NCAA Championship seasons begin in the summer. We’ve won 2 Championships in a row. The third will be the toughest yet.

My advice to you is to arrive on campus in the best shape of your life, with your lacrosse skills sharp and with the attitude of a Champion.

Expect to work-out at least 5 days each week in order to achieve your goals. Each workout should take approximately an hour to an hour and a half. For you to be successful you’ll need to make it a priority, make time for it, and push yourself.

Attached is a list of workout routines for six categories: Endurance, Speed, Agility, Cardio, Stickwork, and Strength. Each workout begins with a warm up and ends with a warm down. DON’T SKIP WARM-UPS or WARM-DOWNS!

Use the last two weeks of June to test out each and all of the different workout drills. Find your workout locations and fine-tune your schedule. Get your eating habits and schedule set to maximize your workout production and minimize excuses.

Your full workouts should start no later than July 1st. The first 3 weeks of workouts are provided for you. After that, you select your own daily workout routines from each category. You should do each routine of all 6 categories at least once per week.

PRINT OUT THIS WORKOUT GUIDE and track your progress! Keep a record of what workouts you do and your performance times. Note what you like and don’t like so we can improve this workout each year.

Remember, this is only a guide. Everyone is different, so if you are experiencing any unusual pain, apply R.I.C.E, (rest, ice, compression, elevation), adjust your workouts and be sure to avoid doing any further injury.

Pick a teammate or a friend, share your workout plans, successes, miss-ques, and IRON OWL scores. Use each other as motivation to make the summer workouts work.

Together we win.

__________________________________________

It’s a Great Day to Be an Owl!!
Self-Evaluation and Goals

My Top 3 Strengths as a Lacrosse Player are:
1. 
2. 
3. 

My target areas for improvement are:
1. 
2. 
3. 

My Goals for August 1st are:
1. 
2. 
3. 
   What I MUST do to accomplish these goals: ____________________________
   What I MUST NOT do to accomplish these goals: _______________________

My Goals for September 1st are:
1. 
2. 
3. 
   What I MUST do to accomplish these goals: ____________________________
   What I MUST NOT do to accomplish these goals: _______________________

My Goals for the 2017-2018 season are:
1. 
2. 
3. 

My personal tag line or saying to remind, motivate, and push me towards reaching my goals and remind me how important this is to me:
____________________________________________________________________

I will do this: ______________________________________

Dedicated Athlete’s Signature
Warm-up/Warm-down  (10 minute each)

1. Warm Up - 10 Yard Dynamics stretches (Before every workout)
   - High knees,
   - Lunge and twist,
   - Frankenstein’s,
   - Scales,
   - Sumos,
   - Butt kicks,
   - Knee pulls,
   - Quad stretch

2. Set of 10 push-ups and 1 minute plank. (when these get easy, increase reps)

3. Warm Down - Static stretches
   - Standing quad stretch
   - Side to side adductor stretch
   - Forward lunge hip stretch
   - Standing cross-leg toe touches
   - Bent over, hands on knees, shoulder to opposite knee back stretches
   - Butterfly groin stretch
   - Push-up position, cross leg calf stretches

ENDURANCE  (10-20 minutes each)

1. 2 Mile Run
   - (5 laps around football field = 1 mile)
   - Relaxed pace (9 minutes per mile max)

2. Fartlek (Swedish for variable speed)
   - Jog for 5 minutes,
   - transition to hard run for 1 minute,
   - jog for 1 minute,
   - hard run for 1 minute,
   - jog for 1 minute,
   - walk for 1 minute and stretch.

3. Timed Mile Hard Run
   - Hard paced run (5 laps around football field = 1 mile)
   - After run, walk for 1 minute and stretch.

   THIS IS AN IRON OWL DRILL. TARGET TIME IS 7:11

4. 3 Mile Elliptical Workout
   - Strong pace for 2 mile (target 14 minutes)
   - Next ½ mile go hard
   - Next ¼ mile resume strong pace
   - Last ¼ mile go hard
   - Total workout target time is 20 minutes.
SPEED

(10-15 minutes each)

1. Progressive Sprints
   3 sets: 1st no stick, 2nd cradle strong hand, 3rd cradle off hand
   - 5 x 10 yard falling forward sprints and 10 yard walk
   - 4 x 25 yard sprint and 25 yard walk
   - 2 x 50 yard sprint and 50 yard walk
   - 1 x 100 yard sprint and 100 yard walk

2. Lax Field Ladders (2 sets continuous movement)
   3 sets: 1st no stick, 2nd cradle strong hand, 3rd cradle off hand
   - Start at corner of lax field
     Jog 40 yards   (to restraining line)
     Sprint 60 yards  (cross field)
     Jog 40 yards   (to far restraining line)
     Sprint 60 yards  (cross field)
     Jog 40 yards   (to end line)
     Sprint 60 yards  (to far corner of lax field)
     Repeat pattern   (to starting point)
     Walk cross field and return.
     Repeat

3. Timed 300 yard shuttle sprints (3 sets with 90 sec rest between sets)
   Measure 30 yards. Sprint up and back 5 times for a total of 300 yards per set.
   Measure time of each set.
   Calculate average time of the three sets.
   THIS IS AN IRON OWL DRILL. TARGET AVE TIME IS 67 seconds.

4. Timed Gassers (4 sets with 30 sec rest between sets)
   Full sprint the width of a football field x4.
   Start at the sideline of a football field and run to the opposite side and back two times without stopping. Total distance is 212 yards.
   Run time should be under 50 seconds.
   Rest for 30 seconds go again.

