

Training Knowledge

Nutrition

All aspects of sports conditioning are important for maximum physical development. Nutritionist one component most programs overlook. The following section will provide information to create positive dietary habits. This diet provides sufficient nutrients and energy for intense physical activity. Applied nutrition is the key. It is important to keep food intake at a constant level throughout the day. Skipping meals will not allow for the replenishment of energy stores in the muscle. It will not allow for muscle recovery and growth. Eat breakfast! If you skip breakfast your body will have gone without nutrition for 18 hrs.

Water

How much water is enough? On average an individual should consume 12, 8oz glasses every day. That is about 3 quarts a day. With the addition of exercise it should be 2 , 8oz of fluid for every pound of body weight lost during exercise.

Effects of Dehydration

Fatigue, deterioration in performance increase in body temperature, muscle cramps and pulls. Thirst is not a reliable guide for the need for water. This is even more so during competition because of tension, anxiety and large sweat loss.

For Optimal Performance

Always drink cool fluid if available because it empties from the stomach faster than warm fluid. It is also tastier which will help you drink more. Choose a sport drink over water if you plan to exercise for an extended period of time. Sports drinks replace fluids just as rapidly as water and provide carbohydrates energy for exercising muscle. Your body can only handle 32oz of fluid in an hour. Sweat loss may be more than this so to avoid dehydration begins to fluid replace before you start exercises.

After Exercise:

Keep drinking fluids beyond the “thirsty” feeling to ensure proper hydration. Sports drinks will help to replenish energy stores quickly after exercises.

STICK WORK

- Depending on the drill stand anywhere from 5 to 7 yards away from the wall
- Make sure your stance is proper and adjust your feet when you throw. No flat feet
- Make it game like and get comfortable with your stick
- You should do all drills with both hands
- Wall ball should be done 2 to 3 times a week for 20 minutes
- YOU WILL BE TESTED ON STICK SKILLS show us you have been working on them.

A little bit each day will make a BIG difference. Work Hard develop your stick.

WALL BALL ROUTINE

- 25x dominant hand up/50x non-dominant hand
- 25xdominant quick sticks/50x non-dominant hand
- 50x switching hands(in front of face)
- 25x one handed pull left hand up
- 25x opposite side catch dominant hand and bring across to throw
- 50x opposite side catch non-dominant hand bring back across to throw
- 25x opposite side throw dominant hand catch regular
- 50x opposite side throw non-dominant hand catch regular
- 25x behind the back right hand
- 25x behind the back left hand

SHOOTING DRILLS

Shoot from the dodge, off the ground, off the pass. Do each 2x for a total of 200 shots

- Dodge with the shot
- 10x right back of cage
- 10x left back of cage
- 10x left corner of cage
- 10x right corner of cage
- 10x center top 15m out front
- Off Passes can be used as feeders or self toss
- 10x crease cut with back to cage
- 10x left side of cage
- 10xright side of cage
- 2x from each side 15m out

Make sure you accelerate through the shot and not slow down when shooting and do not fade wide when shooting.

CONDITIONING

You will have 4 days of running and 3 days of strength. You can space things out as you like. There are 4 workouts per week some are specific and others you can choose from the workout options listed below. Fill the dates that you complete them.

Outdoor Track Review

200= half lap

400= 1 lap

800= 2 laps

1 mile= 4 laps

Workout Options

1. Treadmill 30 min.
2. In and out run. Warm up jog 5min, run to a point at med pace for 10 min. Run back to Starting point at faster pace making it back in 7 to 8min. Cool job 5min
3. Fartlak Run 30 min. Warm up job 5min. Go 75% for 3min, 100% sprint 2min, jog 2min. repeat 3cycles.
4. Diagonals 30 min. warm up jog 5min. Lacrosse field sprint diagonally from corner to corner and job endlines for 20 min.
5. 2 min drill. Spring 2min, rest 2min, repeat 10 times. Try and get father and father.



