

4-Day Training Programs

THE TRAINING & IMPLEMENTATION OF THE ELITE
TRIPHASIC LACROSSE TRAINING MODEL

4.6 The Implementation of the Triphasic Lacrosse Training Model

The remainder of this section demonstrates every program implemented throughout the Triphasic Lacrosse Training Model. These programs demonstrate each of the concepts described throughout the entirety of this manual. Every new heading represents a new training block being utilized. A brief overview of each block is given, along with the goal adaptations of each of these training blocks. Every performance coach should now understand each of the concepts implemented in this training manual. Now these concepts are shown in their application within the Triphasic Lacrosse Training Model.

4.7 Rest (Weeks 1-2)

Two weeks of rest are allotted for athletes immediately following post-season. This allows an athlete to recover both physically and mentally from the taxing season. This time period is critical for every athlete as the season is extremely fatiguing.

Goal Adaptations of Block:

- Rest and Recover, both physically and mentally

4.8 Oxidative Training Block (Weeks 3-4)

Two weeks of oxidative training are completed as the first block of the Triphasic Lacrosse Training Model. It is this physical performance quality that lays the foundation for all other qualities and skills to be built upon. For this reason, the specific training of this energy system must be improved prior to any other quality required in the sport of lacrosse. Training and running days are all completed in an oxidative fashion. This training in this block includes the glute layering system, described in section one, and other circuit style methods.

Goal Adaptations of Block:

- Learn how to, and then utilize glutes as primary drivers of movement
- Increase oxygen availability
- Enhance blood flow and efficiency
- Increase mitochondrial density
- Increase oxidative enzymes
- Improve clearance of metabolites
- Ultimately improve the athlete's "drain"

Triphasic Lacrosse Training Manual

Oxidative 4-Day Elite Training Block Week 3 - Monday

Pre [Pre-Training, Multi-Dimensional Warm-Up](#)

Block 1 Glute Function Series Warm-Up

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Banded Big Toe Work	1	x	20 EA		
B	Banded Other 4 Toe Work	1	x	20 EA		
C	Level 1 Glute Iso Training Protocol	1	x	18m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	10 EA	1" Band	Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2 Oxidative Energy System Training

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	3-D Contralateral Circuit	1	x	25s		Complete As Many Reps As Possible

Perform A for 1 Set @ 25s on 10s off

Block 3 Oxidative Energy System Conditioning

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Metabolic Injury Prevention Running	2	x	5m		Jog, Shuffle R&L, Carioca R&L, Backpedal

Perform A for 2 Sets of 5 min; 1:30 rest between rounds

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Oxidative 4-Day Elite Training Block Week 3 - Tuesday

Pre Pre-Running, Multi-Dimensional Warm-Up

Block 1 **Glute Function Series Warm-Up**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Banded Big Toe Work	1	x	20 EA		
B	Banded Other 4 Toe Work	1	x	20 EA		
C	Level 1 Glute Iso Training Protocol	1	x	18m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	10 EA	1" Band	Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2 **Oxidative Energy System Conditioning**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Threshold Training	4	x	4m		Running at Max Heart Rate

Perform A for 4 Sets of 4 min; 2:30 rest between rounds

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Oxidative 4-Day Elite Training Block Week 3 - Thursday

Pre [Pre-Training, Multi-Dimensional Warm-Up](#)

Block 1 **Glute Function Series Warm-Up**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Banded Big Toe Work	1	x	20 EA		
B	Banded Other 4 Toe Work	1	x	20 EA		
C	Level 1 Glute Iso Training Protocol	1	x	18m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	10 EA	1" Band	Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2 **Oxidative Energy System Training**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Wall Sit	1	x	5m		5 minute Isometric
B	DB Bench	1	x	5m	25-30%	5 minute Isometric
C	Supine Glute Ham Back	1	x	5m	25-30%	5 minute Isometric
D	Left Leg Lunge	1	x	5m		5 minute Isometric
E	DB Prone Row	1	x	5m	25-30%	5 minute Isometric
F	Right Leg Lunge	1	x	5m		5 minute Isometric

