

SP Girls Lacrosse Endurance Training 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Run 1 mile by running for 3 mins, walk 30 seconds (repeat)	Strength workout #1 (link provided)	Rest Day	Run 1 mile by running for 1 min, walk 1 min (repeat)	Rest Strength workout #1	Run 2 miles by running for 5 mins, walk 1 min (repeat)
Week 2	Run 2 miles by running for 4 mins, walk 30 seconds (repeat)	Strength workout #2 (link provided)	Rest Day	Run 1.5 miles by running for 1 min, walk 1 min	Strength workout #2	Run 2 miles by running for 7 mins, walk 1 minute
Week 3	Run 2 miles by running for 5 mins, walk 30 seconds	Strength workout #1	Rest Day	Run 1.5 miles by running for 2 mins, walk 1 min + 4 sprints (30 sec each)	Strength workout #1	Run 2.5 miles by running for 8 mins, walk 30 seconds
Week 4	Run 2.5 miles by running for 7 mins, walk 30 seconds	Strength workout #2	Rest Day	Run 2 miles by running for 2 mins, walk 1 min + 4 sprints (30 sec each)	Strength workout #2	Run 2.5 miles by running as long as you can + only stopping when needed to walk!

Strength Workout #1: <https://www.fitnessblender.com/videos/total-body-strength-training-and-core-workout-for-beginners-low-impact-workout-at-home>

Strength Workout #2: <https://www.youtube.com/watch?v=XFm4HHnXKIQ>

This workout plan will hopefully take us to the return of school and maybe our season! Let's all try to start this today 😊 This can be done on a treadmill or outside, your choice. Basically, what you do is run for the assigned amount of time, then walk, then run again, and keep repeating until you have completed the

distance. Example: Today- I run for 3 minutes, then I walk for 30 seconds, then run for 3 minutes, walk for 30 seconds until I have completed one mile!

If everyone does this plan, we will be in tip top Lacrosse shape! Stay tuned for more to come.

Love, Coach