



Spring Break 2017 Workout Plan

Monday-Wednesday-Friday

Workout 1: Field 60s & 120 Starting in one corner of a full size field, jog one lap. After your first lap sprint/jog every other 60 yards (the shorter end line are right around 60 yards). Complete 3x. Next 3 laps, sprint the long sides (120s) jog the short sides. Last 3 laps, sprint 50, jog 50. Cool down with one jogging lap.

Workout 2: Ladder Sprints Set up cones that create a “ladder” on a lax/football field or whatever 120 yard space you can find. The end of the ladder ends at the baseline. Complete each of the following going through the ladder at speed, sprinting to the set distances below and jogging back to the ladder for your rest and recovery. 10, 20, 30, 50, opposite 30, opposite 20, opposite 10, opposite baseline. Rest for 3 minutes and reverse the workout ending with the 10 closest to the ladder. If you do not have access to a ladder, go through ladder motions without the ladder. Repeat 2x.

Little Hands Progression Holding your stick in little hands, complete this progression 5x at speed. Elbows out and away, hands close together at about $\frac{2}{3}$ of the way up your stick toward the head (at the STX logo if you have an STX stick)

- 10xL, R
- 10x Catch L, Throw R
- 10x Catch R, Throw L
- 20x Quick Sticks L, R
- 10x Catch, Fake, Pass, L, R
- 10x Catch, hitch offside shoulder, throw L, R
- 10x Front Back QS L,R

Tuesday & Thursday

Workout 1: 3 Mile Run Run 3 miles in the following increments: 1st mile in 6 minutes 15 seconds, rest 3.5 minutes. 2nd mile in 6 minutes 30 seconds, rest 4 minutes. 3rd mile, run the first half in 3 minutes 10 seconds, jog the last half mile.

Workout 2: North Carolinas Starting on the end line of a field complete the following: sprint to 12, jog back, sprint to the 30, jog back, sprint to the 50, jog back, sprint to the opposite 30, jog back, sprint the full field, jog back. Repeat this in reverse order starting with another 100 yard sprint, once you've gotten all the way back down the ladder to



sprint to the closest 12 and jog back to the end line you've completed 1. Rest 4 minutes and repeat 2x more.

Little Hands Progression Holding your stick in little hands, complete this progression 5x at speed. Elbows out and away, hands close together at about $\frac{2}{3}$ of the way up your stick toward the head (at the STX logo if you have an STX stick)

- 10xL, R
- 10x Catch L, Throw R
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- 20x Quick Sticks L, R
- 10x Catch, Fake, Pass, L, R
- 10x Catch, hitch offside shoulder, throw L, R
- 10x Front Back QS L,R