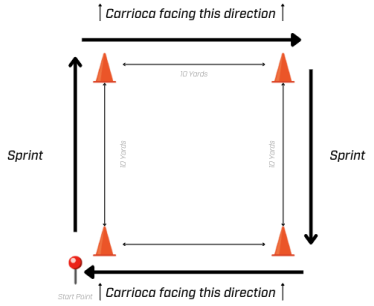
Lyons Township Lacrosse Offseason Conditioning Guide

WARMUP - 10 Yard Splits (there and back)

Knee Pulls	**Swoops**
Quad Pulls	**Frankensteins**
Side Lunges	**High Knees**
Walking Lunge With Twist	**Butt Kickers**

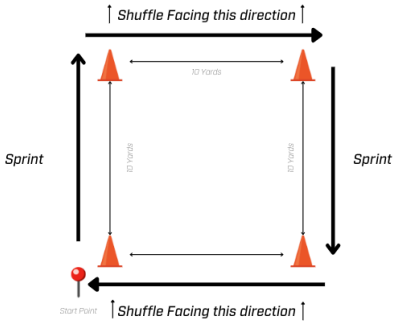
SQUARE DRILLS - *AGILITY & EXPLOSIVENESS*

CARIOCA



- 5-15 Second Breaks between reps
- Combine with other Square Drills
- Aim for at least 10 minutes

SHUFFLE

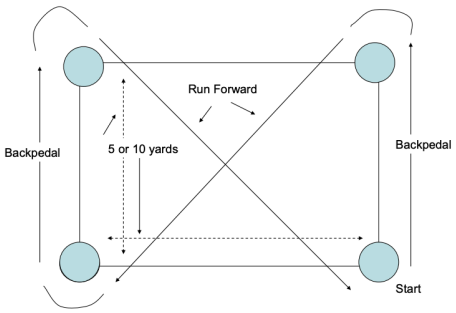


- 5-15 Second Breaks between reps
- Combine with other Square Drills
- Aim for at least 10 minutes

Hourglass

1. Start on the right side of the square and backpedal to the first cone.
2. Go around the cone and sprint diagonally to the second cone.
3. Go around the cone and backpedal to the third cone.
4. Go around the cone and sprint to the finish.

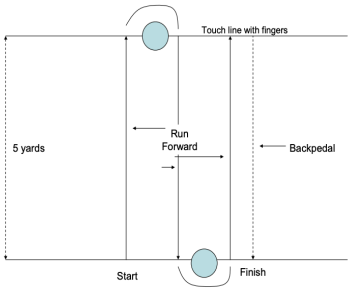
When doing multiple reps, repeat starting on the opposite side



Duke Agility

1. Set up cones 5 yards apart as illustrated.
2. Start in a 3 point stance; sprint to the first cone and make a right-hand turn.
3. Return to the starting line. Go around the second cone with a left-hand turn.
4. Sprint and touch the 5 yard line, then backpedal to the finish.

Keep your feet moving QUICKLY around the cones on the turns



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Endurance Training - Running for Time
With Intervals

STEP 1	**SET AN ENDURANCE GOAL** - *EXAMPLE:* 30 minutes of continuous jogging
STEP 2	**WORK TO THAT GOAL WITH TIMED REST INTERVALS** - *EXAMPLE: 30 seconds of rest per every three neighborhood blocks* ***OR*** *Two minute rest per four laps around the track (One Mile)* - **DEFINE YOUR REST INTERVAL* - Maintain a walking pace, focus on your breathing*
STEP 3	**COMMIT TO YOUR GOAL AND DECREASE REST INTERVALS WITH TIME** - *EXAMPLE:* Maximize your time spent running as you get in shape - if you started with a 30 second rest interval, aim to trim it down to 15.

END GOAL: GAME SHAPE (NO REST INTERVALS)

STRENGTH TRAINING - *BODYWEIGHT ROUTINE*

Start a timer (10-20 minutes) and end the workout when it rings.

30 SECOND SET	*EXERCISE FROM "EXERCISE BANK"*
15 SECOND BREAK	
30 SECOND SET	*EXERCISE FROM "EXERCISE BANK"*
15 SECOND BREAK	
30 SECOND SET	*EXERCISE FROM "EXERCISE BANK"*
15 SECOND BREAK	
	Repeat routine up to 10 minutes and over. You can increase your set times as you get stronger

EXERCISE BANK

PUSHUPS	**PLANK**	**SQUAT JUMPS**
JUMPING JACKS	**ROPE JUMP**	**BICYCLE CRUNCHES**
RUSSIAN TWIST	**MOUNTAIN CLIMBERS**	**ALTERNATING ARM /**

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		LEG PLANKS
FLUTTER KICKS	**SIT UPS**	**LUNGES**

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