

UCSB Women's Lacrosse
Winter Break Workout 2012-13



Congratulations to the entire freshman class who successfully completed their first college quarter!! To the rest of you hopefully finals went well you are one quarter closer to the coveted diploma.

It is time to get back to work. Our goal for this winter workout plan is to maintain some of the techniques learned in the APC this quarter as well as establish a solid endurance base on which to build our season. These workouts will be short, sweet and to the point so make sure you do EACH AND EVERY workout with 100% effort. We need to hit the ground running on January 7th when you return. Lacrosse is one of those sports that you get out what you put in, so make sure you are putting as much effort as you can give. If you do, there is no telling what this team is capable of achieving but it is on you to do your part. In the email you have already received it outlines the Workout Conditioning Team. It takes each individual person giving it their all in order to for the team to succeed so we stress make sure you are keeping each other motivated and completing the work.

We are all very excited to see how things turn out! Good luck and Happy Holidays.

This is our present to you!!!

Love,

The Coaches

(You Will Thank Us During Season)

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The Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dec 9	Dec 10 Finals	Dec 11 Finals	Dec 12 Finals	Dec 13 Finals	Dec 14 Finals	Dec 15 Endurance 1 Wall Ball
Dec 16 Day Off	Dec 17 Day Off	Dec 18 Weights Day 1 Wall Ball	Dec 19 25 Min Active Recovery Jog	Dec 20 Intervals #1 Wall Ball	Dec 21 Weights Day 2	Dec 22 Endurance 2 Wall Ball
Dec 23 Day Off	Dec 24 Weights Day 1 Wall Ball	Dec 25 Off	Dec 26 Intervals #2 Wall Ball	Dec 27 Light Weights	Dec 28 Endurance 3 Wall Ball	Dec 29 Day Off
Dec 30 Day Off	Dec 31 Weights Day 1 Wall Ball	Jan 1 25 Min Active Recovery Jog	Jan 2 Interval #3 Wall Ball	Jan 3 Weights Day 2	Jan 4 Endurance 4 Wall Ball	Jan 5 Day Off
Jan 6 Day Off	Jan 7 First Day Of Classes Practice 2 to 4pm	Jan 8 Practice 2 to 4pm	Jan 9 Practice 2 to 4pm	Jan 10 Practice 2 to 4pm	Jan 11 Practice 2 to 4pm	Jan 12 Day Off

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Intervals:

- 50% is jogging pace. At this speed you should be able to have a full conversation with someone.
- 75% is a pace at which, if you were talking you would be out of breath in 2 sentences or so.
 - Race Pace, is a pace that is too fast to even utter a word.
- After every interval workout please complete the wall ball workout

Make sure that during these workouts you are NEVER walking and that you do the workouts in the order they are listed.

Interval Workout #1:

- Warm up Stretch
- 8 min jog at 50%
- 5 repeats of 3 min run at 75% with 1 min rest jog in between.
 - 2 min jog at 50%
- 3 repeats of 1 min at race pace with 30 seconds rest jog in between
 - 5 min cool down
 - Stretch
 - Wall ball workout

Interval Workout #2:

- Warm up Stretch
- 10 min warm up jog
- 3 repeats of 5 min run at 75% pace with 2 min rest jog in between
 - 5 min cool down jog
 - Stretch
 - Wall ball workout

Interval Workout #3:

- Warm up Stretch
- 8 min jog at 50%
- 3 repeats of 1 min at Race pace with 30 seconds rest in between
 - 3 repeats of 2 min at 75% with 1 min rest in between
 - 2 min jog at 50%
- 3 repeats of 1 min at Race pace with 30 seconds rest in between
 - 3 repeats of 2 min at 75% with 1 min rest in between
 - 5 min cool down jog
 - Stretch
 - Wall Ball workout

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Endurance Workouts:

The goal of these workouts is simple: increase aerobic potential (aka endurance). All you need is a watch and a good trail (or road). Make sure you are running continuously with no walking. The goal is to improve your pace through the break.

Endurance 1:

40 min run at about 8:05 minute mile pace (this is just a bit fast then your jogging pace but slower than 75% pace). Finish with the wall ball workout.

Endurance 2:

40 min run at about 8:00 minute mile pace. (just a little slower than 75% pace). Finish with the wall ball workout.

Endurance 3:

45 min run at about 7:55 minute mile pace (this should be at about 65% now meaning you should be able to speak only 4-5 sentences at a time but not a full conversation.) Finish with the wall ball workout.

Endurance 4:

50 min run at 7:50 min mile pace (this should be about 65-70% meaning you should only get out 3-4 sentences at a time and be out of breath after that). Finish with the wall ball workout.

Speed Agility Quickness:

The following workouts are designed to build speed, agility, quickness and power. They are all things that you have done in the APC throughout the quarter.

Remember we are trying to maintain the weight lifting techniques that you learned so pay attention to the details and complete them with as much effort as you can give. We want these to be difficult so you can come back in excellent shape.

Push yourselves, you get what you give!