Preseason Conditioning		Date Completed	Time
Week 1			
Day 1	1 mile time run followed by 1 mile run.		
Day 2	10 100's every min		
	Sprint 100yds in 20sec or less		
	Job back in 40sec or less and do the next run		
	Repeat 9 more times		
	20 Min run		
Day 3	Agility Warm up Corners		
Day 4	6x end line to 50yd line 2 min rest		
	6x end line to 50yd line 2 min rest		
	6x end line to 50yd line 2 min rest (done in 52secs)		
	12x end line to 25yd 2 min rest		
	12x end line to 25yd 2 min rest		
	12x end line to 25yd 2 min rest		
Preseason Conditioning		Date Completed	Time
week 2			
Day 1	Track Workout		
	2-800 (21/2 min rest)		
	2-400 (2min rest)		
	2-200 (1 min rest)		
	2-100 (30sec rest)		
	½ mile cool down		
	Push Ups 20x Sit ups 50x		
Day 2	100yd sprints 10x under 17sec		
	20 min run estimate distance		
Day 3	Gauntlet		
	1 lap in 1:30 sec or better		
	2min rest		
	2 laps in 3:15 or better		
	2 min rest		
	1 mile in 7min		
	2 min rest		
	2 laps 3:15 or better		
	2 min rest		
	1 lap 1:30 or better		
Day 4	30 min Interval Run		
	5 min warm up		
	1 min spring		
	2 min jog		
	Repeat 7x		
	4 min cool down		

Preseason Conditioning		Date Completed	Time
week 3			
Day 1	200yd Sprint 5x under 40 sec		
	25 min run		
Day 2	Footwork		
	2 mile Jog sprints		
	Jog half lap, sprint half lap		
Day 3	20 min Corners		
Day 4	Time- 2 mile		
	2 times 50yd sprints:		
	2sets of 20 push ups/ 2 sets of 50 sit ups		
Preseason Conditioning		Date Completed	Time
week 4			
Day 1	3 mile track workout		
	2 lap warm up		
	1 lap spring		
	1 lap run		
	Repeat 2x for a total of 12 laps		
	Push ups 2 sets of 20		
Day 2	Sprints		
	20yd 8x 10 sec rest between reps		
	40yd 8x 15sec rest		
	60yd 8x 20sec rest		
	80yd 6x 30 sec rest		
	100yd 4x 30 sec rest		
Day 3	2 mile run spring turns job straight aways		
Day 4	Gauntlet Run		
Preseason Conditioning		Date Completed	Time
week 5			
Day 1	Ladder Sprints		
	Rest 1 min after each cycle		
	10yd, 20yds, 30yds, 40yds, 50yds, 60yds, 70yds, 80yds, 90yds 100yds		
	Repeat 4x		
Day	2 Suicides		
	5/10/15/20/25/30yd sprints		
	8 sets 3 min rest between each set		
Day 3	Your pick of a run		
Day 4	Timed mile		
	2 times 100yd sprints		

Preseason Conditioning		Date Completed	Time
week 6			
Day 1	10 100's every min		
	Sprint 100yds in 20 sec		
	Job back in 40 sec and start next 100yd		
	Repeat 9x		
	20 min run		
Day 2	10 100's every min		
	Spring 100yds in 20sec or less		
	Job back in 40 sec or less start next 100yds		
	Repeat 9x		
	20 min run		
Day 3	You Pick the run		
Day 4	30 min interval warm up		
	5min warm up		
	1 min sprint		
	2 min jog		
	Repeat 7x		
	4 min cool down		
Preseason Conditioning		Date Completed	Time
week 7			
Day 1	200yd sprints		
	5x under 40sec		
	30 min run		
	Push ups 3 sets of 20		
	Sit ups 50 x 2		
Day 2	2 mile jog		
	Jog half a lap and sprint half a lap		
	Push ups 3 sets of 20		
	Sit ups 50 x 2		
Day 3	You Pick the run		
Day 4	Gassers		
	Sprint sideline to sideline twice = 1 gasser		
	5 full gassers 1 min rest in between each		
	10 half gassers first 5 with 30sec rest last 5 with 45 sec		