Perform A-F for 5 minutes Each; 3:00 Rest Between Exercises

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Oxidative 4-Day Elite Training Block Week 3 - Friday

Pre [Pre-Running, Multi-Dimensional Warm-Up](#)

Block 1 **Glute Function Series Warm-Up**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	Banded Big Toe Work	1	x	20 EA	
B	Banded Other 4 Toe Work	1	x	20 EA	
C	Level 1 Glute Iso Training Protocol	1	x	18m	Green/Blue
D	Swiss Ball Hip Patterning	1	x	10 EA	1" Band Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2 **Oxidative Energy System Conditioning**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	Cardiac Output	1	x	35m	Heart Rate Between 135-155

Perform A for 1 Set for 35m; Can Be Completed Through Running, Biking, or an Elliptical

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Oxidative 4-Day Elite Training Block Week 4 - Monday

Pre

[Pre-Training, Multi-Dimensional Warm-Up](#)

Block 1

Glute Function Series Warm-Up

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Banded Big Toe Work	1	x	35 EA		
B	Banded Other 4 Toe Work	1	x	35 EA		
C	Level 2 Glute Iso Training Protocol	1	x	23m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	15 EA	1" Band	Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2

Oxidative Energy System Training

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	3-D Contralateral Circuit	1	x	30s		Complete As Many Reps As Possible

Perform A for 1 Set @ 30s on 10s off

Block 3

Oxidative Energy System Conditioning

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Metabolic Injury Prevention Running	3	x	5m		Jog, Shuffle R&L, Carioca R&L, Backpedal

Perform A for 3 Sets of 5 min; 1:30 rest between rounds

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Oxidative 4-Day Elite Training Block Week 4 - Tuesday

Pre Pre-Running, Multi-Dimensional Warm-Up

Block 1 **Glute Function Series Warm-Up**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Banded Big Toe Work	1	x	35 EA		
B	Banded Other 4 Toe Work	1	x	35 EA		
C	Level 2 Glute Iso Training Protocol	1	x	23m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	15 EA	1" Band	Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2 **Oxidative Energy System Conditioning**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Threshold Training	4	x	6m		Running at Max Heart Rate

Perform A for 4 Sets of 6 min; 2:30 rest between rounds

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Oxidative 4-Day Elite Training Block Week 4 - Thursday

Pre [Pre-Training, Multi-Dimensional Warm-Up](#)

Block 1 **Glute Function Series Warm-Up**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Banded Big Toe Work	1	x	35 EA		
B	Banded Other 4 Toe Work	1	x	35 EA		
C	Level 2 Glute Iso Training Protocol	1	x	23m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	15 EA	1" Band	Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2 **Oxidative Energy System Training**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Wall Sit	1	x	5m		5 minute Isometric
B	DB Bench	1	x	5m	25-30%	5 minute Isometric
C	Supine Glute Ham Back	1	x	5m	25-30%	5 minute Isometric
D	Left Leg Lunge	1	x	5m		5 minute Isometric
E	DB Prone Row	1	x	5m	25-30%	5 minute Isometric
F	Right Leg Lunge	1	x	5m		5 minute Isometric

Perform A-F for 5 minutes Each; 2:30 Rest Between Exercises

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Oxidative 4-Day Elite Training Block Week 4 - Friday

Pre [Pre-Running, Multi-Dimensional Warm-Up](#)

Block 1 **Glute Function Series Warm-Up**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Banded Big Toe Work	1	x	35 EA		
B	Banded Other 4 Toe Work	1	x	35 EA		
C	Level 2 Glute Iso Training Protocol	1	x	23m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	15 EA	1" Band	Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2 **Oxidative Energy System Conditioning**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Cardiac Output	1	x	45m		Heart Rate Between 135-155

Perform A for 1 Set for 45m; Can Be Completed Through Running, Biking, or an Elliptical

4.9 Capacity Strength Training Block (Weeks 5-7)

Once an oxidative foundation is built, strength becomes the training goal for the next two weeks. The strength quality lays the foundation for all force producing capabilities. By training this physical performance quality in a capacity fashion, an athlete continues to build a strong foundation. The generalized strength and force producing capabilities improved in this block play a key role in athletic advancement throughout the off-season. Training days are completed to improve the strength of an athlete while running days are implemented to improve the glycolytic energy system. Due to the capacity nature of training in this block, these skills can be trained simultaneously. However, if quality training is completed this would not be possible.

