

Ontario Women's Lacrosse Provincial Team Program Pre-season Training

What follows is a six week program to help prepare you for the upcoming Provincial Team season. Included in this package are:

- 1. Flexibility information and stretching routine; should be done with every sprint workout**
- 2. Speed Technique training – these drills are intended to improve your mechanics of running**
- 3. Speed program – designed to have you run as fast as you can over the distances listed.**
- 4. Core "Abs" program**
- 5. Muscular Strength – no gym membership required!**

Do what you can, if you are playing something else this winter fit this in where you can. DO NOT OVERTRAIN!

We look forward to seeing you at our tryouts in April!

**Roxanne Curtis
Provincial Team Program Coordinator**

What a typical week should look like:

2 sessions of speed – not back to back (if not playing a sport this winter, do 3 sessions)

1 session of aerobic training – ie 30 min. run / bike / swim

3 sessions of flexibility

3 sessions of stickwork – min. 15 minutes / session

3 sessions of abs / muscular strength

You can design HOW you will complete this....don't do everything on the same day! Give yourself 1 day completely off each week.

Good luck with your training.

FLEXIBILITY

What you need to know!

1. Pick 2 or 3 stretches from each body grouping
 2. Hold stretches for 12-60 seconds
 3. repeat each stretch 2 or 3 times before moving on to the next one
 4. the stretching session should last 10-15 minutes
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- a) Be sure that the stretches do not hurt. Take the stretch to the point where you feel slight tension in the muscle and then relax. Then take the stretch a little further to the point of tension and hold for the time specified on the diagram.
 - b) It has been proven that increased flexibility in the hip, knee and ankle joints has a direct impact on the improvement of sprint speed, particularly in the areas of reaching optimum stride length and stride rate. The flexibility training program will cover the necessary stretching exercises needed to benefit the speed development
 - c) Be sure to place emphasis on increasing Range of Motion of the hip, knee and ankles joints during your stretching.

When to stretch?

- During your workout
- After your workout
- NOT before....muscles need to be warm before doing the flexibility component of the program!

Stretching Routine

Use this list as a guideline – write in your own personal notes that will help you remember the proper technique and specific stretch.

Hold each stretch for at least 12 seconds to a maximum of 60 seconds.

1. Ankle Rotations
2. Calves
3. **Hip Flexors (tilt pelvis forward of back leg)
4. **Quadriceps (foot to buttock)
5. **Groin Routine:
 - Lunge to right
 - Turn body to right while in lunge
 - Back Knee Down
 - Lean forward at pelvis
 - Lean back on bent leg
 - Repeat sequence to the left
- **Sitting down groin (gently push down knees with elbows)
6. **Gluteus Maximus (right ankle cross over left knee – pull back of left knee toward body as you lay on your back)
7. **Gluteus Minimus (sitting down – cross knee over opposite leg – turn torso away a pull gently)
8. **Hamstrings
9. Lower back – laying face down, push torso off the ground using both hands (looks like a snake)
10. Trunk Rotations
11. Side/Obliques – reach over to opposite side of body
12. Arm Circles
13. Shoulder Rotations
14. Triceps – in front and elbow behind head

** these stretches are extremely important – runners tend to injure these muscle groups, resulting in chronic/repetitive injury

SPEED TECHNIQUE & SPEED PROGRAM

What you need to know!

1. You should incorporate 2 speed workouts into your cross-training between now and training camp, do one day of the sprints with your stick and the next one without.
2. There are 2 components to each workout – Speed technique training & Speed Program
 - a) **Technique training** should not be completed at top speed you are concentrating on mechanics.
 - b) **Speed program** = run as fast as you can in each sprint!
3. Give yourself at least 1 day rest between sprint workouts.

Note: if you are not training / playing another sport this winter then you should incorporate 3 speed workouts into your week.

Troubleshooting Sprinting Mechanics

Arm Action. If you run with tense arms, practice loose, swinging movements from a standing position. Remember to swing from the shoulder and keep the arms relaxed at all times. Although the arms work in opposition to the legs, they must be coordinated with the action of the legs for maximum sprinting efficiency.

Body Lean. Your body should have a slight lean in the direction that you are running. It is important to note that the lean comes from the ground and not from the waist. The lean is only a result of displacing the centre of gravity in the direction you are running. Leaning by bending at the waist interferes with the correct mechanics of sprinting.

Foot Contact. Don't run up on your toes. The toes have no power or stability. If you run on your toes, you will not be able to run fast. Stay on the balls of your feet and push against the ground. Don't reach for and pull toward the ground; this strategy will develop injuries and result in poor sprinting mechanics and slow times. Allow the heel to make contact with the ground when running at any distance.

Overstriding. Overstriding is the worst and most misunderstood element of sprinting. Don't reach and overstride to increase stride length. Push against the ground and let the foot land underneath your centre of gravity. Any placement of the foot in front of the centre of gravity will cause the body to slow down.

Tension. Don't try to power your way through a race or sprint effort. You will not run fast if you are tight. To run fast, you must stay relaxed.

