

# WINTER 23-24

## *Workout Packet*



**DICKINSON  
LACROSSE**

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## Talent vs Skill:

“Never confuse talent and skill. Talent, you have naturally — it’s a gift. Skills like work ethic, fortitude, and mindset are developed over time by choices. Don’t just be gifted, be relentless in your pursuit of improvement. “

# WHAT WE ARE ABOUT

## *DWL VISION*

ALL MEMBERS OF DWL ARE VALUED, CHALLENGED, AND PREPARED TO LEAD MEANINGFUL LIVES. OUR COLLECTIVE PURSUIT OF EXCELLENCE COMES FROM INDIVIDUALS WHO LIVE MINDFULLY, CARE FOR OTHERS, LEAD COURAGEOUSLY, AND ENGAGE WHOLEHEARTEDLY WITH THEIR DICKINSON EDUCATION. WE WORK COLLABORATIVELY TO PREPARE, COMPETE WITH INTENTION, AND HOLD OURSELVES TO THE HIGHEST STANDARDS IN OUR PURSUIT OF A CENTENNIAL CONFERENCE CHAMPIONSHIP.

DWL IS A TEMPORARY HOME, A PLACE FOR GROWTH, AND ABOVE ALL, A FOREVER FAMILY

GROWTH • HUMILITY • BELONGING • BALANCE

AS WE PREPARE TO BUILD UPON THE SUCCESS OF 2023 TOWARDS THE GOALS WE HAVE FOR 2024, WE MUST DEDICATE OUR WINTER BREAK TO GROWTH. WE MUST COME BACK TO CAMPUS AS A BETTER LACROSSE PLAYER. THE HARD WORK, DEDICATION, AND DISCOMFORT, OF THE TIME WITHOUT YOUR TEAMMATES WILL DETERMINE WHAT OUR 2024 SEASON LOOKS LIKE. YOUR INTERNAL MOTIVATION AND CONFIDENCE HAS GOT TO COME FROM YOUR PREPARATION AND WILLINGNESS TO GET BETTER EVERY SINGLE DAY. THIS CANNOT COME FROM YOUR TEAMMATES OR YOUR COACHES- YES THEY CAN HOLD YOU SOMEWHAT ACCOUNTABLE BUT ONLY YOU CAN TELL IF YOU'RE GIVING IT YOUR ALL WITHIN YOUR PREPARATION.

### Think:

3 more goals, saves, and defensive stops per game = appearance in the Centennial Conference Tournament

6 more goals, saves, and defensive stops per game = 3<sup>rd</sup> seed going into the Centennial Conference tournament

THE NEXT PAGES WILL EXPLAIN THE FITNESS, STRENGTH AND STICKWORK EXPECTATIONS OVER BREAK. YOUR GOAL IS TO BUILD STRENGTH, SPEED, AGILITY, AND ENDURANCE WHILE ENHANCING YOUR STICKWORK IN ORDER TO COMPETE FOR A FULL 60 MINUTES IN THE CENTENNIAL CONFERENCE. THIS TAKES RELENTLESS WORK AND MENTAL TOUGHNESS!!

**#ROLLDEVS**

# DECEMBER 2023

SUN	MON	TUE	WED	THU	FRI	SAT
17	18	19	20	21	22	23
		<b>WEEK 1 GOALS:</b> <b>3 VOLT LIFTS</b> <b>2-3 STICKWORK DAYS</b> <b>2 ENDURANCE RUNS</b> <b>2 AGILITY RUNS</b> <b>WATCH FILM</b> <b>ENSURE YOUR ACCOUNTABILITY GROUP IS ACTIVE</b> <b>**PRACTICE 300 SHUTTLE**</b>				
24	25	26	27	28	29	30
		<b>WEEK 2 GOALS:</b> <b>3 VOLT LIFTS- HEAVIER</b> <b>2-3 STICKWORK DAYS</b> <b>2 ENDURANCE RUNS</b> <b>2 AGILITY RUNS</b> <b>WATCH FILM</b> <b>**PRACTICE INTERVAL TEST**</b>				
31						



SOFT TISSUE INJURIES (PULLED QUADS, GROINS, HAMSTRINGS, ETC.) COME WHEN YOU GO TOO HARD ON YOUR BODY TOO FAST. BE SMART, LISTEN TO YOUR BODY, BUILD UP INTENSITY WHERE NEED BE, AND CONTINUE TO BUILD MUSCLE STRENGTH TO SUPPORT YOUR ENDURANCE.

