



CATHOLIC HIGH LACROSSE WINTER WORKOUT PACKET 2022

This is a workout guide that will provide you with a plan to follow throughout the winter. This is **not mandatory** but is **recommended** to ensure that you come to pre-season physically and mentally prepared!

The Winter Workout Packet is broken down into weeks with various workouts included. You should workout no less than 4 days a week. The workout packet begins on December 27, giving you 8 weeks to prepare for pre-season.

Be prepared for some type of “fitness test” come pre-season. Don’t worry! This will only be used to see where everyone is fitness wise. The “fitness test” will be one of the conditioning workouts in this packet!

*Most of your running workouts should be outside and **not on a treadmill/indoors**. This will guarantee you are ready to run in the cold brisk weather. However, there are two indoor workouts to follow if you find yourself at a gym with that specific equipment. ***Stretch well before and after each workout! Hydrate! Eat well!***

If you have any questions regarding the workouts or stick skill drills, please email Coach Megan at mmorales@thecatholichighschool.org. Go, Cubs!

Week #1: December 27 – December 31

- M/W – Elliptical Workout (or run 1-2 miles outside to build endurance)
- T/TH – Strength Workout

Week #2: January 3 – January 7

- M/W – Bike Workout (or run 1-2 miles to improve on your mile times)
- T/TH – Strength Workout

Week #3: January 10 – January 14

- M/W – Run 2-3 miles to build endurance for longer distances
- T/TH – Strength Workout

Week #4: January 17- January 21

- M – 100s Run for speed and time
- W – Run a mile in 8 minutes or less
- T/TH – Strength Workouts

Week #5: January 24 – January 28

- M – Fartlek Run for speed and time
- W – Run a mile in 8 minutes or less
- T/TH – Strength Workouts

Week #6: January 31 – February 4

- M – Short Sprints
- W – Run 2-3 miles
- T/TH – Strength Workouts

Week #7: February 7 – February 11

- M/W – Bike/Elliptical Workout, Run a mile under 8 min
- T/TH – Strength Workouts

Week #8: February 14 – February 18

- M – 300 yd. shuttles
- W – Run a mile under 8 min
- T/TH – Strength Workouts

February 22, 23, 24, 25 – Tryout Week!

CONDITIONING WORKOUTS

Elliptical Workout (Inside)

Time	Resistance/Level
5 min	Level 2
1 min	Level 4-5
1 min	Level 8-10
2 min	Level 4-5
2 min	Level 8-10
1 min	Level 4-5
1 min	Level 9-11
2 min	Level 4-5
2 min	Level 8-10
1 min	Level 4-5
1 min	Level 9-11
2 min	Level 4-5
2 min	Level 8-10
3 min	Level 5
1 min	Level 4-5
2 min	Level 8-10
2 min	Level 4
4 min	Level 5
5 min	Cool down – Level 2
Total Workout Time: 40 minutes	

Bike Workout (Inside)

Time	Level
5 min	Level 3
30 sec. sprint, 30 sec. jog (5 mins)	Level 8, Level 5
45 sec. run, 15 sec. hill (5 Mins)	Level 7, Level 14
20 sec. run, 20 sec. jog, 20 sec. sprint (5 mins)	Level 7, Level 5, Level 8
REPEAT 1 MORE TIME!	
Cool Down (5 mins)	Level 3
Time of Workout: 40 minutes	

Fartlek Run (Outside)

- Go to a turf field or football field
- There are 3 segments – **everything in each segment is non-stop unless you finish in time for next run**
- If you finish a run, jog, or sprint part early, you wait until the time is up and you begin right when the time hits
- Up is 1, back is 2 - **not up and back is 1**
- There is a 4:30 min break in between each segment

1 st Segment	- Run 7 100s in 3 mins - Jog 5 100s in 3 mins - Sprint 3 100s in 1 min END SEGMENT 1 – 4:30 min break
2 nd Segment	- Run 10 75s in 3 mins - Jog 7 75s in 3 mins - Sprint 4 75s in 1 min END SEGMENT 2 – 4:30 min break
3 rd Segment	- Run 7 100s in 3 mins - Jog 7 75s in 3 mins - Sprint 9 25s in 1 min END SEGMENT 3

