

Preseason Training Schedule

Target:

Cardio and Leg Strength

Philosophy:

Lacrosse is a sport that requires both short and mid level running ability

IMPORTANT:

Before conducting any of these exercises, make sure to warm up. Begin by doing some light jogging, then moving to static stretching  
Finish the warmup by doing some calisthenics such as high knees, lunges and butt kicks to get your legs ready for strenuous workout.

	Exercise	Distance	Repetitions	Recovery	Comments	Time
Day 1	Sprint	400 yards	5	3 to 1	Use Track	
Day 2	Shuttle Run	10, 20, 30, 40, 50 yds	5	4 to 1	Use Field	
Day 3	Rest					
Day 4	Long Distance	2 miles	1	1 to 1		9 minute mile pace
Day 5	Shuttle Run	10, 20, 30, 40, 50 yds	5	4 to 1	Use Field	
Day 6	Rest					
Day 7	Stadiums	Up and Down	8	2 to 1		
Day 8	Sprints	400m rest 1200m	1	1 to 1	Use Track	
Day 8	Sprints	800m rest 800m	1	1 to 1	Use Track	
Day 8	Sprints	1200m rest 400m	1	1 to 1	Use Track	
Day 8	Sprint	1600m	1	1 to 1	Use Track	
Day 9	Rest					
Day 10	Shuttle Run	10, 20, 30, 40, 50 yds	5	4 to 1	Use Field	
Day 11	Long Distance	2.5 miles	1	1 to 1		9 minute mile pace
Day 12	Rest					
Day 13	Shuttle Run	10, 20, 30, 40, 50 yds	5	4 to 1	Use Field	
Day 14	Stadiums	Up and Down	8	2 to 1		
Day 15	Rest					
Day 16	Sprint	400 yards	5	3 to 1	Use Track	
Day 17	Shuttle Run	10, 20, 30, 40, 50 yds	5	4 to 1	Use Field	
Day 18	Rest					
Day 19	Long Distance	3 miles	1	1 to 1		9:30 minute mile pace
Day 20	Shuttle Run	10, 20, 30, 40, 50 yds	5	4 to 1	Use Field	
Day 21	Rest					
Day 22	Stadiums	Up and Down	10	2 to 1		
Day 23	Sprints	400m rest 1200m	1	1 to 1	Use Track	
Day 23	Sprints	800m rest 800m	1	1 to 1	Use Track	
Day 23	Sprints	1200m rest 400m	1	1 to 1	Use Track	
Day 23	Sprint	1600m	1	1 to 1	Use Track	
Day 24	Rest					
Day 25	Shuttle Run	10, 20, 30, 40, 50 yds	5	4 to 1	Use Field	
Day 26	Long Distance	3.5 miles	1	1 to 1		9:00 minute mile pace
Day 27	Rest					
Day 28	Shuttle Run	10, 20, 30, 40, 50 yds	5	4 to 1	Use Field	
Day 29	Stadiums	Up and Down	12	2 to 1		
Day 30	Rest					