THE FIRST 2 WEEKS IS MEANT TO BE LESS INTENSE YET MORE PRODUCTIVE. AMP UP YOUR INTENSITY THROUGHOUT THE 2 WEEKS. INTENSITY CAN BE AMOUNT OF IMPACT, SPEED, DISTANCE, TIME, ETC.

# JANUARY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
31	1	2	3	4	5	6
		<b>WEEK 3 GOALS:</b> <b>3 VOLT LIFTS- HEAVIER</b> <b>2-3 STICKWORK DAYS</b> <b>2 ENDURANCE RUNS</b> <b>2 AGILITY RUNS</b> <b>WATCH FILM</b> <b>**PRACTICE HERD SHUTTLE**</b>				
7	8	9	10	11	12	13
		<b>WEEK 4 GOALS:</b> <b>3 VOLT LIFTS- GET SOME ACL PREVENTION IN</b> <b>2-3 STICKWORK DAYS</b> <b>2 ENDURANCE RUNS</b> <b>2 AGILITY RUNS</b> <b>WATCH FILM</b> <b>** PRACTICE 300 SHUTTLE**</b>				
14	15	16	17	18	19	20
		<b>WEEK 5 GOALS:</b> <b>3 VOLT LIFTS- HEAVIER</b> <b>2-3 STICKWORK DAYS</b> <b>2 ENDURANCE RUNS- CHALLENGE YOURSELF</b> <b>2 AGILITY RUNS</b> <b>WATCH FILM</b> <b>**PRACTICE INTERVAL TEST**</b>				



## IMPORTANT!

MAKE SURE TO WARM UP AND COOL DOWN FOR EVERY WORKOUT. UTILIZE STRETCHES, AB FINESHERS, ACL PREVENTION AT THE BOTTOM OF YOUR VOLT WORKOUTS.

CONSIDER ADDING POSITION SPECIFIC SKILLS/DRILLS – IF YOU NEED IDEAS, CONTACT COACHES.

# JANUARY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
21	22	23	24	25	26	27
		<b>WEEK 6 GOALS:</b> <b>3 VOLT LIFTS- GET SOME FLEXIBILITY IN</b> <b>2-3 STICKWORK DAYS</b> <b>2 ENDURANCE RUNS</b> <b>2 AGILITY RUNS</b> <b>WATCH FILM</b> <b>**PRACTICE HERD SHUTTLE**</b>				
28	29	30	31			
		<b>WEEK 7 GOALS:</b> <b>2 VOLT LIFTS- HEAVIER</b> <b>2-3 STICKWORK DAYS</b> <b>2 ENDURANCE RUNS</b> <b>2 AGILITY RUNS</b> <b>WATCH FILM</b> <b>GET YOUR MINDSET READY FOR THE SEMESTER</b>				



## GOAL KEEPERS...

BE SMART ABOUT WHAT MAKES SENSE FOR YOUR RUNNING DAYS. SOME SMALLER SPURT RUNS ARE AN IDEA. FOR THE LONGER INTERVAL ONES YOU CAN MODIFY AND **USE JUMP ROPE.**

# STICKWORK OPTIONS

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## STICKWORK TEST:

20 ALL RIGHT

20 ALL LEFT

10 THROW R / CATCH L

10 THROW L / CATCH R

20 THROW R / CATCH WEAK (R HAND STAYS AT TOP OF STICK FOR CATCH AND THROW)

20 THROW L /CATCH WEAK (L HAND STAYS AT TOP)

20 THROW WEAK / CATCH R (R HAND STAYS AT TOP OF STICK FOR CATCH AND THROW)

20 THROW WEAK / CATCH L (L HAND STAYS AT TOP)

20 R- THROW STRONG, CATCH WEAK, THROW WEAK, CATCH STRONG = 1 REP

20 L- THROW STRONG, CATCH WEAK, THROW WEAK, CATCH STRONG = 1 REP

20 THROW R / CATCH R – SMALL HANDS (CHOKE UP ON STICK)

20 THROW/ CATCH L – SMALL HANDS

## Other Options:

1. 25 ALL RIGHT

25 ALL LEFT

25 QUICKSTICK R

25 QUICKSTICK L

25 ONE HAND R

25 ONE HAND L

10 TWIZZLERS R


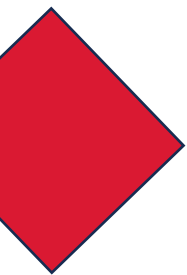
10 TWIZZLERS L

10 BTB R

10 BTB L

# STICKWORK OPTIONS

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- 
- 
2. 20 ALL RIGHT  
20 ALL LEFT  
15 THROW R / CATCH L  
15 THROW R / CATCH L  
20 ALL RIGHT W/ FAKE  
20 ALL L W/ FAKE  
15 RISERS R  
15 RISERS L  
10 BTB R  
10 BTB L
  
