Romanian Dead Lift	10 X	10 X	10 X	10 X		
Slam Series	10 X	10 X	10 X			
Plank Circuit	X	X				

3

Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISES	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
<b>TEMPO 3:0:1</b>						
Back Squat - 3:0:1	5-7 X	5-7 X	5-7 X	3-5 X	<b>Heavy Weight</b>  <b>Follow Tempo of 3:0:1</b> <b>3 sec - Eccentric</b> <b>0 sec - Isometric Hold</b> <b>* 1 sec - Concentric</b> <b>* Movements Must Be Quick</b>  <b>Rest Times: &gt;2 minutes</b>	
REST: Bus Drivers	20 X	20 X	20 X			
Forward Lunge - 3:0:1	5-7 X	5-7 X	5-7 X	3-5 X		
REST: Physball Seated Balance	20 sec	20 sec	20 sec			
Hamstring Curls - 3:0:1	5-7 X	5-7 X	5-7 X	3-5 X		
REST: Band Swings	20 X	20 X	20 X			
Box Jumps	10 X	10 X	10 X	10 X		
Plyo Pushups	10 X	10 X	10 X	10 X		
Assisted Pull Ups	5-7 X	5-7 X	5-7 X	3-5 X		
3 Way Shoulders	5-7 X	5-7 X	5-7 X	3-5 X		
Lateral Box Touches	20 X	20 X	20 X			
Team Abs & Back						

NAME: \_\_\_\_\_

Training Phase - Preparatory

: Conversion To Power

4

Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISES	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
<b>TEMPO 3:0:1</b>						
Seated Row - 3:0:1	5-7 X	5-7 X	5-7 X	3-5 X	<b>Heavy Weight</b>  <b>Follow Tempo of 3:0:1</b> <b>3 sec - Eccentric</b> <b>0 sec - Isometric Hold</b> <b>* 1 sec - Concentric</b> <b>* Movements Must Be Quick</b>  <b>Rest Times: &gt;2 minutes</b>  <b>Women's Lacrosse</b>	
REST: High to Low	10 X	10 X	10 X			
Lat Pull Down - 3:0:1	5-7 X	5-7 X	5-7 X	3-5 X		
REST: Low to High	10 X	10 X	10 X			
Dumbbell Bench Press - 90* - 3:0:1	5-7 X	5-7 X	5-7 X	3-5 X		
REST: Single Leg Posts	20sec -	20sec -	20sec -			
Alternating Dumbbell Curl	5-7 X	5-7 X	5-7 X	3-5 X		
Tricep Push Down	5-7 X	5-7 X	5-7 X	3-5 X		
Single Leg Box Explosion	10 X	10 X	10 X	10 X		
Side Lunge with Med Ball Drop	10 X	10 X	10 X	10 X		
Single Leg Romanian Dead Lift	10 X	10 X	10 X	10 X		
Slam Series	10 X	10 X	10 X			
Bridge Circuit	X	X				

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Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISES	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
<b>TEMPO 2:0:1</b>						
Back Squat - 2:0:1	5-7 X	5-7 X	3-5 X	3-5 X	<b>Heavy Weight</b>  <b>Follow Tempo of 2:0:1</b> <b>2 sec - Eccentric</b> <b>0 sec - Isometric Hold</b> <b>* 1 sec - Concentric</b> <b>* Movements Must Be Quick</b>  <b>Rest Times: &gt;2 minutes</b>	
REST: Bus Drivers	20 X	20 X	20 X			
Forward Lunge - 2:0:1	5-7 X	5-7 X	3-5 X	3-5 X		
REST: Physball Seated Balance	20 X	20 X	20 X			
Hamstring Curls - 2:0:1	5-7 X	5-7 X	3-5 X	3-5 X		
REST: Band Swings	20 X	20 X	20 X			
Box Jumps	10 X	10 X	10 X	10 X		
Plyo Pushups	10 X	10 X	10 X	10 X		
Assisted Pull Ups	5-7 X	5-7 X	3-5 X	3-5 X		
3 Way Shoulders	5-7 X	5-7 X	3-5 X	3-5 X		
Lateral Cone Touches	10 X	10 X	10 X			
Med Ball Abs on Floor	10 X	10 X	10 X			

