

Name **Arrowhead Lacrosse**



Recovery Zone:

Anaerobic Threshold:

Peak Training:

2 min
VO2 _____
VO2 _____
% of AT

Rate of Perceived Exertion

 RPE 1-4
 RPE 5-8
 RPE 9-10

Lacrosse Pre-Season

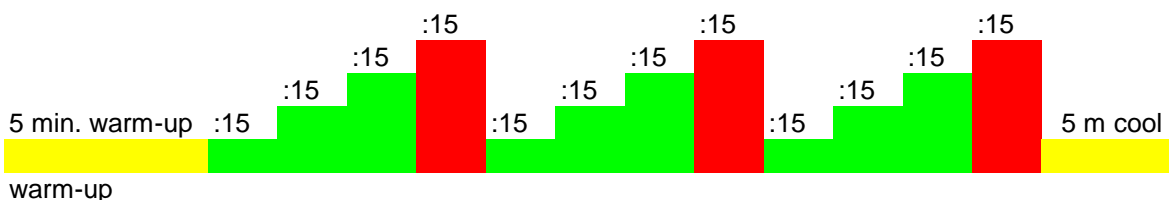
Low Intensity Day

5 min. warm-up



WORKLOAD																
RPE		1-4	1-4	1-4	1-4	1-4	1-4	1-4	1-4	1-4	1-4	1-4	1-4	1-4	1-4	1-4

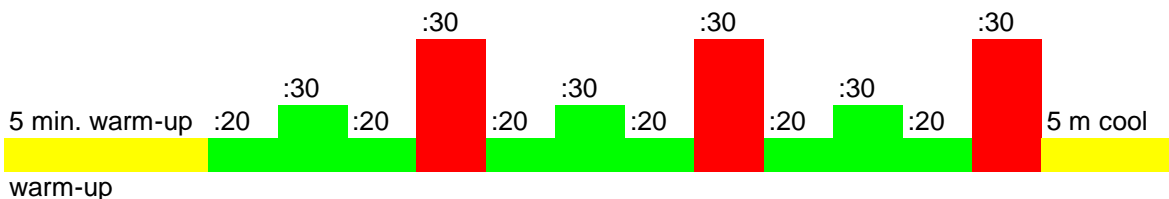
Medium Intensity



WORKLOAD		60%	75%	80%	85%	90%	75%	80%	85%	90%	75%	80%	85%	90%		65%
RPE		1-4	5-6	6-7	7-9	9-10	5-6	6-7	7-9	9-10	5-6	6-7	7-9	9-10	1-4	1-4

During the interval you will increase speed over 45 sec with all out sprint for :15, repeat after recovery

High Intensity



WORKLOAD		60%	75%	80%	75%	90%	75%	80%	75%	90%	75%	80%	75%	90%	65%	
RPE		1-4	5-6	6-7	5-6	9-10	5-6	6-7	5-6	9-10	5-6	6-7	5-6	9-10	1-4	1-4

During the interval you will increase speed over 70 sec with all out sprint for :30, repeat after recovery

Rotate Workouts

Comments:

Rate of Perceived Exertion

1	very, very light effort
2	very light effort
3	
4	moderate effort
5	strong effort
6	very strong effort
7	hard effort
8	very hard effort
9	
10	peak effort

	Su	M	T	W	Th	F	Sa
Week 1 - perform 4 workouts		Low	Med		High	Low	
Week 2 - perform 4 workouts		Med	High		Low	Med	
Week 3 - perform 5 workouts		Med	High	Low	High	Med	
Week 4 - perform 5 workouts		Low	Med	Low	Med	Low	
Mix in strength training minimally 2x/week on Low or "off" days							
Low Intensity - 30 to 60 min. RPE 1-4, finish with flexibility work							
Med. Intensity - warm up for 5 min., cycle through (3) intervals, recover for 5 min., intervals (No warm up), recover.							
High Intensity - warm up for 5 min., cycle through the (3) intervals, recover for 5 min., intervals (No warm up), recover							