  3. 20 ALL RIGHT  
20 ALL LEFT  
20 ONE HAND QUICKSTICK R  
20 ONE HAND QUICKSTICK L  
20 R- FACE DODGE, THROW  
20 L- FACE DODGE, THROW  
15 START IN R, SPLIT DODGE TO L. THROW, CATCH R  
15 START IN L, SPLIT DODGE TO R, THROW, CATCH L  
15 TWIZZLERS R  
15 TWIZZLERS L
- 

**NOTE:** CHALLENGE YOURSELF AND GET OUT OF YOUR COMFORT ZONE. YOU ARE NOT LIMITED TO JUST THIS LIST FOR STICKWORK. IF THERE IS A VIDEO OR ROUTINE YOU FIND AND LIKE, GO FOR IT.



# STRENGTH TRAINING

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OFF SEASON IS THE BEST TIME TO BUILD MUSCLE. BE INTENTIONAL ABOUT ADDING WEIGHT WHILE STILL MAINTAINING PROPER FORM TO GAIN STRENGTH BEFORE FOCUSING ON RUNNING LATER IN THE PROGRAMMING.

## FRONT SQUAT

BARBELL RESTING ON SHOULDERS OR IN FINGERTIPS IN FRONT OF YOUR CHEST. ELBOWS SHOULD BE PARALLEL TO THE GROUND. MAX GOAL IS 100% OF YOUR BODY WEIGHT, AS MANY TIMES AS POSSIBLE.

## BENCH PRESS

BAR SHOULD GO FROM FULL EXTENSION ALL THE WAY TO TOUCH YOUR CHEST. MAX GOAL IS 75% OF YOUR BODY WEIGHT AS MANY TIMES AS POSSIBLE.

## HAMSTRING BUILDING

IN ORDER TO MANAGE THE PREVALENCE OF ACL TEARS, WE ARE CONTINUING TO FOCUS ON BUILDING HAMSTRINGS. GIVEN THE LIKELIHOOD OF INJURY WHILE PERFORMING DEADLIFTS WITHOUT PROPER FORM, WE WILL ONLY INTEGRATE THIS WHEN WE ARE TOGETHER. YOU WILL SEE OTHER MANAGEABLE HAMSTRING EXERCISES AND SHOULD UTILIZE ACL PREVENTION FINISHERS IN VOLT AFTER YOUR WORKOUT.

## PULL UPS, BURPEES, HANG CLEANS

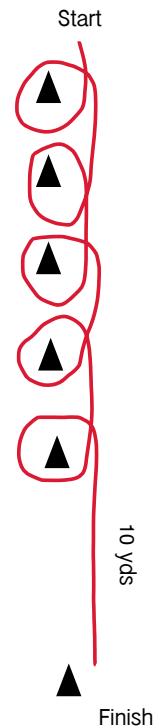
WE WILL INCORPORATE THESE IN OUR LIFTS. YOU SHOULD DO THE SAME WHEN YOU ARE NOT WITH US. THINK ABOUT ADDING HIGH INTENSITY FINISHERS AT THE END OF YOUR WORKOUTS TO PUSH YOURSELF!

# AGILITY OPTIONS

QUICK BURSTS OF SPEED, CHANGE OF DIRECTION AND EXPLOSIVENESS ARE IMPARATIVE IN THE GAME OF LACROSSE. FOCUSING ON YOUR AGILITY WILL HELP TO MAKE YOU A MORE DYNAMIC PLAYER REGARDLESS OF YOUR POSITION ON THE FIELD.

## 1. CIRCLE THE CONES: 4 REPS TO THE RIGHT / 4 REPS TO THE LEFT

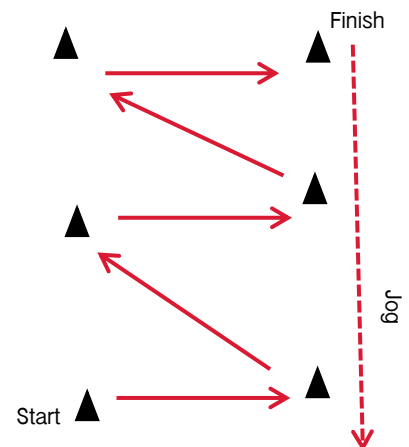
- SET 5 CONES LINED UP IN FRONT OF YOU, 3 YDS APART
- SPRINT UP TO THE FIRST CONE AND USE FAST FOOT WORK (SIDESTEP/BACKPEDAL) TO MOVE IN A CIRCLE AROUND THE CONE, FACING FORWARD THE WHOLE TIME.
- STAY LOW AND THINK DEFENSIVE FOOTWORK
- STAY TIGHT TO THE CONE AND BE EXPLOSIVE TO THE NEXT ONE
- SPRINT 10 YDS AFTER FINISHED THE SERIES
- JOB BACK TO START



