

Milton Academy Lacrosse Pre-Season Training Program



Information about the workout:

This workout is based on the weeks leading up until the first week after March break. Plan your time accordingly, and be sure to stretch and warm up properly before each workout in order to avoid injury. In addition to the lifting and conditioning, the wall ball program should be done as much as possible to improve handwork. For your specific position, spend more time on the particulars: shooting on the run for middies and dodging/defending for attack and defense.

The program:

This program can be orchestrated in four phases. For players who also participate in a varsity sport in the winter, take advantage of the last two weeks to improve refresh your hands on the wall. For non-varsity players, spend three weeks on each cycle, starting in mid-December, creating a 12 week program in total. The workout itself will remain the same, apart from variations to each lift; pay attention, however, to the loading; for the first three blocks, the ending week will be heavy loading; however, for the last block, the ending week will be light maintenance to prepare for tryouts. Find the workout rubric on the next page, and the cycles afterwards. The program can also be done in the summer, splitting each phase into three week blocks.

Agility work:

Agility work will vary between three different exercises: speed ladders, cone work, and jump-roping. For the first two, try and perform reps with a stick and gloves in your hands: attack players can try and work on the quick movement of their dodges, while defense players can focus on checking on a drop step. Agility work is performed on legs days, before the lift.

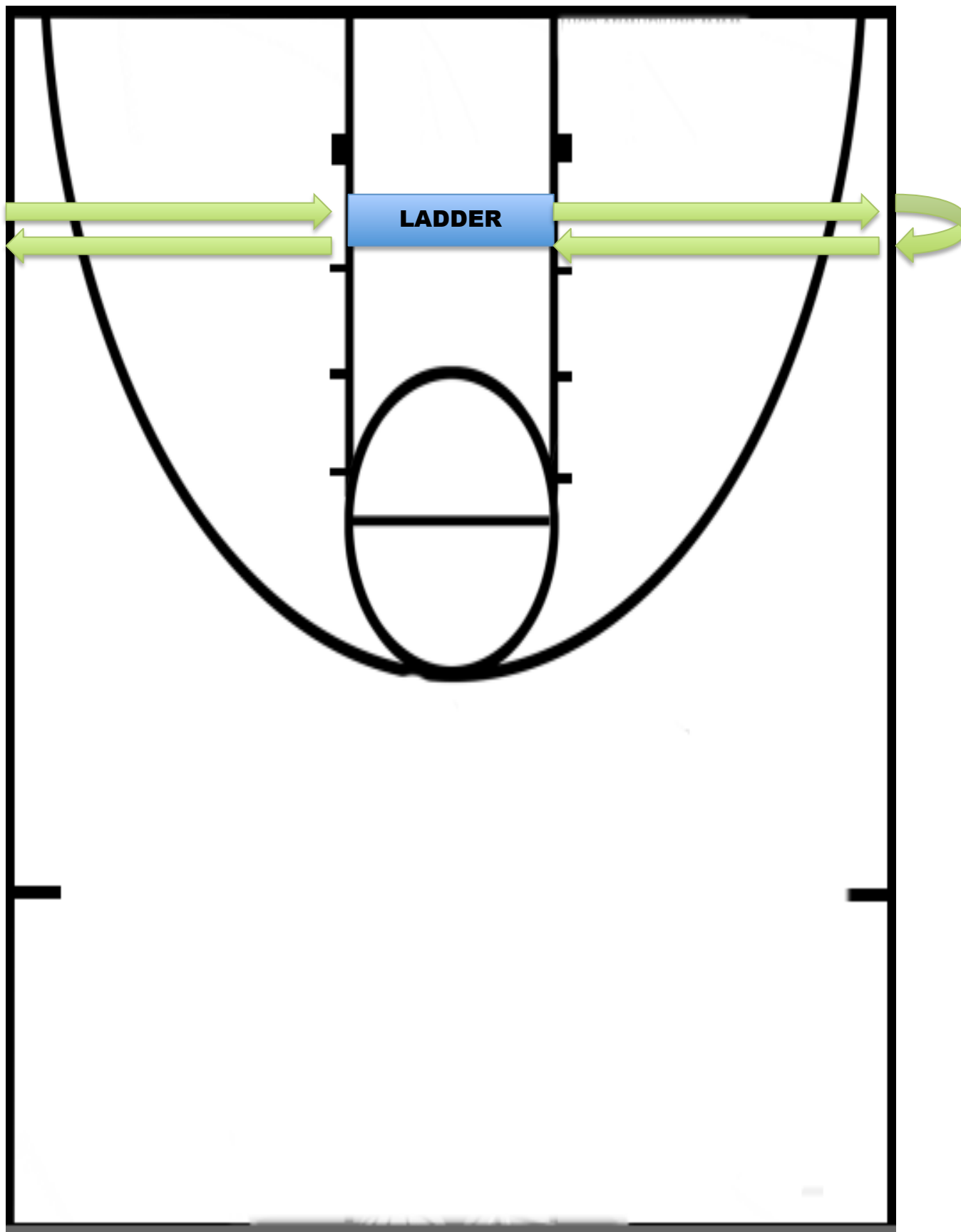
1. *Speed ladder work:* set up the speed ladder horizontally on a basketball court with approximately 20ft of court space on either side of the ladder. Perform the following sequences by starting at one side of the court, sprinting and decelerating to the ladder, sprinting after the ladder, touching the line on the opposite side of the court, and sprinting back to the ladder to perform the drill again. In certain cases, the specific sequence will call for you to backpedal when returning to the ladder, and perform the exercise backwards. See a diagram of the setup on the next page.

