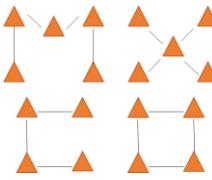


MASS ELITE LACROSSE - WEEKLY WORKOUT #1  
SPRING 2020

**MASS ELITE**

| Monday, 3/16  | Tuesday, 3/17   | Wednesday, 3/18   | Thursday, 3/19   | Friday, 3/20   | Saturday, 3/21   | Sunday, 3/22  |
|---|---|---|--|--|--|---|
| Long-Distance Running   | Sprint and Body Weight Workout  | Stickwork and Fitness Combined  | Footwork and Recovery  | Interval Training  | Cross-Training   | Rest  |
| <p>-Run 2 Miles as fast as you can (Finish under 15:00)</p> <p>-Run 1 additional mile as a cool down (Finish under 10:00)</p> | <p>Sprint Workout:<br/>(Place cones 25 yards apart);<br/><br/>Sprint:<br/>-25 yd x 10 (rest :05 between reps)<br/>-50 yd x 6 (rest :15 between reps)<br/>-100 yd x 3 (rest :45 between reps)<br/>-300 yd x 1<br/><br/>Body Weight:<br/>-Push Ups x5<br/>-Squats x5<br/>-Burpees x5<br/>-Split-Squat Jumps x5<br/>Repeat x3<br/><br/>Wall-Ball Routine:<br/>-1H Right QS x25<br/>-1H Left QS x25<br/>-1H Offside Right x25<br/>-1H Offside Left x25<br/>-1H Flick Right x25<br/>-1H Flick Left x25<br/>Repeat x3</p> | <p>Workout:<br/>-1H Right QS x10<br/>-10 yd Sprint x2<br/>-1H Left QS x10<br/>-10 yd agility x2<br/>-1H Offside Right QS x10<br/>-10 yd Sprint x2<br/>-1H Offside Left QS x10<br/>-10 yd agility x2<br/>Repeat Workout x5<br/><br/>Ab Circuit:<br/>-Crunches x25<br/>-Sit ups x15<br/>-Toe touches x25<br/>-V-Ups x15<br/>Repeat x3</p> | <p>Footwork (w/stick in hand and ball in stick):<br/>Letter &amp; Box Drills – Use cones to create the letters “M” “X” “C” and “O”</p>  <p>-Cones 5-7 yd apart, use a combination of sprint, backpedal and slide shuffle to maneuver thru the pattern; each set at 100%</p> <p>Repeat each letter x3</p> <p>Recovery Suggestions:<br/>-Meditation<br/>-Foam rolling/stretching</p> | <p>Sprint Interval:<br/>-Jog, :10<br/>-Sprint, :30<br/>-Walk, :10<br/>-Sprint: 10<br/>Repeat x8 (No rest between sets)<br/><b>OR</b><br/>Bike Interval (Road or stationery):<br/>Put bike at medium tension<br/>-Sprint, :15<br/>-Recover: 15<br/>-Sprint, :30<br/>-Recover, :30<br/>-Sprint, 1:00<br/>-Recover, 1:00<br/>Repeat x4</p> <p>Wall-Ball Routine:<br/>-2H Right QS x25<br/>-2H Left QS x25<br/>-2H Offside Right x25<br/>-2H Offside Left x25<br/>-BTB x25<br/>Repeat x3</p> | <p>Suggestions include:<br/>-Hiking<br/>-Bike riding<br/>-Roller blading<br/>-Yoga/Pilates</p> | <p>Off-day; drink lots of fluids, eat healthy, focus on school work</p> |

Fitness Key:

Rest :05 = Rest for 5 seconds

15:00 = 15 minutes

Agilities examples: Skipping, High-knees, Butt-kicks, Back-pedal, Carioca, Slide-Shuffle, Drop-stepping

Stickwork Key:

1H = 1 Hand, 2H = 2 Hands

QS = Quicksticks

Flick = underhand toss at hip

Wall-ball Routine = Can also be done with a sibling or parent