## 2. ZIG ZAG RUN: 4 REPS WITH SHUFFLE TO THE RIGHT

4 REPS WITH SHUFFLE TO LEFT

- ALL 6 CONES ARE 5 YDS APART
- SHUFFLE ACROSS THE FLAT CUT
- SPRINT THE DIAGONAL CUTS
- MAKE SURE TO FOCUS ON THE BREAKDOWN OF YOUR FOOTWORK AND EXPLOSIVENESS
- JOG BACK TO START



# AGILITY OPTIONS

## 3. 4 CONES: DO 2 REPS OF EACH ROUTINE

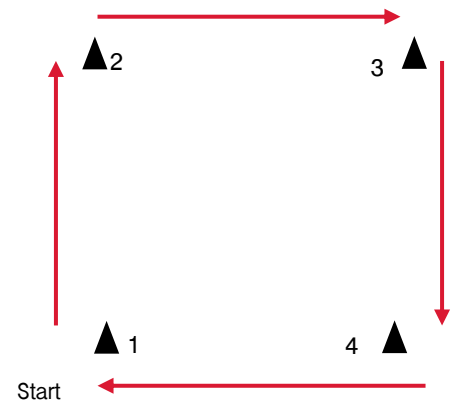
- SET 4 CONES IN A BOX, 10 YDS APART
- YOU'LL GO FROM CONE 1, TO CONE 2, TO CONE 3, TO CONE 4 AND BACK TO THE START.
- ROUTINES:

- SPRINT / SPRINT / SPRINT / SPRINT – 2 REPS

- SHUFFLE R / BACKPEDAL / SHUFFLE L / SPRINT – 2 REPS

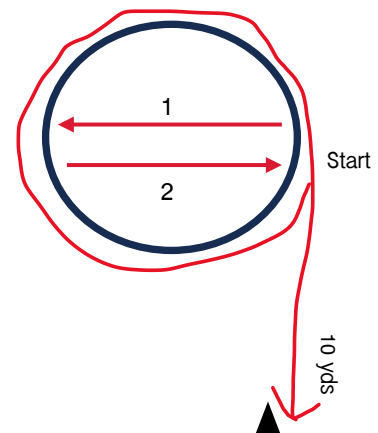
- BACKPEDAL / CROSSOVER RUN R / SPRINT / CROSSOVER  
RUN L – 2 REPS

-SPRINT / BACKPEDAL / SPRINT / BACKPEDAL – 2 REPS



## 4. CREASE WORK: 3 REPS EACH SIDE

- START WHERE CREASE MEETS GLE
- SPRINT ACROSS THE GOAL LINE AND BACK
- SPRINT AROUND THE CREASE, STAYING TIGHT TO THE LINE
- SPRINT TO A CONE PLACED 10 YDS FROM GLE



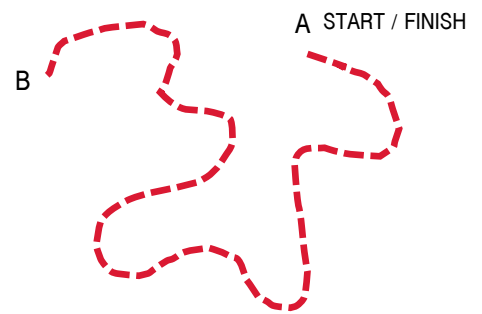
**NOTE:** CHALLENGE YOURSELF AND GET OUT OF YOUR COMFORT ZONE. JUST LIKE THE STICKWORK, YOU ARE NOT LIMITED TO JUST THIS LIST FOR AGILITY. IF THERE IS A VIDEO OR ROUTINE YOU FIND AND LIKE, GO FOR IT.

# ENDURANCE OPTIONS

BEING IN SHAPE BENEFITS NOT ONLY YOURSELF BUT THE TEAM AS A WHOLE. COMPETING AT A HIGH LEVEL OF INTENSITY FOR THE DURATION OF A GAME CAN HAVE A MAJOR IMPACT ON THE TURNOUT OF WINNING OR LOSING. BE DISCIPLINED ENOUGH TO WORK HARD OVER BREAK TO PREPARE FOR THE SEASON.