- a. *Sequences:*

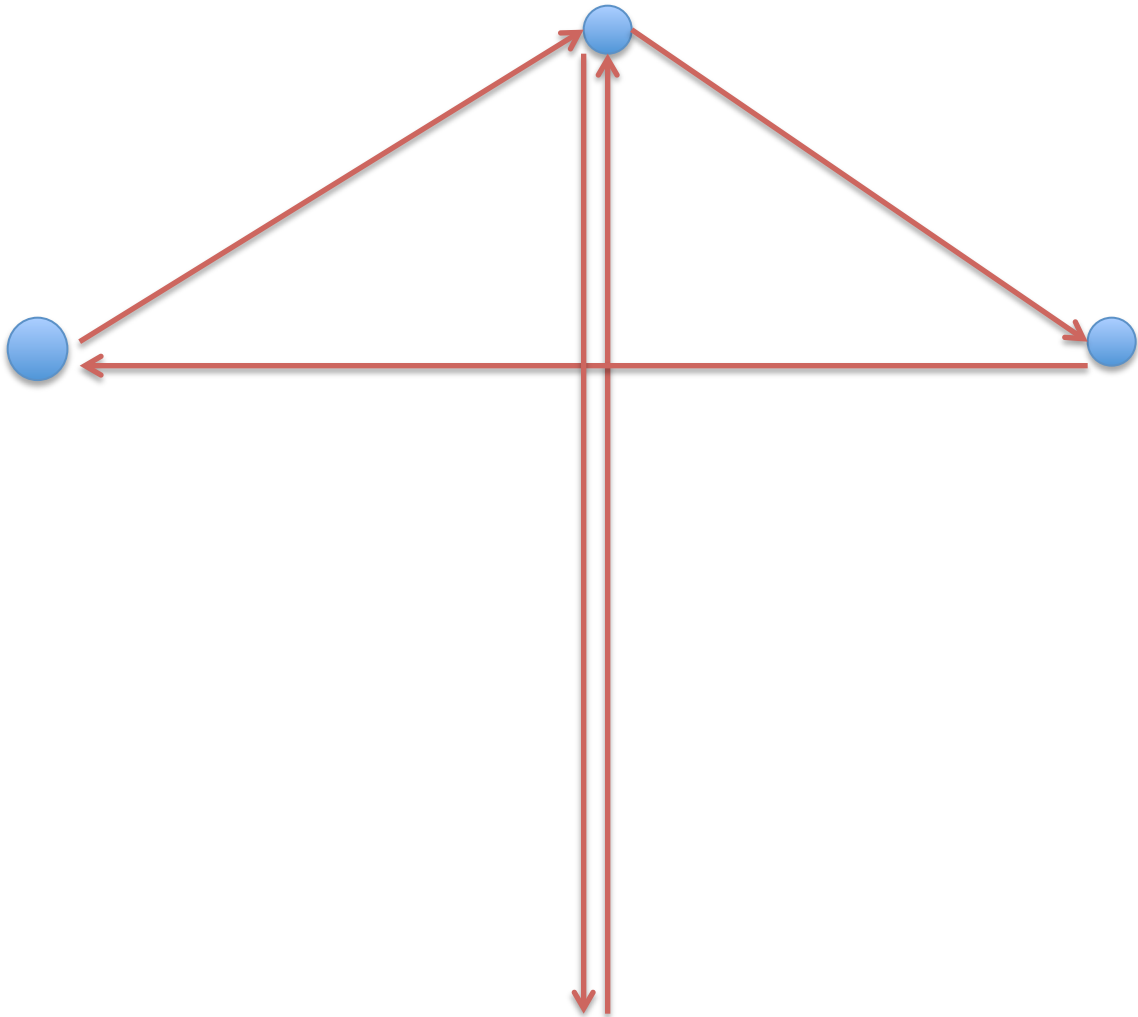
- i. High knees, one to a box, sprint down and back x2
- ii. High knees facing sideways, shuffle down and back x2
- iii. Hip turns facing sideways, shuffle down and back x2
- iv. In and outs, sprint down backpedal back/backwards x2
- v. Skier shuffles, sprint down backpedal back/backwards x2
- vi. Hopscotch, sprint down backpedal back/backwards x2

