

# UCSB Women's Lacrosse Spring Break Workouts

These Workouts Come Close to Simulating Practices & Games

*Three Workouts Per Week Minimum*

## Interval Training

Interval training consists of activity at high intensity in bursts alternated with low intensity, recovery activity. These sets of activity are repeated. Intervals mix aerobic and anaerobic exercise and can increase fitness in a short period of time. It is better fitness training for field sports than long slow runs.

More Info - [http://www.intervaltraining.net/what\\_is\\_interval\\_training.html](http://www.intervaltraining.net/what_is_interval_training.html)

### First Fitness Training Session (Intervals of 8 x 220 yards)

- Regular dynamic warm-up and stretch.
- Warm up to the core with 5 minutes of activity. (Shuttles take care of this during practice so come up with something else; jumping rope, stationary bike, jumping jacks, etc.).
- Run 220 yards eight times (**8 x 220**) at almost full speed with a 220 yard recovery walk. A track would be good for this but you could also complete it on a field. It's about 100 yards up and down most athletic fields so make a wide turn at the end and loop back.
- Aim for making your last 220 as close in time as the first one. Don't burn yourself out on the first two but also don't run them slower. **Increase your rest time** between them if needed.
- Finish with a warm down minute or two run at a slow pace and then stretch well.

### Second Fitness Training Session (Fartlek Run)

- Regular dynamic warm-up and stretch & warm up to the core with 5 minutes of activity.
- **30 Minute Fartlek Run.** A Swedish term referring to speed bursts continued for a segment of time. The beauty of Fartlek training is that the intervals are completely random. This is a type of interval training that allows you use the natural environment; sprinting to the next tree, stop sign, or parked car. Dash to the top of the hill or even alternate intervals with a training buddy who calls out what you're going to do next so someone else chooses. Make some intervals shorter and harder than others; then let your heart rate recover, while sustaining some kind of pace, before you do another one. Too easy? Go for longer sprints during the 30 minutes.
- Finish with a warm down minute or two run at a slow pace and then stretch well.

### Third Fitness Training Session (Pyramid Run)

- Regular dynamic warm-up and stretch & warm up to the core with 5 minutes of activity.
- **Pyramid Training.** This involves starting with very short sprints, increasing the time of the intervals, and then shortening them again toward the end of the workout. A watch will help here but you can also count to yourself. Full speed sprint for 10 seconds and recover for 10 seconds. Full speed sprint for 20 seconds, recover for 20, 30 then 30, 40 then 40 all the way up to one minute. Obviously, the longer ones will not be at full speed as you'll be approaching your anaerobic threshold after 30 seconds or so and will have difficulty sustaining an all-out sprint for longer than that. After you get to 1 minute work / 1 minute recovery start your way back down to 10 / 10. Repeat to fatigue.
- Instead of using a watch you could count 10 hard strides, 10 easy; 20 hard, 20 easy, and so forth up to 60 strides hard / 60 recovery.
- Finish with a warm down minute or two run at a slow pace and then stretch well.

### Subsequent Fitness Training Sessions

- Repeat from the top in order (Interval, Fartlek, Pyramid) or mix up the order, your choice. At least one rest day per week is important.

*These Workouts Also Help Prepare To Perform At Altitude (i.e. Colorado Springs)*