

Conestoga Lacrosse Optional Offseason Running Program

| <u>Week</u> | <u>Day</u> | <u>Reps</u> | <u>Distance (m)</u> | <u>Time</u> | <u>Rest Time</u> | <u>Total Time of Run</u> | <u>Time Ran In</u> |
|-------------|------------|-------------|---------------------|-------------|------------------|--------------------------|--------------------|
| 1           | 1          | 1           | 1 Mile              | 7 min       | N/A              | 7 Min                    |                    |
|             | 2          | 1           | 1 Mile              | 6:55        | N/A              | 6:55                     |                    |
|             | 3          | 5           | 400                 | 1:20        | 3:00             | 24 Min                   |                    |
|             |            | 2           | 100                 | 20 Sec      | 1:00             |                          |                    |
| 2           | 1          | 7           | 100                 | 20 Sec      | 1:00             | 12 Min                   |                    |
|             |            | 1           | 600                 | 2:15        | N/A              |                          |                    |
|             | 2          | 8           | 100                 | 20 Sec      | 1:00             | 24 Min                   |                    |
|             |            | 1           | 600                 | 2:10        | 3:00             |                          |                    |
|             | 3          | 3           | 200                 | 38 Sec      | 2:00             |                          |                    |
|             |            | 12          | 100                 | 20 Sec      | 1:00             | 18 Min                   |                    |
|             | 1          | 400         | 1:20                | N/A         |                  |                          |                    |
| 3           | 1          | 2           | 200                 | 40 Sec      | 2:00             | 35 Min                   |                    |
|             |            | 10          | 100                 | 20 Sec      | 1:00             |                          |                    |
|             |            | 3           | 600                 | 2:10        | 5:00             |                          |                    |
|             | 2          | 3           | 200                 | 40 Sec      | 2:00             | 35 Min                   |                    |
|             |            | 12          | 100                 | 20 Sec      | 1:00             |                          |                    |
|             | 3          | 4           | 200                 | 38 Sec      | 2:00             |                          |                    |
|             |            | 1           | 800                 | 3:00        | 6:00             | 34 Min                   |                    |
|             |            | 2           | 200                 | 40 Sec      | 2:00             |                          |                    |
|             |            | 12          | 100                 | 20 Sec      | 1:00             |                          |                    |
|             |            | 1           | 800                 | 2:55        | N/A              |                          |                    |
| 4           | 1          | 6           | 200                 | 40 Sec      | 2:00             | 32 Min                   |                    |
|             |            | 6           | 100                 | 20 Sec      | 1:00             |                          |                    |
|             |            | 6           | 600                 | 2:05        | 4:00             |                          |                    |
|             |            | 1           | 400                 | 1:20        | N/A              |                          |                    |
|             | 2          | 4           | 200                 | 40 Sec      | 2:00             | 32 Min                   |                    |
|             |            | 5           | 100                 | 20 Sec      | 1:00             |                          |                    |
|             |            | 1           | 880                 | 3:00        | 3:00             |                          |                    |
|             | 3          | 3           | 200                 | 38 Sec      | 2:00             |                          |                    |
|             |            | 6           | 200                 | 40 Sec      | 2:00             | 28 min                   |                    |
|             |            | 6           | 100                 | 20 Sec      | 2:00             |                          |                    |
|             | 1          | 800         | 2:55                | N/A         |                  |                          |                    |
| 5           | 1          | 5           | 200                 | 38 Sec      | 2:00             | 28 Min                   |                    |
|             |            | 5           | 100                 | 18 Sec      | 1:00             |                          |                    |
|             |            | 1           | 800                 | 3:00        | 3:00             |                          |                    |
|             |            | 1           | 600                 | 2:00        | N/A              |                          |                    |
|             | 2          | 5           | 200                 | 38 Sec      | 2:00             | 33 Min                   |                    |
|             |            | 5           | 100                 | 18 Sec      | 1:00             |                          |                    |
|             |            | 1           | 200                 | 38 Sec      | 2:00             |                          |                    |
|             | 3          | 3           | 100                 | 18 Sec      | 1:00             |                          |                    |
|             |            | 3           | 200                 | 36 Sec      | 2:00             |                          |                    |
|             |            | 5           | 200                 | 38 Sec      | 2:00             | 29 Min                   |                    |
| 5           |            | 100         | 18 Sec              | 1:00        |                  |                          |                    |
|             | 1          | 600         | 2:00                | 4:00        |                  |                          |                    |
|             | 1          | 800         | 2:50                | N/A         |                  |                          |                    |

| <u>Week</u> | <u>Day</u> | <u>Reps</u> | <u>Distance</u> | <u>Time</u> | <u>Rest Time</u> | <u>Total Time of Run</u> | <u>Time Ran In</u> |
|-------------|------------|-------------|-----------------|-------------|------------------|--------------------------|--------------------|
| 6           | 1          | 2           | 200             | 35 Sec      | 1:45             | 15 Min                   |                    |
|             |            | 5           | 100             | 15 Sec      | 45 Sec           |                          |                    |
|             |            | 10          | 55              | 8 Sec       | 30 Sec           |                          |                    |
|             |            | 1           | 200             | 35 Sec      | 1:45             |                          |                    |
|             |            | 3           | 100             | 15 Sec      | 45 Sec           |                          |                    |
|             |            | 1           | 800             | 2:45        |                  |                          |                    |
|             | 2          | 2           | 200             | 35 Sec      | 1:45             | 32 Min                   |                    |
|             |            | 5           | 100             | 15 Sec      | 45 Sec           |                          |                    |
|             |            | 11          | 55              | 8 Sec       | 30 Sec           |                          |                    |
|             |            | 1           | 600             | 2:00        | 4:00             |                          |                    |
|             |            | 3           | 200             | 35 Sec      | 2:00             |                          |                    |
|             |            | 3           | 200             | 35 Sec      | 1:45             |                          | 29 Min             |
|             | 3          | 5           | 100             | 15 Sec      | 45 Sec           |                          |                    |
|             |            | 11          | 55              | 8 Sec       | 30 Sec           |                          |                    |
|             |            | 1           | 600             | 2:00        | 4:00             |                          |                    |
| 3           |            | 200         | 35 Sec          | 2:00        |                  |                          |                    |

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You must run with a stop watch to time yourself. The above times are maximum times for each distance. Do your best and work with teammates.