START
FINISH

LADDER



2. *Cone work:* Perform the two cone drills shown below six times each with thirty seconds rest in between each rep. Touch the cone each time with your hand as you decelerate to it, and then explode to the next cone in the sequence. Set up the top cone 15yards from start and the side cones 10 yards diagonally away from the top cone.
- Sprint to top cone, shuffle to right cone, sprint to left cone, shuffle to top cone, backpedal to start. Perform 6 reps w/ 30 second breaks



3. *Jump-roping:* Perform the following jump-rope sequence three times (3.25 minutes a sequence) with two minutes rest in between.
- Two feet together, 1min
 - Right foot, 30sec
 - Left foot, 30sec
 - Alternating, 1min
 - (if possible) doubles, 15sec

Phase 1: Use this phase to accustom your body to the lifts. If you have percentages and specific rep maxes from Darlings, use them for each day's core lift. This phase is intended to be a light/moderate load.

Day 1: Legs Push		Warmup: Stretch and Speed Ladder Drills				
Box Squat	___x8	___x6	___x6	___x4	___x4	___x3
BB Reverse Lunge	___x8	___x8	___x8	___x8		
Machine Leg Press (light)	___x12	___x10	___x10	___x8		
DB Goblet Squat	___x8	___x8	___x6	___x6		
Day 2: Chest/Shoulders						
Bench Press	___x8	___x6	___x4	___x4	___x8 w/RB	___x8 w/RB
Incline Bench Press	___x8	___x8	___x8			
Decline DB Flye	___x8	___x8	___x8			
RB Push-ups				3 sets to failure		
DB Lateral Raise	___x10	___x10	___x10	___x10		
Conditioning: 4 suicides, 1min rest: ___sec, ___sec, ___sec, ___sec						
Day 3: Legs Pull		Warmup: Stretch and Cone Drills				
Romanian Deadlift	___x8	___x6	___x4	___x4	___x3	___x3
R.F.E.S.S. (BB)	___x8	___x8	___x8	___x8		
Single Leg KB Deadlift	___x6 ea.	___x6 ea.	___x6 ea.	___x6 ea.		
Standing BB Calf Raise	___x20	___x20	___x20	Burnout set		
Day 4: Back/Shoulders						
One Arm Row	___x10	___x8	___x6	___x6		
Back Raise	___x12	___x12	___x12	___x12		
Wide Grip Pullups				4 sets to failure		
Push Press	___x10	___x6	___x4	___x4		
RB Landmine Press	___x8	___x8	___x8	___x8		
Seated DB Reverse Fly	___x10	___x10	___x10	___x10		
Conditioning: 2.5mile run (on treadmill or see path above) time: ___min ___sec						
Day 5: Legs Power		Warmup: Stretch and Jump Roping Drills				
Power Clean	Progression	___x6	___x5	___x5	___x4	___x3
Front squat (light)	___x12	___x12	___x10	___x8		
BB Step Up	___x6 ea	___x6 ea	___x6 ea	___x6 ea		
Day 6: Circuit/Speed		Warmup: Stretch				
Cosgrove Circuit	___x6	___x5	___x4	___x3	___x2	___x1
<p>The Cosgrove Circuit consists of 7 barbell exercises performed consecutively without putting the bar down. The set scheme is a descending pyramid, and the exercises are (in this order) Deadlift, Romanian Deadlift, Bent Over Run, Hang Clean, Front Squat, Push Press, Back Squat. The Circuit is designed to be performed with an incredibly light weight, as you're only supposed to take 60sec break between each set. See the link above to watch a video of the circuit.</p> <p>Conditioning: 20yd sprints x6, 40yd sprints x4</p>						