300 Yd. Shuttles (Outside)

- Go to a turf field or football field, you will need the lines

1 st 300 Yard Shuttle	25 yd. line and back - 6 times, up and back is 1! Time to get the 300 in: 66 secs. Rest: 3:30 mins
2 nd 300 Yard Shuttle	50 yd line and back, 50 yd line and back, 25 yd line and back, 25 yd line and back Time to get the 300 in: 63 secs. Rest: 3:30 mins
3 rd 300 Yard Shuttle	25 yd. line and back - 6 times, up and back is 1! Time to get the 300 in: 69 secs Rest 3:30 mins

100 Yd. Run (Outside)

- Go to a turf field or football field
- Run 10 100's in 16-19 secs each (meaning you have a minimum of 16 secs to get there, maximum of 19 secs to get there)
- 45 sec break in between each 100

STRENGTH WORKOUTS

Strength Workout #1 - Lifting

Squat to Push up	10 body weighted squats, 10 push ups, 9 body weighted squats, 9 push ups...all the way down to 1
Back Squat	4 x 5 Start light each set add more weight
DB (dumbbell) bench	4 x 10 Start light each set add more weight
DB Deadlift	4 x 12 (weight should be around 20-30lbs)

Strength Workout #2 - Lifting

Squat to Press	5 x 10
Overhead Triceps	5 x 10
Lunges with a Twist (with DB)	4 x 10 (each leg)
Side Lunge with Bicep Curl (with DB)	4 x 10 (each leg)

Strength Workout #3 - Tabata

- There are 3 circuits. Each circuit has 3 exercises. *You can switch up the exercises each time you do Tabata.* Make it fun!
- Complete the three exercises and repeat from the top until you have done it 3x through
- After each circuit you get a 45 sec rest before you start next circuit
- **No breaks in between the exercises in each circuit**

1. Body Weighted Squats	3x25 secs
2. Push ups	3x25 secs
3. Russian Twists	3x25 secs
1. Mtn. Climbers	3x25 secs
2. Alternating Lunges	3x25 secs
3. Toe Touches	3x25 secs

1. Commandos (Plank position to push up position...keep repeating)	3x25 secs
2. Jumping Jacks	3x25 secs
3. Burpees	3x25 secs

Strength Workout #4 - Core Circuits (Choose One!)

Core 1	Core 2	Core 3	Core 4
Toe Touches x30sec Penguins x30sec Rocky Situps x30sec Leg Lowers x30sec R Side Plank Dips x30sec L Side Plank Dips x30sec Plank 1min 1 set = 4 min // rest 1 min // repeat x3	Mtn. Climbers x30sec Bicycles x30sec Reverse Crunch x30sec Flutter Kicks x30sec Russian Twists x30sec Hip Dips x30sec Plank Knee Taps 1min 1 set = 4 min // rest 1 min // repeat x3	Burpees x30 sec Dead Bugs x30sec Suitcases x30sec Commandos x30sec Scissor Kicks x30sec V-Ups x30sec Plank Hip Dips 1min 1 set = 4 min // rest 1 min // repeat x3	Russian twists x30sec Pushups x30sec Crunches x30sec Reverse Crunch x30sec Plank Rotations x30sec Mtn. Climbers x30sec Plank 1:30min 1 set = 4 min // rest 1 min // repeat x3

STICK WORK ROUTINES

- 20 one hand right
- 20 one hand left
- 20 right
- 20 left
- 20 little hands right
- 20 little hands left
- 20 offside right catch, throw regular
- 20 offside left catch, throw regular
- 20 quick stick right
- 20 quick stick left
- *Repeat one more time

Fun stick trick routines:

Under the arms right/left

Twizler

Twizler fake to behind the back

Behind the back

Around the world

Bounce the ball on the ground for a high ball, grab one-handed