Goal Adaptations of Block:

- Increase general force production capabilities
- Improve tolerance of metabolites
- Ultimately improve an athlete's "sink" size

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Cap. Strength 4-Day Elite Training Block Week 5 - Monday

Pre [Pre-Training, Multi-Dimensional Warm-Up](#)

Block 1 **Lower Body Warm-up**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Back Squat	1,1,1	x	5,3,3	50-80%	Warm-Up
Perform A as a Warm-Up for Heavier Sets						
1:00 Minute Rest Between Sets						

Block 2 **Lower Body Strength**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Back Squat	15	x	3	65%	
B	Ankle Wipers	7	x	10 EA		Max ROM, No Knee Mvmt
C	Kneel. 3-Way Hip Flex	7	x	5 EA		5-FWD,5-LT,5-RT, EA Leg
Perform A-C Simultaneously for 15 Sets, Alternating Between A,B & A,C						
25 Seconds Rest Between Exercises; 1:15 minutes between Rounds						

Block 3 **Lower Dynamic Strength**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Staggered Stance RDL	10	x	3 EA	55%	3 Sec Ecc, Max Speed
B	Glute Wind-Up	5	x	4 EA		Wind-Up Around Glute
Perform A-B Simultaneously for 10 Sets						
25 Seconds Rest Between Exercises; 0:45 seconds between Rounds						

Block 4 **Total Auxiliary Strength**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Chin-Up	3	x	8		Add Wt. If Possible
B	DB Lateral Lunge	3	x	8 EA	65%	
C	Bench Glute	3	x	10 EA		
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Block 5 **Total Auxiliary Strength**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	SE Glute Bar Lift	3	x	8	65%	
B	JM DB Press	3	x	8	65%	
C	Palloff Press	3	x	8 EA		Athletic Stance
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

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Cap. Strength 4-Day Elite Training Block Week 5 - Wednesday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 **Lower Body Warm-up**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Hex Bar Deadlift	1,1,1	x	5,3,3	50-80%	Warm-Up
Perform A as a Warm-Up for Heavier Sets						
1:00 Minute Rest Between Sets						

Block 2 **Lower Body Strength**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Hex Bar Deadlift	15	x	2	65%	
B	SL Squat	7	x	10 EA		Drive Knee FWD
C	Common Lunge Matrix	7	x	3 EA		Rapid Decel, 3-FWD,3-LAT,3-ROT
Perform A-C Simultaneously for 15 Sets, Alternating Between A,B & A,C						
25 Seconds Rest Between Exercises; 1:15 minutes between Rounds						

Block 3 **Upper Dynamic Strength**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	DB Incline Press	10	x	3	55%	3 Sec Ecc, Max Speed
B	Cable Face Pull	5	x	8		1 Sec Iso
Perform A-B Simultaneously for 10 Sets						
25 Seconds Rest Between Exercises; 0:45 seconds between Rounds						

Block 4 **Total Auxiliary Strength**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	DB Rear Foot Elevated Split Squat	3	x	8 EA	65%	
B	Glute Ham Bar Lift	3	x	8	65%	
C	Bench Groin	3	x	10 EA		
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Block 5 **Total Auxiliary Strength**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	DB Bent Over Row	3	x	8	65%	
B	Goblet Rotational Lunge	3	x	8 EA	65%	
C	Body Weight Plank	3	x	1:00		
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

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Cap. Strength 4-Day Elite Training Block Week 5 - Thursday

Pre [Pre-Running, Multi-Dimensional Warm-Up](#)

Block 1 **Oxidative Energy System Conditioning**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Threshold Training	3	x	9m		Running at Max Heart Rate

Perform A for 3 Sets of 9 min; 2:30 rest between rounds

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Cap. Strength 4-Day Elite Training Block Week 5 - Friday

Pre [Pre-Training, Multi-Dimensional Warm-Up](#)