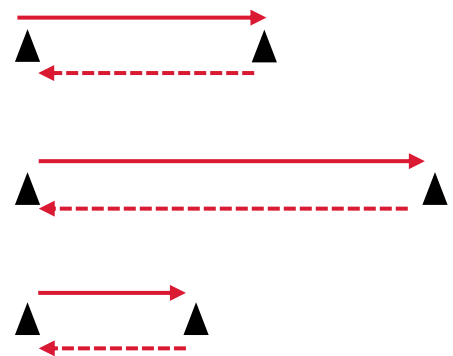
## 1. 15 MINUTE A TO B RUN:

- RUN 15 MINUTES AT A GOOD PACE ANY ROUTE YOU WOULD LIKE
- THEN COVER THE SAME ROUTE BACK TO YOUR STARTING POINT IN LESS THEN 15 MINUTES.
- THIS WILL HELP YOU PUSH PAST YOUR DISCOMFORT AND MAKE YOU DIG DEEP IN THE SECOND HALF OF GAMES



## 2. SIXES RUN:

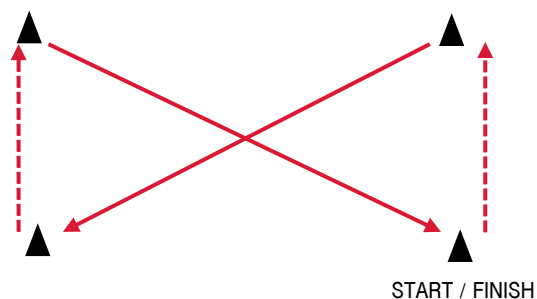
- 6 X 10 YD SPRINTS
- WALK BACK AND REST 20-30 SECONDS
- 6 X 60 YD SPRINTS
- WALK BACK AND REST 30 SECONDS
- 6 X 5 YD SPRINTS
- WALK BACK AND REST 10-20 SECONDS



# ENDURANCE OPTIONS

## 3. X'S RUN: 5 REPS

- RUN  $\frac{1}{2}$  SPEED ACROSS ENDLINE
- SPRINT 90% DIAGONALLY TO OPPOSITE ENDLINE
- RUN  $\frac{1}{2}$  SPEED ACROSS ENDLINE
- SPRINT 90% DIAGONALLY BACK TO START
- REST 1 MINUTE BEFORE NEXT REP



## 4. COOPER RUN

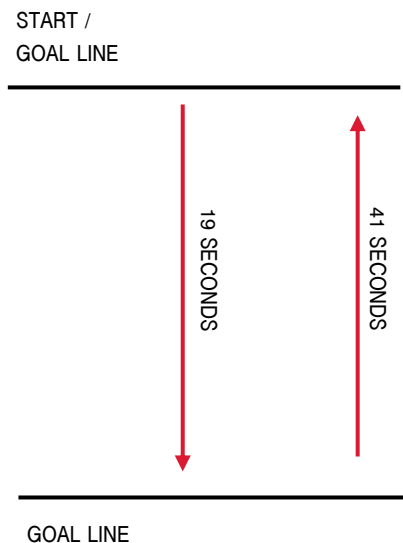
- USING A TRACK OR MEASURING YOUR DISTANCE USING A WATCH / APP, YOU WILL RUN FOR A TOTAL OF 12 MINUTES
- AFTER 12 MINUTES, STOP WHEREVER YOU ARE AND RECORD YOUR DISTANCE
- AIM TO GET 7 LAPS OR 1.75 MILES



# ENDURANCE OPTIONS

## 5. 200's: 5-8 REPS

- START ON GLE
- YOU WILL HAVE 1 MINUTE TO RUN 200 YDS
- ON YOUR GO, RUN TO THE OPPOSITE GLE (100 YDS), TRYING TO MAKE IT THERE IN 19 SECONDS
- HIT THE LINE, TURN AND RUN BACK TO THE START IN 41 SECONDS
- IF YOU RETURN TO THE START BEFORE THE MINUTE IS UP, USE THE REST OF THAT MINUTE AS YOUR REST AND START NEXT REP ON THE MINUTE MARK
- IF YOU WERE SLOWER THAN THE MINUTE, YOU RUN CONTINUOUSLY WITH NO REST



## 6. 25 YARD SPRINTS: 10-15 REPS

- SPRINT 25 YDS AND TIME YOURSELF
- WALK BACK AND REST FOR 30 SECONDS
- REPEAT UNTIL YOU HAVE COMPLETED 10 SPRINTS
- YOUR GOAL IS TO COMPLETE 10 OF THESE 25 YD SPRINTS IN THE SAME TIME OR BETTER AS YOUR FIRST ONE



**NOTE:** CHALLENGE YOURSELF AND GET OUT OF YOUR COMFORT ZONE. JUST LIKE THE STICKWORK AND AGILITY, YOU ARE NOT LIMITED TO JUST THIS LIST FOR YOUR ENDURANCE. IF YOU NEED MORE CHALLENGING RUNS, REACH OUT TO COACHES.