Speed Technique Program

**diagrams follow to explain each of these techniques!

<i>Speed</i> (Week 1 & 6)	Ankling	2 x 20 m
	Lunge	2 x 50 m
	Backwards Run	2 x 50 m

<i>Speed</i> (Week 2 & 4)	High Knee Carioca	2 x 50 m
	Butt Kicks	2 x 50 m
	Frog Jumps	2 x 10 m

<i>Speed</i> (Week 3 & 5)	Frog Jumps	2 x 10 m
	High Knee Carioca	2 x 50 m
	Build ups X 4 rest 3 min b/w reps (See diagram attached)	

Ankling



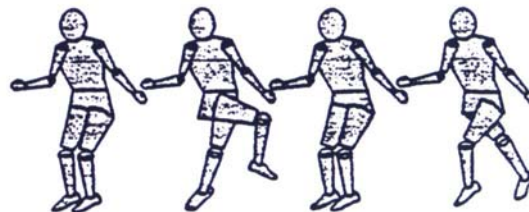
Lunge



Backward Run



High Knee Cariocca

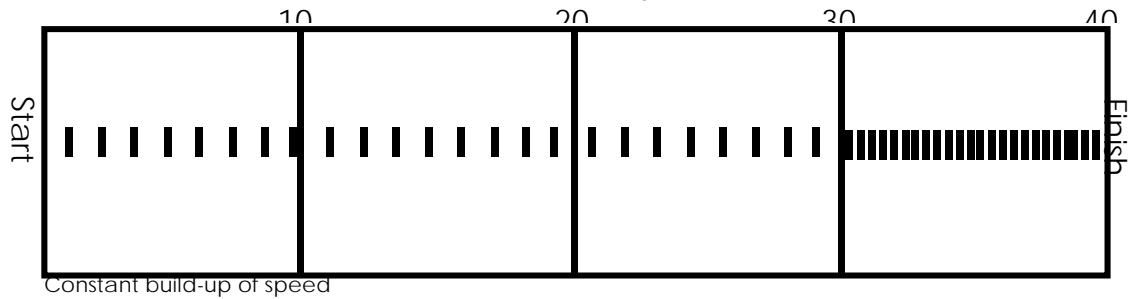


Butt Kicks



Build ups:

1. Run 40 yards, gradually building up speed and reaching full speed by 30 yards.
2. Concentrate on proper sprint mechanics, i.e., arm swing, knee lift, heels to hops, etc.



Frog Jumps

1▲

2▲

Use cones or chalk or anything you can find to mark 2 dots on the ground, 10 big steps apart (approx. 10 m). Begin at one mark and frog jump straight ahead to the next cone. Make sure you are keeping your butt down when you are in the squat position and fully extend your body when you jump up. Once you reach the end turn around, jog back to cone 1. Rest for 2 minutes and repeat. 2 Sets in total.

Sprint program:

Note: *Perform Speed Technique exercises first, then do the sprinting exercises.*

Week 1 (2 workout days)

Sprint 10m X 10 reps rest 30s between reps

80m 2 reps, 100m 2 reps

20m 2 reps, 40m 2 reps [time yourself on 40's]

Week 2 (2 workout days)

Sprint 10m X 10 reps rest 30s between reps

80m 2 reps, 100m 2 reps

20m 2 reps, 40m 2 reps [time yourself on 40's]

Week 3 (2 workout days)

Sprint 10m X 10 reps rest 30s between reps

80m 2 reps, 100m 2 reps

20m 4 reps, 40m 4 reps [time yourself on 40's]

Week 4 (2 workout days)

Sprint 100m x 5 rest 1.5 min between reps

80m 4 reps, 100m 4 reps

20m 4 reps, 40m 4 reps [time yourself on 40's]

Week 5 (2 workout days)

80m 4 reps, 100m 4 reps

20m 5 reps, 40m 5 reps [time yourself on 40's]

Week 6 (2 workout days)

80m 5 reps, 100m 5 reps

20m 7 reps, 40m 7 reps [time yourself on 40's]

Abs & Muscular Strength:

Abs Circuit # 1:

- **3x30 sit-ups:** Lying on your back with your hands folded across your chest you are going to crunch forward. Remember to use your abs to pull up and not your neck
- **3x30 side crunches:** Lying on your side with one hand behind your head, crunch to the side
- **3x50 bicycle**
- **3x20 sec prone bridge:** Hold your body flat while on your elbows, use your abs to hold you in place

Abs Circuit #2:

- **3x15 V-ups:** (15 each side)
- **3x20 Toe Touch:** Lying on your back with your feet up in the air, you are going to crunch forward while touching your toes
- **3x40 sit-ups:** Lying on your back with your hands folded across your chest you are going to crunch forward. Remember to use your abs to pull up and not your neck
- **3x35 sec prone bridge:** Hold your body flat while on your elbows, use your abs to hold you in place

Arms:

- **3x10 push-ups** (full or half – if starting with half, make it your goal to be able to do full in a month's time)
- **If you have access to weights, then use weights**

*To get your starting weight, use 75% of your 1 RM (Rep Max). This is found by using the weight of the highest possible amount that you can safely perform a bicep curl once, and start with 75% of that weight.

- **....no weight room available, no worries.... a full soup can will do!**
- **May want to increase the # of Reps to feel tired by the time you finish**
- **3x 10 bicep curls**
- **3x10 tricep curls:** Use the same 1 RM procedure to figure out the weight to lift, this exercise is performed by lifting the weight one arm at a time, over your and lowering back behind your head
- **3x10 Lateral Arm Raises:** Hold weights at side beside body, then raise fully extended arms to shoulder height and lower back down to side of body

Legs:

- **3x10 squats:** can be performed with weights, but should be started with none, and can be progressed. Stand with legs shoulder width apart, slowly bend down keeping the knee cap in line with the second toe, and the knee should not go past the toes. Bend no lower than a 90 degree angle, and slowly come back up.
- **3x10 lunges:** Standing with legs together and hands on your hips, take a step forward with one leg, bending so that the knee of the other leg touches the ground, slowly come back up, return to standing position and step with the other leg.
- **3x10 calf raises:** Feet shoulder width apart, slowly go up onto your toes, hold and come back down. More advanced can be performed on the edge of a stair with heels off the edge of the stair.

Fitness Testing at Tryouts:

Illinois agility test

600 m run – 2 sets of 300's

40 m sprint – with and without stick