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Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISES	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
<b>TEMPO 2:0:1</b>						
Seated Row - 2:0:1	5-7 X	3-5 X	3-5 X	3-5 X	<b>Heavy Weight</b>  <b>Follow Tempo of 2:0:1</b> <b>2 sec - Eccentric</b> <b>0 sec - Isometric Hold</b> <b>* 1 sec - Concentric</b> <b>* Movements Must Be Quick</b>  <b>Rest Times: &gt;2 minutes</b>	
REST: High to Low	10 X	10 X	10 X			
Lat Pull Down - 2:0:1	5-7 X	3-5 X	3-5 X	3-5 X		
REST: Low to High	10 X	10 X	10 X			
Dumbbell Bench Press - 2:0:1	5-7 X	3-5 X	3-5 X	3-5 X		
REST: Single Leg Posts	20sec -	20sec -	20sec -			
Alternating Dumbbell Curl	5-7 X	3-5 X	3-5 X	3-5 X		
Tricep Push Down	5-7 X	3-5 X	3-5 X	3-5 X		
Single Leg Box Explosion	10 X	10 X	10 X	10 X		
Side Lunge with Med Ball Drop	10 X	10 X	10 X	10 X		
Single Leg Romanian Dead Lift	10 X	10 X	10 X	10 X		
Slam Series	10 X	10 X	10 X			
Plank Circuit	X	X	X			

NAME: \_\_\_\_\_

Training Phase - Preparatory

: Conversion To Power

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Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISES	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
<b>TEMPO 2:0:1</b>						
Back Squat - 2:0:1	5-7 X	3-5 X	3-5 X	3-5 X	<b>Heavy Weight</b>  <b>Follow Tempo of 2:0:1</b> 2 sec - Eccentric 0 sec - Isometric Hold * 1 sec - Concentric <b>* Movements Must Be Quick</b>  Rest Times: >2 minutes  <b>Women's Lacrosse</b>	
REST: Bus Drivers	20 X	20 X	20 X			
Forward Lunge - 2:0:1	5-7 X	3-5 X	3-5 X	3-5 X		
REST: Physioball Shoulder/Core Stability	20 X	20 X	20 X			
Hamstring Curls - 2:0:1	5-7 X	3-5 X	3-5 X	3-5 X		
REST: Band Swings	20 X	20 X	20 X			
Box Jumps	10 X	10 X	10 X	10 X		
Plyo Pushups	10 X	10 X	10 X	10 X		
Pull Ups	5-7 X	5-7 X	5-7 X	5-7 X		
3 Way Shoulders	5-7 X	3-5 X	3-5 X	3-5 X		
Lateral Box Touches	20 X	20 X	20 X			
Chop Series	10 X	10 X				

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Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISES	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
<b>TEMPO 2:0:1</b>						
Seated Row - 2:0:1	5-7 X	3-5 X	3-5 X	3-5 X	<b>Heavy Weight</b>  <b>Follow Tempo of 2:0:1</b> 2 sec - Eccentric 0 sec - Isometric Hold 1 sec - Concentric <b>* Movements Must Be Quick</b>  Rest Times: >2 minutes	
REST: High to Low	10 X	10 X	10 X			
Lat Pull Down - 2:0:1	5-7 X	3-5 X	3-5 X	3-5 X		
REST: Low to High	10 X	10 X	10 X			
Dumbbell Bench Press - 2:0:1	5-7 X	3-5 X	3-5 X	3-5 X		
REST: Single Leg Posts	20sec -	20sec -	20sec -			
Alternating Dumbbell Curl	5-7 X	3-5 X	3-5 X	3-5 X		
Tricep Push Down	5-7 X	3-5 X	3-5 X	3-5 X		
Single Leg Box Explosion	10 X	10 X	10 X	10 X		
Side Lunge with Med Ball Drop	10 X	10 X	10 X	10 X		
Single Leg Romanian Dead Lift	10 X	10 X	10 X	10 X		
Plank Circuit	10 X	10 X	10 X			
Slam Series	10 X	10 X	10 X			