Running on a turf field is the best option. Next is grass, then asphalt. If you choose to use a treadmill, be aware that your run times will be about 15% better than outside.
AGILITY  
(10 minutes each)

1. JP Drill
   Set 4 cones in a straight line 5 yards apart.
   3 sets: 1st no stick, 2nd cradle strong hand, 3rd cradle off hand
   When running drill run along one side of cone and always keep stick on opposite side of body away from cones.

   Start at 1st cone, run to 2nd cone and return,
   Run to 3rd cone and return,
   Run to 4th cone and return,
   Rest and walk for 1 minute between sets.
   Run 3 sets: no stick, stick, cradle with hand switches.

2. Cross Box Drill
   Place four cones in a square with cones 10 yards apart.
   3 sets: 1st no stick, 2nd cradle strong hand, 3rd cradle off hand

   Sprint diagonally,
   Shuffle across,
   Sprint diagonal,
   Backwards run across to starting cone.
   Repeat continuously for 3 times to complete 1 set.
   Rest 30 seconds between sets.
   Run 3 sets: no stick, cradle right, cradle left.

3. T Test
   Place 4 cones in the shape of a T
   (3 in a line 5 yards apart, one 10 yards from middle cone).
   3 sets: 1st no stick, 2nd cradle strong hand, 3rd cradle off hand

   Start at bottom of T
   Sprint 10 yards to middle cone, touch ground with right hand
   Shuffle to left cone, touch ground with left hand
   Shuffle to far right cone, touch ground with left hand
   Shuffle to middle cone, touch ground with left hand
   Back pedal to starting cone.
   Rest 1 minute rest between sets.
CARDO (20 minutes each)

1. 30 Second Workout
   Do each of the following exercises for 30 seconds each, followed by a 5-10 second rest in between each. Do 3 sets with a 1 minute rest between sets. Focus on technique and intensify each set with faster pace and more reps.
   - Jumping Jacks
   - High knee run in place
   - Squat thrusts (also known as burpies)
   - Mountain climbers
   - Push-ups (no knees. Hands outside shoulder width, hold in plank pose to rest)
   - Superman (on stomach, feet up, arms up out front)
   - Crunches (knees up, legs crossed, elbows to knees)
   - Plank
   - High knee jumps (arms out front, knees up to hands)
   - Striders (one leg and arm out front as far as possible, one leg and arm behind as far as possible, jump switching legs while swinging arms. Similar to cross-country skiing. Hands in a fist)

2. Drop 10 Workout
   Run through 1 set of the following. 10 Second break max between exercises. Start with 100 reps and work down to 10.
   - 100 Crunches
   - 90 Jumping Jacks
   - 80 Lunges
   - 70 Squats
   - 60 Seconds Run in Place
   - 50 Seconds Plank
   - 40 Mountain Climbers
   - 30 Seconds Machine Gun drill (athletic stance, rapid fire foot taps)
   - 20 High Knee Jumps
   - 10 Push Ups

3. 3-6-9s
   Each set consists of 3 push-ups, 6 burpees, and 9 air squats
   Do as many sets as you can in 4 minutes.
   Take a 1 minute rest.
   Repeat 4 times for a total workout time of 20 minutes.
   Target goal is to increase or maintain number of sets per round.

4. Hops
   3 sets of the following 6 exercises:
   - Single leg lateral hops (side to side) (16 reps each leg)
   - Squat jumps (16 reps)
   - Single leg ventral hops (front to back) (16 reps each leg)
   - Skater strides (side to side) jump from one leg to other getting wider (16 reps)
   - Jumping lunges, jump up landing in alternating lunge positions (16 reps)
   - Agility dots, single leg hops in a tight 4 spot cross pattern (16 reps per leg)
STICK SKILLS  (10 minutes each)

1. Cradle
   Focus on proper technique, top hand at mid-stick, bottom hand at bottom of stick. Shift weight to proper foot, turn shoulders to protect stick.

   3 minutes right hand cradle
   3 minutes left hand cradle
   3 minutes switching hands cradle

2. Wall Ball
   Use a bounce back or find a brick wall (chimney works well too). Vary on type of throw: from shoulder, over-head, side arm, cross-over. Focus on target passes and footwork.

   40 reps right hand
   40 reps left hand
   40 reps catch one side, switch and throw other side (called switches)

3. Stick Tricks
   Get creative and create a routine cradling and tossing the ball.
   Toss it high, catching up high and down low
   Cradle upside down with quick wrists
   Flip ball behind back and between the legs
   One hand ball pick-ups
   Ball balancing, stick tosses, etc.

STRENGTH  (50 minutes)

Prepare a circuit of weight/body lifting exercises to touch on arms, core, and legs. All exercises should include 3 sets of up to 10 reps. As the third set becomes easy to accomplish, up your weight or up your reps. Push yourself to get better, to get stronger.

Mix up the routines, focus on only 2 or 3 muscle groups per workout.

1. Shoulders – military lifts, front laterals, side laterals, rows, push-ups
2. Chest – bench press, butterfly curls, dumbbell pullover, push-ups wide spread
3. Biceps & Triceps – curls, cable push downs, behind the head reverse curls, dips
4. Core – Medicine ball side taps, Medicine ball spikes, superman pose, planks
5. Legs – squats, leg press, lunges, one leg squat to a roll-back, box jumps

IRON OWL DRILL – Push-ups. TARGET MINIMUM 50 perfect reps in 1 minute.

IRON OWL DRILL – Planks. TARGET MINIMUM MAX TIME of 4 minutes.
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My Bests

Timed Mile:

300 Yard Shuttles:

Push-ups per minute:

Plank Time: