

# Capistrano Valley High School Girls Lacrosse Weight Training and Conditioning Program

Name: \_\_\_\_\_ Group#: \_\_\_\_\_ Week: \_\_\_\_\_

## COUGARS LACROSSE

Monday-

Exercise	Warm Up	Set 1 (12 reps)	Set 2 (10 reps)	Set 3 (10 reps)
Bench Press DB				
Incline Press DB				
Flys				
Triceps Pull Down				
Crunches				
Leg Throws				

Tuesday-

Exercise	Warm Up	Set 1 (12 reps)	Set 2 (10 reps)	Set 3 (10 reps)
Squats				
Leg Curls				
Leg Extension				
Calf Raises				
Lunges				
Bicycle Crunches				

Thursday-

Exercise	Warm Up	Set 1 (12 reps)	Set 2 (10 reps)	Set 3 (10 reps)
Military DB Press				
Lateral Raises				
Lat Pull Down				
Seated Row				
Back Extension				
Medicine Ball Abs				

### Conditioning

Sprints- 3 x 50 yards, 4 x 40 yards, 5 x 20 yards, 6 x 10 yards.

Gassers- 4 reps at 35 seconds per gasser. 30 second rest per repetition. From side line to side line and back.

Jingle-Jangles- 5 yard sprint back, 10 yard sprint back, 15 yard sprint back, and then sprint through the 20.

Lunges- 5 x 20 yards, Bounding- 5 x 20 yards, Shuffling- 5 x 20 yards, Backpedal- 5 x 20 yards