Block 1 **Upper Body Warm-up**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Pull-Up	1,1,1	x	5,3,3	Warm-Up
Perform A as a Warm-Up for Heavier Sets					
1:00 Minute Rest Between Sets					

Block 2 **Upper Body Strength**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Pull-Up	15	x	3	Add Wt. If Possible
B	Plate A Raise	7	x	8	5 LB Plate
Perform A-B Simultaneously for 15 Sets					
25 Seconds Rest Between Exercises; 1:00 minutes between Rounds					

Block 3 **Lower Dynamic Strength**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Back Squat	10	x	3	55%	3 Sec Ecc, Max Speed
B	Banded Lying Hip Flexor	5	x	10 EA		3 Sec Iso-10 EA Leg
Perform A-B Simultaneously for 10 Sets						
25 Seconds Rest Between Exercises; 0:45 seconds between Rounds						

Block 4 **Total Auxiliary Strength**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	RDL	3	x	8	65%	
B	DB Bench Press	3	x	8	65%	Alternating Arms
C	3 Way DB Raise	3	x	8 EA		8 Front, 8 Lateral, 8 Rev. Fly
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Block 5 **Total Auxiliary Strength**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	DB Common Lunge Matrix	3	x	4 EA	60%	
B	SL Glute Ham Bar Lift	3	x	8 EA	65%	
C	Cable Walkout	3	x	3 EA		Athletic Stance, 3 Steps Out, 3 EA
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

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Cap. Strength 4-Day Elite Training Block Week 6 - Monday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Lower Body Warm-up

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Back Squat	1,1,1	x	5,3,3	50-80%	Warm-Up

Perform A as a Warm-Up for Heavier Sets
1:00 Minute Rest Between Sets

Block 2 Lower Body Strength

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Back Squat	15	x	2	70-80%	7 sets @ 70%, 2 sets @ 72.5%, 2 sets @ 75%, 2 sets @ 77.5%, 2 sets @ 80%
B	Ankle Wipers	7	x	10 EA		Max ROM, No Knee Mvmt
C	Kneel. 3-Way Hip Flex	7	x	5 EA		5-FWD,5-LT,5-RT, EA Leg

Perform A-C Simultaneously for 15 Sets, Alternating Between A,B & A,C
25 Seconds Rest Between Exercises; 1:15 minutes between Rounds

Block 3 Lower Dynamic Strength

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Staggered Stance RDL	10	x	3 EA	60%	3 Sec Ecc, Max Speed
B	Glute Wind-Up	5	x	4 EA		Wind-Up Around Glute

Perform A-B Simultaneously for 10 Sets
25 Seconds Rest Between Exercises; 0:45 seconds between Rounds

Block 4 Total Auxiliary Strength

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Chin-Up	3	x	8		Add Wt. If Possible
B	DB Lateral Lunge	3	x	8 EA	70%	
C	Bench Glute	3	x	12 EA		

Perform A-C Simultaneously for 3 Sets
25 Seconds Rest Between Exercises

Block 5 Total Auxiliary Strength

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	SE Glute Bar Lift	3	x	8	70%	
B	JM DB Press	3	x	8	70%	
C	Palloff Press	3	x	10 EA		Athletic Stance

Perform A-C Simultaneously for 3 Sets
25 Seconds Rest Between Exercises

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Cap. Strength 4-Day Elite Training Block Week 6 - Wednesday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Lower Body Warm-up

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Hex Bar Deadlift	1,1,1	x	5,3,3	50-80%	Warm-Up
Perform A as a Warm-Up for Heavier Sets						
1:00 Minute Rest Between Sets						

Block 2 Lower Body Strength

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Hex Bar Deadlift	15	x	2	70-80%	7 sets @ 70%, 2 sets @ 72.5%, 2 sets @ 75%, 2 sets @ 77.5%, 2 sets @ 80%
B	SL Squat	7	x	10 EA		Drive Knee FWD
C	Common Lunge Matrix	7	x	3 EA		Rapid Decel, 3-FWD,3-LAT,3-ROT
Perform A-C Simultaneously for 15 Sets, Alternating Between A,B & A,C						
25 Seconds Rest Between Exercises; 1:15 minutes between Rounds						

