

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<sup>th</sup>  
Rest ☺ /completed:

December 8<sup>th</sup>  
1. Run 30 min. alternating pace for each mile; target=8:30min/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:

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December 13<sup>th</sup>  
1. Short Sprints I  
2. 20 minute easy jog.  
3. 15-20 minutes stick work /completed:

December 14<sup>th</sup>  
1. Rest ☺ /completed:

December 15<sup>th</sup>  
1. 30 minute Fartlek (free choice)  
2. Choose 4 footwork drills /completed:

December 16<sup>th</sup>  
1. Short Sprints II  
2. 20 minute easy run.  
2. 15-20 minutes stick work /completed:

December 17<sup>th</sup>  
1. Rest ☺ /completed:

December 18<sup>th</sup>  
1. Short Sprints II  
2. Repeat Runs  
    (5) 100 yd. short  
3. 15-20 minutes stick work /completed:

December 19<sup>th</sup>  
1. 30 minute alternative workout. /completed:

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December 20<sup>th</sup>  
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 /completed:

December 21<sup>st</sup>  
Rest ☺ /completed:

December 22<sup>nd</sup>  
1. 30 minutes Run comfortable pace /completed:

December 23<sup>rd</sup>  
1. (10) 100 yd. long  
2. 15-20 minutes stick work /completed:

December 24<sup>th</sup>  
Rest ☺ /completed:

December 25<sup>th</sup>  
Rest ☺ MERRY CHRISTMAS /completed:

December 26<sup>th</sup>  
1. 30 min. alternative workout. /completed:

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January 17<sup>th</sup>  
1. (10) 100 yd.  
2. 20 minute easy run.  
3. 15-20 minutes stick work /completed:

January 18<sup>th</sup>  
Rest ☺ /completed:

January 19<sup>th</sup>  
Rest ☺ Happy Martin Luther King Junior Day! /completed:

January 20<sup>th</sup>  
1. 25 minute run @ moderate pace  
2. 15-20 minutes stick work /completed:

January 21<sup>st</sup>  
1. Team workout at Warehouse /completed:

January 22<sup>nd</sup>  
1. 30 minute easy run.  
2. 15-20 minutes of stick work /completed:

January 23<sup>rd</sup>  
1. Repeat Runs  
(2) 200 long  
(4) 200 short  
(5) 100 long  
(5) 100 short  
(5) 50 long  
2. 10 minute easy run. /completed:

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January 31<sup>st</sup>  
1. (12) 100 yd.  
2. 10 minute easy run. /completed:

February 1<sup>st</sup>  
1. Rest ☺ /completed:

February 2<sup>nd</sup>  
1. Team workout at Warehouse /completed:

February 3<sup>rd</sup>  
1. Repeat Runs:  
    (12) 100 yd. long  
    (10) 50 Short  
10 minutes easy run /completed:

February 4<sup>th</sup>  
1. Team workout at Warehouse /completed:

February 5<sup>th</sup>  
Rest ☺ /completed:

February 6<sup>th</sup>  
1. 20 – 30 minute run- easy pace /completed:

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February 7<sup>th</sup>  
1. (12) 100 yd.  
2. 10 minute easy run. /completed:

February 8<sup>th</sup>  
1. Rest ☺ /completed:

February 9<sup>th</sup>  
1. Team workout at Warehouse /completed:

February 10<sup>th</sup>  
1. Repeat Runs:  
    (12) 100 yd. long  
    (10) 50 Short  
    10 minutes easy run  
2. 15-20 minutes stick work /completed:

February 11<sup>th</sup>  
1. Team workout at Warehouse /completed:

February 12<sup>th</sup>  
Rest ☺ /completed:

February 13<sup>th</sup>  
1. 20 minute run @ moderate pace. /completed:

February 14<sup>th</sup>  
1. 20 – 30 minute run- easy pace /completed:

February 15<sup>th</sup>  
Rest ☺ /completed:

February 16<sup>th</sup>  
Rest ☺ Happy President's Day! /completed:

February 17<sup>th</sup>  
See you at Invaders! ☺ /completed:

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# 2015 St Joe Lacrosse Conditioning

Name \_\_\_\_\_

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.