Phase 2: This phase is intended to be a moderate/heavy load with more specific rep schemes for improving speed and power.

Day 1: Legs Push		Warmup: Stretch and Speed Ladder Drills				
Box Squat	___x8	___x6	___x5	___x3	___x8 RB	___x8 RB
Overhead Plate Lunge	___x10	___x10	___x8	___x8	Unload the last two sets of box squat to a light weight, and place RB's over the sides of the bar. Explode up off the box.	
Machine Leg Press	___x8	___x6	___x6	___x6		
DB Goblet Squat	___x8	___x8	___x6	___x6		
Day 2: Chest/Shoulders						
Bench Press	___x8	___x6	___x6	___x4	___x4	___x3
Incline DB Flye	___x8	___x8	___x8			
Decline DB Press	___x8	___x8	___x8			
RB Push-ups	3 sets to failure					
DB Front Raise	___x10	___x10	___x10	___x10		
Conditioning: 2 300's, 3min rest: ___sec, ___sec						
Day 3: Legs Pull		Warmup: Stretch and Cone Drills				
Romanian Deadlift	___x8	___x8	___x6	___x6	___x4	___x4
R.F.E.S.S. (BB)	___x6	___x6	___x6	___x6		
Single Leg KB Deadlift	___x6 ea.	___x6 ea.	___x6 ea.	___x6 ea.		
Standing BB Calf Raise	___x20	___x20	___x20	Burnout set		
Day 4: Back/Shoulders						
One Arm Row	___x8	___x8	___x6	___x4		
Back Raise	___x8	___x8	___x8	___x8		
Wide Grip Pullups	4 sets to failure					
Push Press	___x6	___x5	___x5	___x3		
Landmine Press (light)	___x12	___x12	___x12	___x12		
Seated DB Reverse Fly	___x10	___x10	___x10	___x10		
Conditioning: 3.5mile run (on treadmill, track or see path above) time: ___min ___sec						
Day 5: Legs Power		Warmup: Stretch and Jump Roping Drills				
Power Clean	Progression	___x6	___x5	___x4	___x3	___x3
Front Squat	___x10	___x8	___x8	___x6		
BB Step Up	___x6 ea	___x6 ea	___x6 ea	___x6 ea		
Day 6: Circuit/Speed		Warmup: Stretch				
Cosgrove Circuit	___x6	___x5	___x4	___x3	___x2	___x1
The Cosgrove Circuit consists of 7 barbell exercises performed consecutively without putting the bar down. The set scheme is a descending pyramid, and the exercises are (in this order) Deadlift, Romanian Deadlift, Bent Over Run, Hang Clean, Front Squat, Push Press, Back Squat. The Circuit is designed to be performed with an incredibly light weight, as you're only supposed to take 60sec break between each set. See the link above to watch a video of the circuit.						
Conditioning: 20yd sprints x4, 40yd sprints x6						

Phase 3: This is the heaviest phase of the program. Make sure you're eating appropriately, stretching for at least a half hour before lifts, and using spotters for the necessary lifts. At this point, you should be catching all of your cleans low, and your cosgrove circuit should have increased by 5-10 pounds.

