Workout Log

December 6th	
1. Run for 25 minutes at a moderate pace.	
2. Short Sprints I	(initial)
3. 15-20 minutes stick work	/ completed:
December 7 th	
Rest ☺	/completed:
	-
December 8 th	
1. Run 30 min. alternating pace for each mile; target=8:30	min/8:00/8:30
2. 15-20 minutes stick work	/ completed:
December 9th	
1. 25 min. Fartlek run.	
2. Short Sprints I	
3. 15-20 minutes stick work	/completed:
December 10th	
1. Rest ©	/completed:
December 11th	
1. 30 minute alternative workout.	/completed:
December 12th	
1. Run 25 minutes @ moderate pace	
2. Short Sprints I	,
3. 15-20 minutes stick work	/completed:
journal	

December 13 th	
1. Short Sprints I	
2. 20 minute easy jog.	
3. 15-20 minutes stick work	/completed:
December 14th	
1. Rest ☺	/completed:
December 15th	
1. 30 minute Fartlek (free choice)	
2. Choose 4 footwork drills	
	/completed:
December 16 th	
1. Short Sprints II	
2. 20 minute easy run.	
2. 15-20 minutes stick work	/completed:
December 17 th	
1. Rest ☺	/completed:
December 18 th	
1. Short Sprints II	
2. Repeat Runs	
(5) 100 yd. short	
3. 15-20 minutes stick work	/completed:
December 19 th	
1. 30 minute alternative workout.	
	/completed:
journal	
	

1. Run for 15 minutes at an easy pace. Repeat Runs: (1) 300 yd. Long (2) 200 yd. Short (2) 200 yd. Long (5) 50 yd. Short 2. 15-20 minutes stick work December 21 st Rest © /completed: December 22 nd 1. 30 minutes Run comfortable pace /completed:
(2) 200 yd. Short (2) 200 yd. Long (5) 50 yd. Short 2. 15-20 minutes stick work December 21 st Rest ③ /completed:
(2) 200 yd. Long (5) 50 yd. Short 2. 15-20 minutes stick work December 21 st Rest ③ /completed: December 22 nd
(5) 50 yd. Short 2. 15-20 minutes stick work /completed: December 21 st Rest © /completed: December 22 nd
2. 15-20 minutes stick work /completed: December 21 st Rest ③ /completed: December 22 nd
December 21 st Rest ③ /completed:
Rest © /completed: December 22 nd
Rest © /completed: December 22 nd
Rest © /completed: December 22 nd
December 22 nd
1. 30 minutes Run connortable pace /completed.
1
December 23 rd
1. (10) 100 yd. long
2. 15-20 minutes stick work /completed:
2. 15 26 inflicted stock work
December 24 th
Rest © /completed:
1
December 25 th
Rest © MERRY CHRISTMAS /completed:
r
December 26 th
1. 30 min. alternative workout. /completed:
1
journal

December 27 th	
1. 15 min. easy run	
2. Repeat runs: (4) 200 yd. Short	
(6) 50 yd. Short or Long	
3. 15-20 minutes stick work	/completed:
December 28 th	
Rest ☺	/completed:
- th	
December 29 th	
1. 30 minute alternative workout	/completed:
th	
December 30 th	
1. Short Sprint II	
2. 20 minute easy run	
3. Stickwork: free choice	,
	/completed:
- and	
December 31 st	
Rest ☺	/completed:
January 1 st	
Rest Happy New Year!	/completed:
nd.	
January 2 nd TARGET TEST	
1. Timed Mile – target time at least 8:15	
2. 20 minute easy run	/completed:
journal	

/completed:
/completed:
/completed:
1
Sprint 15 sec./jog 2min. repeat
/completed:
,
/completed:
/completed.
/aamplatad:
/completed:
/1-4-1.
/completed:

January 10 th	
1. Repeat Runs: (8) 100 long	
(8) 100 short	
2. 5 minutes easy jog.	,
3. Stickwork: free choice	/completed:
d.	
January 11 th	
Rest ☺	/completed:
January 12 th	
1. Team workout at Warehouse	/completed:
January 13 th TARGET TEST	
1. Timed Mile target **at least 8:10	
2. 20 minute easy run	/completed:
January 14 th	
1. Team workout at Warehouse	/completed:
	•
January 15 th	
Rest ©	/completed:
	, company
January 16 th	
1. 30 minute Fartlek- sprint 20 sec./jog 1 min/sprint 1	4 sec /iog 1 min- repeat
2. 15-20 minutes stick work	/completed:
2. 10 20 minutes stren work	, compreted:
journal	
Journal	

