NAME: _____

Training Phase: Preparatory
Metabolic Conditioning

Women's Lacrosse

1

Date:	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Metabolic Training										
Power Alleys	10	10	10	10						
First Step Quickness										
Falling Starts - 10yds	6	6	6							
Static Stretch	30 sec	30 sec								

2

Date:	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Metabolic Training										
150 Yard Shuttle	10	10	8							
Agilities										
4 Cone Box Drill	6	6								
Static Stretch	30 sec	30 sec								

3

Date:	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Metabolic Training										
Power Alleys	10	10	10	10						
First Step Quickness										
Falling Starts - 10yds	6	6	6							
Static Stretch	30 sec	30 sec								

4

Date:	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Metabolic Training										
150 Yard Shuttle	10	10	8							
Agilities										
5 - 10 - 5 Pro Agility	6	6								
Static Stretch	30 sec	30 sec								

5

Date:	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Metabolic Training										
50 Sprint Workout	10	8								
Deceleration Training										
10 yd Sprint w/ 5yd Breako	6	6								
Static Stretch	30 sec	30 sec								

NAME: _____

Training Phase: Preparatory
Metabolic Conditioning

Women's Lacrosse

6

Date: / EXERCISE	Set 1 Reps	Set 2 Reps	Set 3 Reps	Set 4 Reps	Set 5 Reps	Set 6 Reps	Set 7 Reps	Set 8 Reps	Set 9 Reps	Set 10 Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Metabolic Training										
Power Alleys	8	8	8	8	8					
First Step Quickness										
Falling Starts - 10yds	6	6	6							
Static Stretch	30 sec	30 sec								

7

Date: / EXERCISE	Set 1 Reps	Set 2 Reps	Set 3 Reps	Set 4 Reps	Set 5 Reps	Set 6 Reps	Set 7 Reps	Set 8 Reps	Set 9 Reps	Set 10 Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Metabolic Training										
150 Yard Shuttle	8	8	8	8						
Agilities										
4 Cone Box Drill	6	6								
Static Stretch	30 sec	30 sec								

8

Date: / EXERCISE	Set 1 Reps	Set 2 Reps	Set 3 Reps	Set 4 Reps	Set 5 Reps	Set 6 Reps	Set 7 Reps	Set 8 Reps	Set 9 Reps	Set 10 Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Metabolic Training										
50 Sprint Workout	10	10								
Deceleration Training										
10 yd Sprint w/ 5yd Breako	6	6								
Static Stretch	30 sec	30 sec								

9

Date: / EXERCISE	Set 1 Reps	Set 2 Reps	Set 3 Reps	Set 4 Reps	Set 5 Reps	Set 6 Reps	Set 7 Reps	Set 8 Reps	Set 9 Reps	Set 10 Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Metabolic Training										
20's, 40's, 60's	10 - 20's	6 - 40's	4 - 60's	6 - 40's	10 - 20's					
Agilities										
7 Cone Zig-Zag	6	6								
Static Stretch	30 sec	30 sec								

10

Date: / EXERCISE	Set 1 Reps	Set 2 Reps	Set 3 Reps	Set 4 Reps	Set 5 Reps	Set 6 Reps	Set 7 Reps	Set 8 Reps	Set 9 Reps	Set 10 Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Metabolic Training										
Power Alleys	8	8	8	8	8					
First Step Quickness										
Falling Starts - 10yds	6	6	6							
Static Stretch	30 sec	30 sec								

NAME: _____

Training Phase: Preparatory
Metabolic Conditioning

Women's Lacrosse

11

Date: / EXERCISE	Set 1 Reps	Set 2 Reps	Set 3 Reps	Set 4 Reps	Set 5 Reps	Set 6 Reps	Set 7 Reps	Set 8 Reps	Set 9 Reps	Set 10 Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Metabolic Training										
150 Yard Shuttle	8	8	8	6	4					
Agilities										
4 Cone Box Drill	6	6								
Static Stretch	30 sec	30 sec								