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Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISES	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
<b>TEMPO 1:0:1</b>						
Back Squat to Toes Raise - 1:0:1	3-5 X	3-5 X	3-5 X	3-5 X	<b>Heavy Weight</b> <b>High Velocity</b>  <b>Follow Tempo of 1:0:1</b> 1 sec - Eccentric 0 sec - Isometric Hold 1 sec - Concentric <b>* Movements Must Be Quick</b>  Rest Times: >2 minutes	
REST: Bus Drivers	20 X	20 X	20 X			
Forward Lunge - 1:0:1	3-5 X	3-5 X	3-5 X	3-5 X		
REST: Physioball Shoulder/Core Stability	20 X	20 X	20 X			
Hamstring Curls - 1:0:1	3-5 X	3-5 X	3-5 X	3-5 X		
REST: Band Swings	20 X	20 X	20 X			
Box Jumps	10 X	10 X	10 X	10 X		
Plyo Pushups	10 X	10 X	10 X	10 X		
Single Leg Single Arm Row	5-7 X	5-7 X	5-7 X	3-5 X		
Shoulder Circuit	15 X	15 X	15 X	15 X		
Lateral Cone Touches	10 X	10 X	10 X			
Chop Series	10 X	10 X	10 X			

NAME: \_\_\_\_\_

Training Phase - Preparatory

: Conversion To Power

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Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISES	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
<b>TEMPO 1:0:1</b>						
Seated Row - 1:0:1	3-5 X	3-5 X	3-5 X	3-5 X	<b>Heavy Weight</b> <b>High Velocity</b>  <b>Follow Tempo of 1:0:1</b> <b>1 sec - Eccentric</b> <b>0 sec - Isometric Hold</b> <b>* 1 sec - Concentric</b> <b>* Movements Must Be Quick</b>  <b>Rest Times: &gt;2 minutes</b>  <b>Women's Lacrosse</b>	
REST: Crossover Lunge	10 X	10 X	10 X			
Lat Pull Down - 1:0:1	3-5 X	3-5 X	3-5 X	3-5 X		
REST: Line Jumps	20 X	20 X	20 X			
Dumbbell Bench Press - 90* - 1:0:1	3-5 X	3-5 X	3-5 X	3-5 X		
REST: Single Leg Posts	20sec -	20sec -	20sec -			
Alternating Dumbbell Curl	3-5 X	3-5 X	3-5 X	3-5 X		
Tricep Push Down	3-5 X	3-5 X	3-5 X	3-5 X		
Single Leg Side Box Explosions	10 X	10 X	10 X	10 X		
Explosive Side Lunge	10 X	10 X	10 X	10 X		
Skater Jumps	10 X	10 X	10 X	10 X		
Slam Series	10 X	10 X	10 X			
Plank Circuit	X	X				

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Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISES	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
<b>TEMPO 1:0:1</b>						
Back Squat to Toes Raise - 1:0:1	3-5 X	3-5 X	3-5 X	3-5 X	<b>Heavy Weight</b> <b>High Velocity</b>  <b>Follow Tempo of 1:0:1</b> <b>1 sec - Eccentric</b> <b>0 sec - Isometric Hold</b> <b>* 1 sec - Concentric</b> <b>* Movements Must Be Quick</b>  <b>Rest Times: &gt;2 minutes</b>	
REST: Bus Drivers	20 X	20 X	20 X			
Leg Press - Explosion - 1:0:1	3-5 X	3-5 X	3-5 X	3-5 X		
REST: Physioball Shoulder/Core Stability	20 X	20 X	20 X			
Romanian Dean Lift - 1:0:1	3-5 X	3-5 X	3-5 X	3-5 X		
REST: Band Swings	20 X	20 X	20 X			
Lateral Box Jumps	10 X	10 X	10 X	10 X		
Med Ball Chest Press Explosion	10 X	10 X	10 X	10 X		
Pull Ups	5-7 X	5-7 X	5-7 X	5-7 X		
3 Way Shoulders	3-5 X	3-5 X	3-5 X	3-5 X		
Lateral Box Touches	20 X	20 X	20 X			
Chop Series	10 X	10 X	10 X			