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Dynamic Warm-up

Exercise	Sets	Reps
Side lying leg raise	2	15 each side
Bird Dogs	2	15 each side
Lunge & Twist	1	12 steps
Side Lunge	1	12 steps
Walking 1-leg RDL	1	12 steps
Hip Cradle	1	12 steps
½ squat	2	20 sec hold
Carioca	2	12 steps
Hop & Sprint	2	12 steps

Weights Day 1

1. Power

Exercise	Sets	Repetitions
Box Jumps	3	8

2. SAQ

Exercise	Sets	Repetitions
Linear W Sprint	8	1

*each repetition should be performed at 100%, so allow adequate recovery (~1.5-2 minutes)

3. Strength

Exercise	Sets	Repetitions
Single Leg Squat	3	5 each leg
Romanian Deadlift	3	5
Bulgarian Split Squat	3	5 each leg
Pull-ups	4	Max repetitions or 8

***No Gym? Do the following

Back squat- replace with either single leg squat or Bulgarian split squat
DB Overhead Press- use anything safe to press overhead, or replace it with push-ups
Pull-ups: use anything, or replace with horizontal pull-ups (hand rails, anything)
Romanian Deadlift: hand weights, dumbbells, anything; or replace with good morning

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Weights Day 2

Dynamic Warm-up

Exercise	Sets	Reps
Side lying leg raise	2	15 each side
Bird Dogs	2	15 each side
Lunge & Twist	1	12 steps
Side Lunge	1	12 steps
Walking 1-leg RDL	1	12 steps
Hip Cradle	1	12 steps
½ squat	2	20 sec hold
Carioca	2	12 steps
Hop & Sprint	2	12 steps

1. Foot Speed: Do All

Line Drills(20 sec on : 60 sec off)	Sets	Repetitions
Forward hops	1	Max repetitions/time
Side 2 side (lateral hops)	1	Max repetitions/time
Combination (forward/lateral)	1	Max repetitions/time
Progressive Diagonal (slalom)	1	Max repetitions/time

2. SAQ

Exercise	Sets	Repetitions
Pro Agility	8	1

*Each repetition should be performed at 100%, so allow adequate recovery (~1.5-2 minutes)

3. Strength

Exercise	Sets	Repetitions
Back Squat	4	8
DB Overhead Press	4	8

Need help with how to do the drill? Check out the following YouTube videos:

SAQ Exercises:

http://www.youtube.com/watch?v=FRWMRZ_64co&list=PLD8C38518FFE12116&index=13

Single Leg Squat:

<http://www.youtube.com/watch?v=Hu-6ywxbu1A>

Bulgarian Split Squat:

http://www.youtube.com/watch?v=6s_70Nm3Nw4

Line Drills:

http://www.youtube.com/watch?v=h3gF_DAi-0&list=PL83CA938C9F059009&index=4

Romanian Deadlift (***REMEMBER FLAT BACK***):

http://www.youtube.com/watch?v=VS3x75_YpsE

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Wall Ball

These wall ball drills are designed to keep your stick skills in shape during the off time. These should be done a **Minimum** of **3** times per week. You will have several off days every week as well as short workouts. To best simulate game type situations, bring your stick with you to the workouts and when you are finished with a workout, immediately go to the wall. Working your stick when you're tired will improve your stick skills. You should be tired after you leave the wall.

The most important part about the wall is getting creative and having fun. Try things you have never done and overall get to know your stick.

- 25 Right handed passes (these should be quick with only a single cradle in between each pass)
- 25 Left handed passes (these should be quick with only a single cradle in between each pass)
- 25 right handed/25 left handed quick sticks.
- 20 alternating quick sticks (switch hands while the ball is in the air)
- 10 catch and switch hands (try to simulate a split dodge)
- 20 ground balls (throw the ball hard and low on the wall to simulate ground balls)
- 15 Overheads (throw the ball high and off center, forcing you to catch one handed, simulating a draw, if you have to jump get up and try to control the ball one handed)
- 10 catch and switch hands (try to simulate a split dodge, yes this is a repeat on purpose)
- 20 right handed throws to weakside catch
- 20 left and throws to weakside catch

Other things to try:

Tape an X on the wall and see how many times you can hit it

Passing and catching on the move.

Pass-arounds (stationary, take a knee and practice passing around from a stationary position, this will allow you to really focus on the arm motions rather than having to worry about where to position your feet, once you have it down stationary, stand and try doing it again)

Remember be creative and have fun.

UCSB Women's Lacrosse 2012-13 Winter Conditioning Teams (WCT)

‘A’ Team WCT Teams *

Alpha Team	Beta Team	Charlie Team	Delta Team
Blair Evans – Leader	Katie Hubbert – Leader	Katie Mitchell – Leader	Emilia Norlin – Leader
Alyssa Flores	Lindsay Alex	Charlotte Brooks	Kelly Boyle
Cailan Howey	Alex Bowers	Claudia Hammerschmidt	Jackie Dotemoto
Morgan Ryan	Kerri Kowsky	Megan Hughes	Juliet Mariniello
Samm Wilson	Lori Marchildon	Alena Riggs	Nicole Rockwell
		Yasmin Sharawy	Amanda Shoemaker

* Members of winning team (improvement and raw result averages) receive an additional personal day for winter quarter. Remaining teams have some additional work, tasks and volunteering. Best to be the best. Better to be better. Your choice. Up to you. Just Do It!

‘B’ / Novice Teams WCT Teams *

Alpha Team	Beta Team	Charlie Team	Delta Team
Jen Atkinson – Leader	Toria Levi – Leader	Hiromi Meguro – Leader	Rodi Norberte – Leader
Anne Holston	Kayla Donley	Florence Au	Allyson Bailey
Carina Leyva	Nathalie Mitchell	Jessica Chung	Nerissa Bilar
Katherine Ozorio	Gladiola Pelayo	Kara Gorman	Alexis Lim
Kara Samuels	Kelsey Trepas	Kelly Joyce	Stephanie Mayo-Boix
Jessica Tuck	Ariel Yi	Alexandra Nelch	Julia Robertson
Echo Team	Foxtrot Team		
Bri Watson – Leader	Sydney Boral – Leader		
Carine Black	Bayanne Alrawi		
Laurel Handler-Vosen	Erica Ceja		
Sara Hogan	Mary Anne Noskowski		
Lexi Sasaki	Samira Seraji		
Kim Spencer	Coco Tsai		

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