Preseason Conditioning		Date Completed	Time
week 8			
Day 1	3 mile track workout		
	2 lap warm up		
	1 lap warm up		
	1 lap run		
	Repeat 2x for total 12 laps		
	Push ups 3 sets of 20		
Day 2	Gauntlet		
Day 3	You Pick the run		
Day 4	Sprints		
	20yds 8x 10 sec rest in between reps		
	40yds 8x 15 sec		
	60yds 8x 20 sec		
	80yds 6x 30 sec		
	100yd 4x 30 sec		
Preseason Conditioning		Date Completed	Time
week 9			
Day 1	Suicides		
	5/10/15/20/25/30/yd sprints = 1 set		
	2 min rest and repeat		
Day 2	Track Workout		
	3-800 with 2.5 min rest between each one		
	4-400 with 2min		
	6-200 with 1 min rest		
Day 3	You pick the run		
Day 4	Times 2 Mile _____		
	5 times 100yd sprints		

Preseason Conditioning		Date Completed	Time
week 10			
Day 1	10 100's every min		
	Spring 100 in 20 sec		
	Jog back in 40sec or less start again on the min		
	Repeat 9x		
	20 min run		
Day 2	10 Perimeters		
	Run perimeters of the field in 1min or less. 2 min rest in between		
	Repeat 9x		
	1		
	2		
	3		
	4		
	5		
	6		
	7		
	8		
	9		
	10		
Day 3	You pick the run		
Day 4	300 yd Shuttles		
	6x end line to 50yd line 2 min rest		
	6x end line to 50yd line 2min		
	6x end line to 50 yd line 2 min		
	Should be done in 50 sec		
	12x end line to 25 line 2 min rest		
	12x end line to 25 line 2 min rest		
	12x end line to 25 line 2 min rest		
Preseason Conditioning		Date Completed	Time
week 11			
Day 1	2 mile jog		
	Jog half a lap and sprint half lap		
Day 2	Gassers		
	5 full gassers 1 min rest in between		
	10 half gassers with 45 min rest		
Day 3	You Pick the run		
Day 4	Gauntlet		

Preseason Conditioning		Date Completed	Time
week 12			
Day 1	3 mile Track Workout		
	2 lap warm up		
	1 lap sprint		
	1 lap run		
	Repeat 2x total 12 laps		
Day 2	10 corners with 15min run		
Day 3	You pick the run		
Day 4	Sprints		
	20yd 6x 10 sec rest between sets		
	40yd 10x 15 sec		
	60yd 8x 20 sec		
	80yd 6x 30 sec		
	100yd 8x 30 sec		
Preseason Conditioning		Date Completed	Time
week 13			
Day 1	Gauntlet		
Day 2	10 Perimeters		
	2 min rest in between each		
	Repeat 9x		
Day 3	You pick the Run		
Day 4	Gassers		
	5 full gassers 1 min rest in between		
	10 half gassers 5 with 30 sec with 45 sec rest		

Preseason Conditioning		Date Completed	Time
week 14			
Day 1	Ladder Sprints		
	10yd/20/30/40/50/60/70/80/90/100		
	Repeat 4x		
Day 2	Times Mile _____		
	8 timed 100yd springs		
	1		
	2		
	3		
	4		
	5		
	6		
	7		
	8		
Day 3	You Pick the run		
Day 4	Track Sprint Workout		
	½ mile warm up		
	3-800 2.5 min rest		
	4-400 2 min rest		
	6-200 1 min rest		
Preseason Conditioning		Date Completed	Time
week 15			
Day 1	2 mile jog		
	Jog half lap and sprint half lap		
Day2	1 mile Timed Run		
Day3	10 Perimeters		
Day 4	Timed 2 mile		
	3 times 200yd springs		
	1		
	2		
	3		

***“Champions do not become champions
When they win the event, but in the hours,
Weeks, months and years they spend preparing
For it. The victorious performance itself is merely The
demonstration of their Championship Character”.***