January 17 th		
1. (10) 100 yd.		
2. 20 minute easy run.		
3. 15-20 minutes stick work	/completed:	
	1	
January 18 th		
Rest ©	/completed:	
Rest ©	/completed.	
Lanuary 10 th		
January 19 th	/a a marallata di	
Rest [⊕] Happy Martin Luther King Junior Day!	/completed:	
- th		
January 20 th		
1. 25 minute run @ moderate pace		
2. 15-20 minutes stick work	/completed:	
January 21 st		
1. Team workout at Warehouse	/completed:	
January 22 nd		
1. 30 minute easy run.		
2. 15-20 minutes of stick work	/completed:	
	, : :::- F :::::	
January 23rd		
1. Repeat Runs		
(2) 200 long		
(4) 200 short		
(5) 100 long		
(5) 100 long (5) 100 short		
(5) 50 long		
	/completed:	
2. 10 minute easy run.	/completed:	
• 1		
journal		

January 24 th	
1. Repeat Runs: (12) 100 long	
(10) 50 short	
2. 15 minute easy run.	/completed:
January 25 th	
Rest ☺	/completed:
January 26 th	
1. Team workout at Warehouse	/completed:
January 27 th TARGET TEST	
1. Timed Mile- target time ** at least 8:00	
2. 15-20 minutes stick work	/completed:
January 28 th	
1. Team workout at Warehouse	/completed:
January 29 th	
Rest ©	/completed:
January 30 th	
1. 30 minute Fartlek- sprint 20 sec./jog 1 min repeat	
2. 15-20 minutes stick work	/completed:
journal	

January 21 st	
January 31 st 1. (12) 100 yd.	
2. 10 minute easy run.	/completed:
2. 10 minute easy run.	/completed.
Fahmann 1 st	
February 1 st	/a amenilata da
1. Rest ☺	/completed:
E.I. and	
February 2 nd	/1-4-1-
1. Team workout at Warehouse	/completed:
T. 1. ord	
February 3 rd	
1. Repeat Runs:	
(12) 100 yd. long	
(10) 50 Short	/ 1.
10 minutes easy run	/completed:
To a 4th	
February 4 th	, , , ,
1. Team workout at Warehouse	/completed:
th	
February 5 th	
Rest ©	/completed:
February 6 th	
1. 20 – 30 minute run- easy pace	/completed:
journal	
	_

February 7 th	
1. (12) 100 yd.	
2. 10 minute easy run.	/completed:
February 8 th	
1. Rest ☺	/completed:
February 9 th	
1. Team workout at Warehouse	/completed:
	<u>*</u>
February 10 th	
1. Repeat Runs:	
(12) 100 yd. long	
(10) 50 Short	
10 minutes easy run	
2. 15-20 minutes stick work	/completed:
2. 13 20 minutes steek work	, completed.
February 11 th	
1. Team workout at Warehouse	/completed:
1. Team workout at warehouse	/completed.
February 12 th	
Rest ©	/aamplatad:
Kest ⊎	/completed:
Fahman 12th	
February 13 th	/1-4-1.
1. 20 minute run @ moderate pace.	/completed:
The state of the s	
February 14 th	
1. 20 – 30 minute run- easy pace	/completed:
February 15 th	
Rest ©	/completed:
February 16 th	
Rest © Happy President's Day!	/completed:
February 17 th	
See you at Invaders! ☺	/completed:
journal	

2015
St Joe
Lacrosse
Conditioning

Preseason Expectations: Due to the endurance requirements required of lacrosse, it is critical for athletes to reach a reasonable level of fitness when they enter season for their own health and well-being. In order for the coaching staff to teach skills and strategies necessary for the game, it is imperative that athletes prepare for preseason and reach the desired fitness level. Injuries typically occur when fatigue sets in. Thus to become a contributing member of our team, each player is expected to complete the above conditioning to the best of their ability and track completion.