

WCSB LACROSSE

WINTER BREAK WORKOUT

Congratulations to all the first years who have successfully completed their first college quarter! Congratulations to everyone for being a quarter closer to getting your college degree!

It is time to get back to training for a successful season. 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 are 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 6th 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 limit for what this team is capable of achieving but it is on you to do your part.

We are all very excited to see how things turn out for your level of fitness when you return to the lacrosse field. Good luck and Happy Holidays.

Gauchos, this is our present to you!!!

Love,

The Coaches

You Will Thank Us During Season

UCSB Women's Lacrosse
Winter Break Workout 2013-14

The Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dec 8	Dec 9 Finals Stress Buster Runs Okay	Dec 10 Finals Stress Buster Runs Okay	Dec 11 Finals Stress Buster Runs Okay	Dec 12 Finals Stress Buster Runs Okay	Dec 13 Finals Stress Buster Runs Okay	Dec 14 Endurance #1 Wall Ball
Dec 15 Day Off	Dec 16 Intervals #1	Dec 17 Weights Day 1 Wall Ball	Dec 18 25 Min Active Recovery Jog	Dec 19 Intervals #2 Wall Ball	Dec 20 Weights Day 2	Dec 21 Endurance #2 Wall Ball
Dec 22 Day Off	Dec 23 Weights Day 1 Wall Ball	Dec 24 Off	Dec 25 Intervals #3 Wall Ball	Dec 26 Light Weights	Dec 27 Endurance #3 Wall Ball	Dec 28 Day Off
Dec 29 Day Off	Dec 30 Weights Day 1 Wall Ball	Dec 31 25 Min Active Recovery Jog	Jan 1 Interval #3 Wall Ball	Jan 2 Weights Day 2	Jan 3 Endurance #4 Wall Ball	Jan 4 Day Off
Jan 5 Day Off	Jan 6 First Day Of Classes A/B Turf 2 - 4pm	Jan 7 <u>A Team:</u> Turf 2-3:20pm APC 3:30-4:20pm <u>B Team:</u> APC 2-2:50pm Turf 3-3:50pm	Jan 8 A/B Turf 2 - 4pm	Jan 9 <u>A Team:</u> Turf 2-3:20pm APC 3:30-4:20pm <u>B Team:</u> APC 2-2:50pm Turf 3-3:50pm	Jan 10 A/B Turf 2 - 4pm	Jan 11 Day Off

Remember 10 Minutes Early Is On Time
2pm is 1:50pm

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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 Jog
 - 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). Follow up with the wall ball workout.

Endurance 2:

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

Speed, Agility & Quickness:

The following workouts (next two pages) 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 this fall so pay attention to the details and complete them with as much effort as you can give. These are designed 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 Second Hold
Carioca	2	12 Steps
Hop & Sprint	2	12 Steps

Weights Day 1

1. Power

Exercise	Sets	Repetitions
Box Jumps	3	8

2. Quickness

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
Double-Leg Tuck Jump	5	10
Dumb Bell Row	4	10
Box Squat	5	5
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).

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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 Second Hold
Carioca	2	12 Steps
Hop & Sprint	2	12 Steps

1. Foot Speed: Do All Of These

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. Quickness

Exercise	Sets	Repetitions
Pro Agility (5-10-5)	8	1

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

3. Strength

Exercise	Sets	Repetitions
Split Squat	3	5
DB Overhead Press	4	8
Split Squat Jump	3	8
Push-Ups	3	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

Wall Ball Workout

These wall ball drills are designed to improve your stick skills. These should be done a **Minimum** of **3** times per week. 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 your wall ball workout is getting creative and having fun. Try things you have never done and over all get to know your stick. Start standing close enough to receive the ball back at just above ear height and go ...

- 25 Right handed passes (these should be quick with only a single cradle between each pass)
- 25 Left handed passes (these should be quick with only a single cradle 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 (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 control, jump to get up and try to control the ball one handed, catching at highest point possible)
- 10 catch and switch hands (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.