Day 1: Legs Push		Warmup: Stretch and Speed Ladder Drills				
Box Squat	___x8	___x6	___x5	___x3	___x3	___x2
BB Lunge	___x6	___x6	___x6	___x6		
Machine Leg Press	___x6	___x6	___x6	___x6		
DB Goblet Squat	___x10	___x10	___x10	___x10		
Day 2: Chest/Shoulders						
Bench Press	___x8	___x6	___x6	___x10 RB	___x10 RB	Burnout
Incline DB Flye	___x8	___x8	___x8	For the last Bench Press set, take off the band and place on a weight of which you can perform at least 15 reps, and bench with a spotter until failure		
Decline DB Press	___x8	___x8	___x8			
RB Push-ups		3 sets to failure				
DB Front Raise	___x10	___x10	___x10	___x10		
Conditioning: 2 300's, 3min rest: ___sec, ___sec						
Day 3: Legs Pull		Warmup: Stretch and Cone Drills				
Romanian Deadlift	___x8	___x8	___x6	___x6	___x4	___x4
R.F.E.S.S. (BB)	___x6	___x6	___x6	___x6		
Single Leg KB Deadlift	___x6 ea.	___x6 ea.	___x6 ea.	___x6 ea.		
Standing BB Calf Raise	___x20	___x20	___x20	Burnout set		
Day 4: Back/Shoulders						
One Arm Row	___x8	___x8	___x6	___x4		
Back Raise	___x8	___x8	___x8	___x8		
Wide Grip Pullups		4 sets to failure				
Push Press	___x6	___x5	___x5	___x3		
Landmine Press (light)	___x12	___x12	___x12	___x12		
Seated DB Reverse Fly	___x10	___x10	___x10	___x10		
Conditioning: 3.5mile run (on treadmill, track or see path above) time: ___min ___sec						
Day 5: Legs Power		Warmup: Stretch and Jump Roping Drills				
Power Clean	Progression	___x6	___x5	___x4	___x3	___x3
Front Squat	___x10	___x8	___x8	___x6		
BB Step Up	___x6 ea	___x6 ea	___x6 ea	___x6 ea		
Day 6: Circuit/Speed		Warmup: Stretch				
Cosgrove Circuit	___x6	___x5	___x4	___x3	___x2	___x1
The Cosgrove Circuit consists of 7 barbell exercises performed consecutively without putting the bar down. The set scheme is a descending pyramid, and the exercises are (in this order) Deadlift, Romanian Deadlift, Bent Over Run, Hang Clean, Front Squat, Push Press, Back Squat. The Circuit is designed to be performed with an incredibly light weight, as you're only supposed to take 60sec break between each set. See the link above to watch a video of the circuit.						
Conditioning: 20yd sprints x4, 40yd sprints x6						

Phase 4: The last phase of the program is simply maintenance before tryouts, and can be sustained for the rest of the season if you learn to plan your lifts accordingly around practice time. Take out some of the auxiliaries if you find yourself too fatigued. Also, make sure you don't lose form on any of the legs lifts, and that you're stretching constantly to avoid injury.