# CONDITIONING TESTS

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YOU WILL BE TESTED ON 3 DIFFERENT RUN TESTS THIS SPRING. AS YOU CAN SEE IT WORKED INTO YOUR CALENDARS ABOVE, YOU SHOULD PRACTICE EACH TEST AT LEAST TWICE OVER BREAK. THIS WILL HELP YOU GET COMFORTABLE WITH THE TEST ITSELF AND HELP PREPARE YOU FOR WHEN WE RUN THEM AS A TEAM.

## 300 YARD SHUTTLE

### EVERYONE

Complete 3 x 300 yards with an average of less than 65 seconds. The 300's will be completed as 3 sprints (up and back = 1) to the 50 - yard line and back to GLE. 2 minutes of rest between each 300.

## HERD SHUTTLES

### FIELD PLAYERS ONLY

200 Yard Sprint < 38 seconds (42 second rest)

100 Yard Sprint < 18 seconds (22 second rest)

50 Yard Sprint < 9 seconds (11 second rest)

60 seconds to get back to start / reset

Complete x3

## PRO AGILITY SHUTTLE

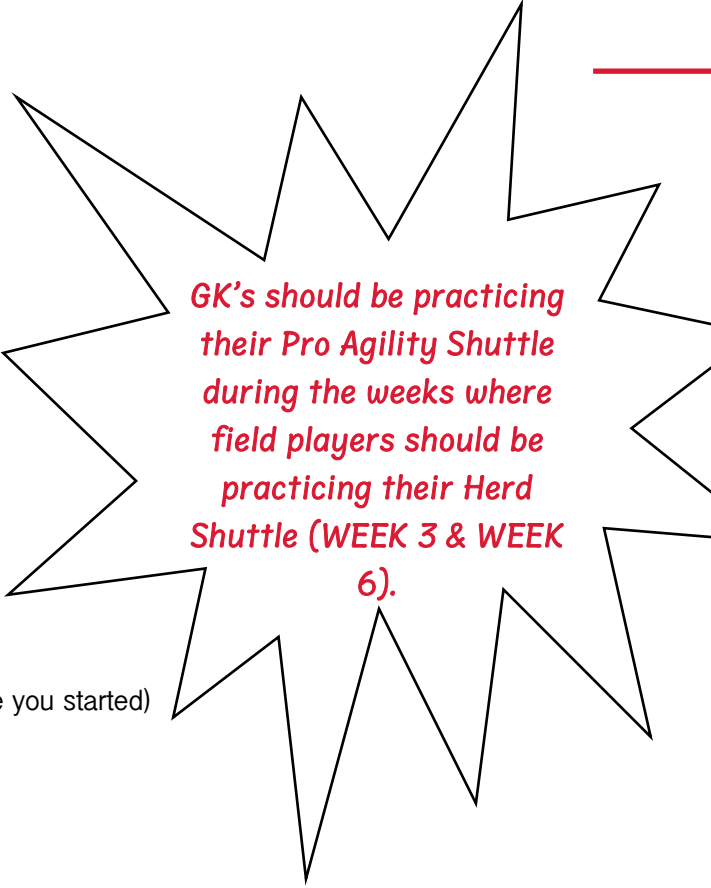

### GOAL KEEPERS ONLY

5 yards, pivot, 10 yards, pivot, 5 yards (finishing where you started)

Average of 3

Returns to beat previous baseline

Aim for a score of under 5 seconds



*GK's should be practicing their Pro Agility Shuttle during the weeks where field players should be practicing their Herd Shuttle (WEEK 3 & WEEK 6).*

# CONDITIONING TESTS

## INTERVAL RUN

### EVERYONE

This workout is designed to test your game-like fitness in which you sprint, rest, and run at varying lengths over a 21-minute period. Divide a track into 8 equal segments using cones (50 meters). Choose a place to start on the track and mark where you start. Then, with a watch to measure your time, run the following intervals in succession until you have completed them all (easiest with someone timing and blowing a whistle for you). Stop on the “stop” time and let the clock keep running until the next “go” time. Go back to the last cone you have passed on the final whistle to determine score/distance.