Block 3 Upper Dynamic Strength

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	DB Incline Press	10	x	3	60%	3 Sec Ecc, Max Speed
B	Cable Face Pull	5	x	8		1 Sec Iso
Perform A-B Simultaneously for 10 Sets						
25 Seconds Rest Between Exercises; 0:45 seconds between Rounds						

Block 4 Total Auxiliary Strength

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	DB Rear Foot Elevated Split Squat	3	x	8 EA	70%	
B	Glute Ham Bar Lift	3	x	8	70%	
C	Bench Groin	3	x	12 EA		
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Block 5 Total Auxiliary Strength

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	DB Bent Over Row	3	x	8	70%	
B	Goblet Rotational Lunge	3	x	8 EA	70%	
C	Body Weight Plank	3	x	1:15		
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

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Cap. Strength 4-Day Elite Training Block Week 6 - Thursday

Pre [Pre-Running, Multi-Dimensional Warm-Up](#)

Block 1 **Glycolytic Energy System Conditioning**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Lactic Capacity Training	3	x	3x1:30		Sprinting at Max Speed

Perform A for 3 repetitions of 1:30 Sprint; 1:00 rest between repetitions; Complete 3 Total Sets with Rest 3:00 between Sets

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Cap. Strength 4-Day Elite Training Block Week 6 - Friday

Pre [Pre-Training, Multi-Dimensional Warm-Up](#)

Block 1 **Upper Body Warm-up**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Pull-Up	1,1,1	x	5,3,3	Warm-Up
Perform A as a Warm-Up for Heavier Sets					
1:00 Minute Rest Between Sets					

Block 2 **Upper Body Strength**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Pull-Up	15	x	3	Add Wt. If Possible
B	Plate A Raise	7	x	8	5 LB Plate
Perform A-B Simultaneously for 15 Sets					
25 Seconds Rest Between Exercises; 1:00 minutes between Rounds					

Block 3 **Lower Dynamic Strength**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Back Squat	10	x	3	60%
B	Banded Lying Hip Flexor	5	x	10 EA	3 Sec Iso-10 EA Leg
Perform A-B Simultaneously for 10 Sets					
25 Seconds Rest Between Exercises; 0:45 seconds between Rounds					

Block 4 **Total Auxiliary Strength**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	RDL	3	x	8	70%
B	DB Bench Press	3	x	8	70%
C	3 Way DB Raise	3	x	8 EA	8 Front, 8 Lateral, 8 Rev. Fly
Perform A-C Simultaneously for 3 Sets					
25 Seconds Rest Between Exercises					

Block 5 **Total Auxiliary Strength**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	DB Common Lunge Matrix	3	x	4 EA	65%
B	SL Glute Ham Bar Lift	3	x	8 EA	70%
C	Cable Walkout	3	x	3 EA	Athletic Stance, 3 Steps Out, 3 EA
Perform A-C Simultaneously for 3 Sets					
25 Seconds Rest Between Exercises					

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Cap. Strength 4-Day Elite Training Block Week 7 - Monday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 **Lower Body Warm-up**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Back Squat	1,1,1	x	5,3,3	50-80%	Warm-Up
Perform A as a Warm-Up for Heavier Sets						
1:00 Minute Rest Between Sets						

Block 2 **Lower Body Strength**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Back Squat	15	x	1	82.5-92.5%	7 sets @ 82.5%, 2 sets @ 85%, 2 sets @ 87.5%, 2 sets @ 90%, 2 sets @ 92.5%
B	Ankle Wipers	7	x	10 EA		Max ROM, No Knee Mvmt
C	Kneel. 3-Way Hip Flex	7	x	5 EA		5-FWD,5-LT,5-RT, EA Leg
Perform A-C Simultaneously for 15 Sets, Alternating Between A,B & A,C						
25 Seconds Rest Between Exercises; 1:15 minutes between Rounds						

Block 3 **Lower Dynamic Strength**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Staggered Stance RDL	10	x	3 EA	65%	3 Sec Ecc, Max Speed
B	Glute Wind-Up	5	x	4 EA		Wind-Up Around Glute
Perform A-B Simultaneously for 10 Sets						
25 Seconds Rest Between Exercises; 0:45 seconds between Rounds						