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Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISES	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
<b>TEMPO 1:0:1</b>						
Seated Row - 1:0:1	3-5 X	3-5 X	3-5 X	3-5 X	<b>Heavy Weight</b> <b>High Velocity</b>  <b>Follow Tempo of 1:0:1</b> <b>1 sec - Eccentric</b> <b>0 sec - Isometric Hold</b> <b>* 1 sec - Concentric</b> <b>* Movements Must Be Quick</b>  <b>Rest Times: &gt;2 minutes</b>	
REST: Open Step Lunge	10 X	10 X	10 X			
Lat Pull Down - 1:0:1	3-5 X	3-5 X	3-5 X	3-5 X		
REST: Line Hops	20 X	20 X	20 X			
Dumbbell Bench Press - 90* - 1:0:1	3-5 X	3-5 X	3-5 X	3-5 X		
REST: Single Leg Posts	20sec -	20sec -	20sec -			
Alternating Dumbbell Curl	3-5 X	3-5 X	3-5 X	3-5 X		
Tricep Push Down	3-5 X	3-5 X	3-5 X	3-5 X		
Single Leg Box Explosion	10 X	10 X	10 X	10 X		
Side Lunge with Med Ball Drop	10 X	10 X	10 X	10 X		
Single Leg Romanian Dead Lift	10 X	10 X	10 X	10 X		
Slam Series	10 X	10 X	10 X			
Bridge Circuit	X	X				

NAME: \_\_\_\_\_

Training Phase - Preparatory

: Conversion To Power

13

Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISES	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
<b>TEMPO 1:0:1</b>						
Back Squat to Toes Raise - 1:0:1	3-5 X	3-5 X	3-5 X	3-5 X	<b>Heavy Weight</b> <b>High Velocity</b>  <b>Follow Tempo of 1:0:1</b> 1 sec - Eccentric 0 sec - Isometric Hold * 1 sec - Concentric <b>* Movements Must Be Quick</b>  <b>Rest Times: &gt;2 minutes</b>  <b>Women's Lacrosse</b>	
REST: Bus Drivers	20 X	20 X	20 X			
Forward Lunge - 1:0:1	3-5 X	3-5 X	3-5 X	3-5 X		
REST: Physioball Shoulder/Core Stability	20 X	20 X	20 X			
Hamstring Curls - 1:0:1	3-5 X	3-5 X	3-5 X	3-5 X		
REST: Band Swings	20 X	20 X	20 X			
Box Jumps	10 X	10 X	10 X	10 X		
Plyo Pushups	10 X	10 X	10 X	10 X		
Single Leg Single Arm Row	5-7 X	5-7 X	5-7 X	3-5 X		
Shoulder Circuit	15 X	15 X	15 X	15 X		
Lateral Cone Touches	10 X	10 X	10 X			
Slam Series	10 X	10 X	10 X			

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Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISES	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
<b>TEMPO 1:0:1</b>						
Seated Row - 1:0:1	5-7 X	5-7 X	5-7 X	3-5 X	<b>Heavy Weight</b> <b>High Velocity</b>  <b>Follow Tempo of 1:0:1</b> 1 sec - Eccentric 0 sec - Isometric Hold * 1 sec - Concentric <b>* Movements Must Be Quick</b>  <b>Rest Times: &gt;2 minutes</b>	
REST: Crossover Lunge	10 X	10 X	10 X			
Lat Pull Down - 1:0:1	5-7 X	5-7 X	5-7 X	3-5 X		
REST: Line Jumps	20 X	20 X	20 X			
Dumbbell Bench Press - 90* - 1:0:1	5-7 X	5-7 X	5-7 X	3-5 X		
REST: Single Leg Posts	20sec -	20sec -	20sec -			
Alternating Dumbbell Curl	5-7 X	5-7 X	5-7 X	3-5 X		
Tricep Push Down	5-7 X	5-7 X	5-7 X	3-5 X		
Single Leg Side Box Explosions	10 X	10 X	10 X	10 X		
Explosive Side Lunge	10 X	10 X	10 X	10 X		
Skater Jumps	10 X	10 X	10 X	10 X		
Chop Series	10 X	10 X	10 X			
Plank Circuit	X	X				