\*\*You can also do this without a track! Utilize a phone or watch that tracks your distance and start/stop a normal run with intervals. Regan Kawa has also found a genius app that you can put the intervals in and it will do the brain work for you! \*\*

<b>0:00 GO</b>	<b>1:30 STOP</b>
<b>2:15 GO</b>	<b>3:45 STOP</b>
<b>4:30 GO</b>	<b>6:00 STOP</b>
<b>6:45 GO</b>	<b>8:15 STOP</b>
<b>9:00 GO</b>	<b>10:00 STOP</b>
<b>10:30 GO</b>	<b>11:30 STOP</b>
<b>12:00 GO</b>	<b>13:00 STOP</b>
<b>13:30 GO</b>	<b>14:30 STOP</b>
<b>15:00 GO</b>	<b>15:30 STOP</b>
<b>15:45 GO</b>	<b>16:15 STOP</b>
<b>16:30 GO</b>	<b>17:00 STOP</b>
<b>17:15 GO</b>	<b>17:45 STOP</b>
<b>18:00 GO</b>	<b>18:20 STOP</b>
<b>18:30 GO</b>	<b>18:50 STOP</b>
<b>19:00 GO</b>	<b>19:20 STOP</b>
<b>19:30 GO</b>	<b>19:50 STOP</b>
<b>20:00 GO</b>	<b>20:10 STOP</b>
<b>20:15 GO</b>	<b>20:25 STOP</b>
<b>20:30 GO</b>	<b>20:40 STOP</b>
<b>20:45 GO</b>	<b>20:55 STOP</b>



# ADDITIONAL WORKOUTS:

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## **HAVERFORD:**

4 ROUNDS. 400 METER RUN, 20 PUSH UP AND PULL ACROSS, 30 DUMBBELL SHOULDER RACK LUNGE (SUGGESTED WEIGHT: 25-35 LBS). **GOAL: 13-20 MINUTES**

## **BRYN MAWR:**

18 MIN AMRAP (AS MANY ROUNDS AS POSSIBLE): 8 PULL UPS (MODIFICATION: BENT OVER ROWS OR BAND ASSISTED), 12 BODYWEIGHT SQUATS. **GOAL: 12-18 ROUNDS**

## **GETTYSBURG:**

E3MOM (EVERY 3 MINUTES ON THE MINUTE): MIN 0-2: 100 METER SPRINT, 15 DB SQUAT, MAX REP BURPEES; MIN 2-3: REST. KEEP REPEATING UNTIL YOU HAVE REACHED 75 BURPEES. **GOAL: 13-18 MIN**

## **SWARTHMORE:**

40 DB LUNGESTER (LUNGESTER-LUNGE R LEG, LUNGE L LEG, THRUSTER AKA SQUAT AND PRESS) IN BETWEEN EMOM. STARTING AT 1:00: 15 DB HOPOVERS THEN BACK TO LUNGESTERS. WHEN YOU REACH 40 REPS DO AN 800 METER RUN. **SUGGESTED WEIGHT- 25 LBS. GOAL: 10-15 MIN**

## **MUHLENBERG:**

3 ROUNDS: 200 METER RUN, 30 ALTERNATING DB LUNGES, 15 BURPEES, 200 METER RUN. REST 2 MIN IN BETWEEN ROUNDS. **SUGGESTED WEIGHT- 25-35 LBS. GOAL: 3:30-5:00 MIN/ROUND**

# ADDITIONAL WORKOUTS:

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## MCDANIEL:

ON A 16 MINUTE RUNNING CLOCK: 800 METER RUN, AMRAP 12 THRUSTERS (SQUAT AND PRESS) 1 INCHWORM. **SUGGESTED WEIGHT-15-25 LBS.** GOAL: RUN THE 800 METER IN UNDER 4 MINUTES TO GET 7-11 ROUNDS.

## WAC:

5 ROUNDS: 20 DB SQUAT, 15 V-UPS, REST 1 MIN IN BETWEEN ROUNDS. GOAL: 1:15-2:30 MIN/ ROUND

## F&M:

4 ROUNDS: 100 METER DB SHOULDER RACK CARRY (1 MIN IF YOU CAN'T MEASURE), 25 PUSH UP AND PULL ACROSS, 50 DB HOP OVERS. **SUGGESTED WEIGHT- 15-25 LBS.** GOAL: 18-24 MIN

## URSINUS:

400 METER RUN, 12 DB STEP OVERS, 36 THRUSTERS ( SQUAT AND PRESS), 12 DB STEP OVER, 42 SHOULDER PRESS, 12 DB STEP UP, 36 THRUSTERS, 12 DB STEP OVER, 400 METER RUN. **SUGGESTED WEIGHT/BOX HEIGHT- 25 LBS/16-20".** GOAL: 14-20 MIN

