

# Top Fitness Post-Season Workout Lacrosse

What you have in this packet is a post season program to help you bridge the gap between your high school lacrosse season and your Tomahawk season. This is intended for 2 days of strength training and 3 days of conditioning. If you are currently enrolled in a program please let myself or your coaches know this way you are not overtraining. Same thing goes if you have an existing injury, contact me at my email address below to get some recommendations for alternative exercises or set up an appointment to see a sports doctor or physical therapist.

## Post Season Warm-Up

### Warm-Up:

- Walking Lunges x 10yds
- Spiderman to Hamstring x 10yds
- Lateral Lunge x 10yds
- Inchworm x 10yds

### Dynamic Warm-Up: (each exercise done twice)

- Butt Kicks x 20yds
- High Knees x 20yds
- Carioca x 20yds
- High Knee Skip x 20yds
- Lateral Shuffle x 20yds
- Backpedal x 20yds
- 5yd Lateral Shuffle to 15yd sprint
- 5yd Backpedal to 15yd sprint
- 20yd Sprint

## Conditioning:

**Day 1:** 100yd Tempo Run (:15-:17 down, :45-:43 Rest - 1 Rep every minute)

Week 1 - 14 Reps

Week 2 - 16 Reps

Week 3 - 18 Reps

Week 4 - 12 Reps

**Day 2:** 150 & 300yd Shuttle Runs (cones 50yds apart)

Week 1 - 1 x 300yds (:65 w/ 2min rest) then 4 x 150yd Shuttles (:30 w/:60seconds rest)

Week 2 - 2 x 300yds (:65 w/ 2min rest) then 3 x 150yd Shuttles (:30 w/:60seconds rest)

Week 3 - 3 x 300yds (:65 w/ 2min rest) then 2 x 150yd Shuttles (:30 w/:60seconds rest)

Week 4 - 4 x 300yds (:65 w/ 2min rest)

**Day 3: Sprints w/ Jog Backs**

Week 1 - 3x5 @ 30yds (sprint 30yds, jog back 30yds, repeat until all 5 reps are complete. However long the set of 5 takes you, will be your rest)

Week 2 - 4x5 @ 30yds

Week 3 - 4x5 @ 40yds (note the distance change)

Week 4 - 3x5 @ 40yds

If you have any questions about the strength training or conditioning program do not hesitate to contact me at the email or number listed below:

Scott Prunier  
Owner/Director  
TOP Fitness  
[scott@gotopfitness.com](mailto:scott@gotopfitness.com)  
(603)661.8037