12

Date: / EXERCISE	Set 1 Reps	Set 2 Reps	Set 3 Reps	Set 4 Reps	Set 5 Reps	Set 6 Reps	Set 7 Reps	Set 8 Reps	Set 9 Reps	Set 10 Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Metabolic Training										
50 Sprint Workout	10	8	6							
Deceleration Training										
10 yd Sprint w/ 5yd Breako	6	6								
Static Stretch	30 sec	30 sec								

13

Date: / EXERCISE	Set 1 Reps	Set 2 Reps	Set 3 Reps	Set 4 Reps	Set 5 Reps	Set 6 Reps	Set 7 Reps	Set 8 Reps	Set 9 Reps	Set 10 Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Metabolic Training										
20's, 40's, 60's	10 - 20's	6 - 40's	4 - 60's	6 - 40's	10 - 20's					
Agilities										
7 Cone Zig-Zag	6	6								
Static Stretch	30 sec	30 sec								

Women's Lacrosse

Training Phase: Preparatory
Speed & Agility

1

Date: / EXERCISE	Set 1 Reps	Set 2 Reps	Set 3 Reps	Set 4 Reps	Set 5 Reps	Set 6 Reps	Set 7 Reps	Set 8 Reps	Set 9 Reps	Set 10 Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Speed & Agility										
30 Yard Sprint: Swing	5	5	5	5						
T Drill	5	5	5							
First Step Quickness										
Falling Starts - 10yds	6	6								
Static Stretch	30 sec	30 sec								

NAME: _____

Training Phase: Preparatory
Speed & Agility

Women's Lacrosse **2**

Date:	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Speed & Agility										
30 Yard Sprint: Crossover	5	5	5	5						
Cone Toss	5	5	5							
Metabolic Training										
150 Yard Shuttle	6									
Static Stretch	30 sec	30 sec								

3

Date:	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Speed & Agility										
60 Yard Shuttle	10	10	6							
Deceleration Training										
10 yd Sprint w/ 5yd Breako	6	6	6							
Static Stretch	30 sec	30 sec								

4

Date:	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Speed (Acceleration)										
10:10:10	15	15								
Agility										
7 Cone Zig-Zag	6	6								
Static Stretch	30 sec	30 sec								

5

Date:	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Speed & Agility										
30 Yard Sprint: Swing	5	5	5	5						
T Drill	5	5	5							
First Step Quickness										
Falling Starts - 10yds	6	6								
Static Stretch	30 sec	30 sec								

NAME:

Training Phase: Preparatory
Speed & Agility

Women's Lacrosse

6

Date:	**Set 1**	**Set 2**	**Set 3**	**Set 4**	**Set 5**	**Set 6**	**Set 7**	**Set 8**	**Set 9**	**Set 10**
EXERCISE	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Speed & Agility										
30 Yard Sprint: Crossover	5	5	5	5						
Cone Toss	5	5	5							
Metabolic Training										
150 Yard Shuttle	6									
Static Stretch	30 sec	30 sec								

7

Date:	**Set 1**	**Set 2**	**Set 3**	**Set 4**	**Set 5**	**Set 6**	**Set 7**	**Set 8**	**Set 9**	**Set 10**
EXERCISE	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Speed & Agility										
60 Yard Shuttle	10	10	6							
Deceleration Training										
10 yd Sprint w/ 5yd Breako	6	6	6							
Static Stretch	30 sec	30 sec								

8

Date:	**Set 1**	**Set 2**	**Set 3**	**Set 4**	**Set 5**	**Set 6**	**Set 7**	**Set 8**	**Set 9**	**Set 10**
EXERCISE	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**	**Reps**
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Speed (Acceleration)										
10:10:10	15	15	8							
Agility										
7 Cone Zig-Zag	6	6								
Static Stretch	30 sec	30 sec								