# TRACKING WORKOUTS:

## WEEK 1

DAY 1: LIFT\_\_\_\_ STICKWORK\_\_\_\_ ENDURANCE\_\_\_\_ AGILITY\_\_\_\_

DAY 2: LIFT\_\_\_\_ STICKWORK\_\_\_\_ ENDURANCE\_\_\_\_ AGILITY\_\_\_\_

DAY 3: LIFT\_\_\_\_ STICKWORK\_\_\_\_

FILM: \_\_\_\_\_

300 YD SHUTTLE TIME: \_\_\_\_\_

Week Notes/PR's:

## WEEK 2

DAY 1: LIFT\_\_\_\_ STICKWORK\_\_\_\_ ENDURANCE\_\_\_\_ AGILITY\_\_\_\_

DAY 2: LIFT\_\_\_\_ STICKWORK\_\_\_\_ ENDURANCE\_\_\_\_ AGILITY\_\_\_\_

DAY 3: LIFT\_\_\_\_ STICKWORK\_\_\_\_

FILM: \_\_\_\_\_

INTERVAL TEST DISTANCE/LAPS: \_\_\_\_\_

Week Notes/PR's:

## WEEK 3

DAY 1: LIFT\_\_\_\_ STICKWORK\_\_\_\_ ENDURANCE\_\_\_\_ AGILITY\_\_\_\_

DAY 2: LIFT\_\_\_\_ STICKWORK\_\_\_\_ ENDURANCE\_\_\_\_ AGILITY\_\_\_\_

DAY 3: LIFT\_\_\_\_ STICKWORK\_\_\_\_

FILM: \_\_\_\_\_

HERD SHUTTLE TIME: 200 YDS-\_\_\_\_\_  
(FIELD PLAYERS)

100 YDS-\_\_\_\_\_

50 YDS-\_\_\_\_\_

25 YDS-\_\_\_\_\_

PRO AGILITY TIME: \_\_\_\_\_  
(GOAL KEEPERS)

Week Notes/PR's:

# TRACKING WORKOUTS:

## WEEK 4

DAY 1: LIFT\_\_\_\_ STICKWORK\_\_\_\_ ENDURANCE\_\_\_\_ AGILITY\_\_\_\_

DAY 2: LIFT\_\_\_\_ STICKWORK\_\_\_\_ ENDURANCE\_\_\_\_ AGILITY\_\_\_\_

DAY 3: LIFT\_\_\_\_ STICKWORK\_\_\_\_

FILM: \_\_\_\_\_

300 YD SHUTTLE TIME: \_\_\_\_\_

Week Notes/PR's:

## WEEK 5

DAY 1: LIFT\_\_\_\_ STICKWORK\_\_\_\_ ENDURANCE\_\_\_\_ AGILITY\_\_\_\_

DAY 2: LIFT\_\_\_\_ STICKWORK\_\_\_\_ ENDURANCE\_\_\_\_ AGILITY\_\_\_\_

DAY 3: LIFT\_\_\_\_ STICKWORK\_\_\_\_

FILM: \_\_\_\_\_

INTERVAL TEST DISTANCE/LAPS: \_\_\_\_\_

Week Notes/PR's:

## WEEK 6

DAY 1: LIFT\_\_\_\_ STICKWORK\_\_\_\_ ENDURANCE\_\_\_\_ AGILITY\_\_\_\_

DAY 2: LIFT\_\_\_\_ STICKWORK\_\_\_\_ ENDURANCE\_\_\_\_ AGILITY\_\_\_\_

DAY 3: LIFT\_\_\_\_ STICKWORK\_\_\_\_

FILM: \_\_\_\_\_

HERD SHUTTLE TIME: 200 YDS-\_\_\_\_\_  
(FIELD PLAYERS)

100 YDS-\_\_\_\_\_

50 YDS-\_\_\_\_\_

25 YDS-\_\_\_\_\_

PRO AGILITY TIME: \_\_\_\_\_  
(GOAL KEEPERS)

Week Notes/PR's:

# TRACKING WORKOUTS:

## WEEK 7

DAY 1: LIFT\_\_\_\_ STICKWORK\_\_\_\_ ENDURANCE\_\_\_\_ AGILITY\_\_\_\_

DAY 2: LIFT\_\_\_\_ STICKWORK\_\_\_\_ ENDURANCE\_\_\_\_ AGILITY\_\_\_\_

DAY 3: STICKWORK\_\_\_\_

FILM: \_\_\_\_\_

Week Notes/PR's:

## 2024 SEASON HERE WE COME!!!

# #YEAHRED