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Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISES	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
<b>TEMPO 1:0:1</b>						
Back Squat to Toes Raise - 1:0:1	3-5 X	3-5 X	3-5 X	3-5 X	<b>Heavy Weight</b> <b>High Velocity</b>  <b>Follow Tempo of 1:0:1</b> 1 sec - Eccentric 0 sec - Isometric Hold * 1 sec - Concentric <b>* Movements Must Be Quick</b>  <b>Rest Times: &gt;2 minutes</b>	
REST: Bus Drivers	20 X	20 X	20 X			
Leg Press - Explosion - 1:0:1	3-5 X	3-5 X	3-5 X	3-5 X		
REST: Physioball Shoulder/Core Stability	20 X	20 X	20 X			
Romanian Dean Lift - 1:0:1	3-5 X	3-5 X	3-5 X	3-5 X		
REST: Band Swings	20 X	20 X	20 X			
Lateral Box Jumps	10 X	10 X	10 X	10 X		
Med Ball Chest Press Explosion	10 X	10 X	10 X	10 X		
Pull Ups	5-7 X	5-7 X	5-7 X	5-7 X		
3 Way Shoulders	3-5 X	3-5 X	3-5 X	3-5 X		
Lateral Box Touches	20 X	20 X	20 X			
Med Ball Abs on Floor	10 X	10 X	10 X			

NAME: \_\_\_\_\_

Training Phase - Preparatory

: Conversion To Power

16

Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISES	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
<b>TEMPO 1:0:1</b>						
Seated Row - 1:0:1	3-5 X	3-5 X	3-5 X	3-5 X	<b>Heavy Weight</b> <b>High Velocity</b>  <b>Follow Tempo of 1:0:1</b> <b>1 sec - Eccentric</b> <b>0 sec - Isometric Hold</b> <b>* 1 sec - Concentric</b> <b>* Movements Must Be Quick</b>  <b>Rest Times: &gt;2 minutes</b>  <b>Women's Lacrosse</b>	
REST: Open Step Lunge	10 X	10 X	10 X			
Lat Pull Down - 1:0:1	3-5 X	3-5 X	3-5 X	3-5 X		
REST: Line Hops	10 X	10 X	10 X			
Dumbbell Bench Press - 90* - 1:0:1	3-5 X	3-5 X	3-5 X	3-5 X		
REST: Single Leg Posts	20sec -	20sec -	20sec -			
Compound: Bicep Curl/Tricep Ext.	3-5 X	3-5 X	3-5 X	3-5 X		
Single Leg Box Explosion	10 X	10 X	10 X	10 X		
Side Lunge with Med Ball Drop	10 X	10 X	10 X	10 X		
Single Leg Romanian Dead Lift	10 X	10 X	10 X	10 X		
Slam Series	10 X	10 X	10 X			
Bridge Circuit	X	X				

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Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISES	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Single Leg Box Explosion	10 X	10 X	10 X	<b>High Velocity</b>  <b>Rest Times: 1:30 - 2:00</b>  <b>Women's Lacrosse</b>		
Leg Press Explosion	10 X	10 X	10 X			
Explosive Side Lunge	10 X	10 X	10 X			
Skater Jumps	10 X	10 X	10 X			
Med Ball Chest Press Explosion	10 X	10 X	10 X			
Single Leg Single Arm Row	10 X	10 X	10 X			
Alternating Tubing/Cable Row	10 X	10 X	10 X			
Plank Circuit	X	X				
Chop Series	10 X	10 X				

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Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISES	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Plyo Pushups	10 X	10 X	10 X	<b>High Velocity</b>  <b>Rest Times: 1:30 - 2:00</b>		
Single Arm Seated Row	10 X	10 X	10 X			
Pushup Sprint	10 X	10 X	10 X			
Pull Ups	10 X	10 X	10 X			
Single Leg Squat	10 X	10 X	10 X			
Lunge with Twist	10 X	10 X	10 X			
Back Extention/Hamstring Curl	10 X	10 X	10 X			
Band Swings	10 X	10 X	10 X			
Team Abs & Back	10 X	10 X				

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Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISES	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Squat Jump	10 X	10 X	10 X	<b>High Velocity</b>  <b>Rest Times: 1:30 - 2:00</b>		
Lateral Cone Touches	10 X	10 X	10 X			
Lateral Box Touches	10 X	10 X	10 X			
Single Leg Toe Touch - Airex	10 X	10 X	10 X			
Dumbbell Bench Press - 90*	10 X	10 X	10 X			
Lying Row - Bent Knee	10 X	10 X	10 X			
Band Pull Aparts	10 X	10 X	10 X			
Bridge Circuit	X	X				
Slam Series	10 X	10 X				