Day 1: Legs Push		Warmup: Stretch and Speed Ladder Drills			
Box Squat	___x12	___x10	___x8	___x8	
Walking DB Lunge	___x8	___x8	___x8		
Machine Leg Press	___x12	___x12	___x12		
DB Goblet Squat	___x10	___x10	___x10		
Day 2: Chest/Shoulders					
Bench Press	___x12	___x10	___x10	___x8	___x8
Incline DB Flye	___x8	___x8	___x8		
Decline DB Press	___x8	___x8	___x8		
RB Push-ups			2 sets to failure		
DB Front Raise	___x10	___x10	___x10		
Conditioning: 2 suicides's, 30sec rest: ___sec, ___sec					
Day 3: Legs Pull		Warmup: Stretch and Cone Drills			
Romanian Deadlift	___x10	___x8	___x8	___x6	
R.F.E.S.S. (BB)	___x6	___x6	___x6		
Single Leg KB Deadlift	___x6 ea.	___x6 ea.	___x6 ea.		
Standing BB Calf Raise	___x20	___x20	___x20		
Day 4: Back/Shoulders					
One Arm Row	___x10	___x10	___x10		
Back Raise	___x8	___x8	___x8		
Wide Grip Pullups			3 sets to failure		
Push Press	___x8	___x8	___x8		
Landmine Press (light)	___x12	___x12	___x12		
Seated DB Reverse Fly	___x10	___x10	___x10		
Conditioning: 2.0mile run (on treadmill, track or see path above) time: ___min ___sec					
Day 5: Legs Power		Warmup: Stretch and Jump Roping Drills			
Power Clean	Progression	___x6	___x6	___x6	
Front Squat	___x8	___x8	___x8		
BB Step Up	___x8 ea	___x8 ea	___x8 ea		
Day 6: Circuit/Speed		Warmup: Stretch			
Cosgrove Circuit	___x6	___x5	___x4	___x3	___x2 ___x1
<p>The Cosgrove Circuit consists of 7 barbell exercises performed consecutively without putting the bar down. The set scheme is a descending pyramid, and the exercises are (in this order) Deadlift, Romanian Deadlift, Bent Over Run, Hang Clean, Front Squat, Push Press, Back Squat. The Circuit is designed to be performed with an incredibly light weight, as you're only supposed to take 60sec break between each set. See the link above to watch a video of the circuit.</p>					
Conditioning: 40yd sprint x6					

Injury prevention:

To avoid injury, perform the appropriate stretches every day. Make sure to utilize the trainer experience at Milton; get ice for a sore muscle, and take a day off from lifting. The program works best performed 6 days a week, but more importantly, your body won't improve if you're straining your muscles. Therefore, if the workout is too much in the beginning, start with only working out 3 or so days a week and progress up to the full six. Just make sure to vary the muscle groups you're working, targeting each part of your body. The daily lifts are designed to be short, 16 or so set workouts. Take advantage of them and use all of your energy for that hour in the weight room and half hour on the court for conditioning.

Supplementation:

If you're performing this workout six days a week over the summer, supplementation (when used appropriately) can be used to help expedite your gains. Regardless of what supplements you use, be sure to follow the instructions and to constantly stay hydrated. A post-workout scoop of whey in water or fast-acting carbs like orange juice is essential to your post-workout recovery. Moreover, drinking casein protein at night can also help prevent metabolic fasting while you sleep.

Lifting During the Season:

In-season, you'll need to cut down on the amount of time you spend weekly working out. Two hour daily practice and games at the middle and end of the week limit the amount of time you can spend working out. However, the maintenance phase (phase 4) of the workout can be used the following way:

- Weekly, perform three workouts, one on Monday during the lifting period (with Coach Mike's approval), one on Thursday during the lifting period, and one on Saturday or Sunday. Cycle the workouts evenly; on Monday/Thursday, choose a leg/upper body workout, respectively, and on Saturday or Sunday perform the Cosgrove Circuit. Cycle through each of the three leg/upper body workouts, finishing all 6 days over the span of 3 weeks. Spend more time than other utilizing recovery time, whether it meets an ice bath in the trainer's or going to the gym just for an extra-long stretch session.

Thanks:

Thanks to Mr. Darling, Coach Holmes, Ms. Kaufman, Coaches Simonson, Bailey, and Leahy for the help they gave me on my project. Made by Eric Menna for his senior project in May, 2014.