Block 4 **Total Auxiliary Strength**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Chin-Up	3	x	8		Add Wt. If Possible
B	DB Lateral Lunge	3	x	8 EA	72.5%	
C	Bench Glute	3	x	15 EA		
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Block 5 **Total Auxiliary Strength**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	SE Glute Bar Lift	3	x	8	72.5%	
B	JM DB Press	3	x	8	72.5%	
C	Palloff Press	3	x	12 EA		Athletic Stance
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

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Cap. Strength 4-Day Elite Training Block Week 7 - Wednesday

Pre [Pre-Training, Multi-Dimensional Warm-Up](#)

Block 1 **Lower Body Warm-up**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Hex Bar Deadlift	1,1,1	x	5,3,3	50-80%	Warm-Up
Perform A as a Warm-Up for Heavier Sets						
1:00 Minute Rest Between Sets						

Block 2 **Lower Body Strength**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Hex Bar Deadlift	15	x	1	82.5-92.5%	7 sets @ 82.5%, 2 sets @ 85%, 2 sets @ 87.5%, 2 sets @ 90%, 2 sets @ 92.5%
B	SL Squat	7	x	10 EA		Drive Knee FWD
C	Common Lunge Matrix	7	x	3 EA		Rapid Decel, 3-FWD,3-LAT,3-ROT
Perform A-C Simultaneously for 15 Sets, Alternating Between A,B & A,C						
25 Seconds Rest Between Exercises; 1:15 minutes between Rounds						

Block 3 **Upper Dynamic Strength**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	DB Incline Press	10	x	3	65%	3 Sec Ecc, Max Speed
B	Cable Face Pull	5	x	8		1 Sec Iso
Perform A-B Simultaneously for 10 Sets						
25 Seconds Rest Between Exercises; 0:45 seconds between Rounds						

Block 4 **Total Auxiliary Strength**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	DB Rear Foot Elevated Split Squat	3	x	8 EA	72.5%	
B	Glute Ham Bar Lift	3	x	8	72.5%	
C	Bench Groin	3	x	15 EA		
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Block 5 **Total Auxiliary Strength**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	DB Bent Over Row	3	x	8	72.5%	
B	Goblet Rotational Lunge	3	x	8 EA	72.5%	
C	Body Weight Plank	3	x	1:30		
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Triphasic Lacrosse Training Manual

Cap. Strength 4-Day Elite Training Block Week 7 - Thursday

Pre [Pre-Running, Multi-Dimensional Warm-Up](#)

Block 1 **Glycolytic Energy System Conditioning**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Lactic Capacity Training	3	x	3x2:00		Sprinting at Max Speed

Perform A for 3 repetitions of 2:00 Sprint; 1:00 rest between repetitions; Complete 3 Total Sets with Rest 3:00 between Sets

Triphasic Lacrosse Training Manual

Cap. Strength 4-Day Elite Training Block Week 7 - Friday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 **Upper Body Warm-up**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Pull-Up	1,1,1	x	5,3,3	Warm-Up
Perform A as a Warm-Up for Heavier Sets					
1:00 Minute Rest Between Sets					

Block 2 **Upper Body Strength**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Pull-Up	15	x	3	Add Wt. If Possible
B	Plate A Raise	7	x	8	5 LB Plate
Perform A-B Simultaneously for 15 Sets					
25 Seconds Rest Between Exercises; 1:00 minutes between Rounds					

Block 3 **Lower Dynamic Strength**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Back Squat	10	x	3	65%	3 Sec Ecc, Max Speed
B	Banded Lying Hip Flexor	5	x	10 EA		3 Sec Iso-10 EA Leg
Perform A-B Simultaneously for 10 Sets						
25 Seconds Rest Between Exercises; 0:45 seconds between Rounds						

Block 4 **Total Auxiliary Strength**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	RDL	3	x	8	72.5%	
B	DB Bench Press	3	x	8	72.5%	Alternating Arms
C	3 Way DB Raise	3	x	8 EA		8 Front, 8 Lateral, 8 Rev. Fly
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Block 5 **Total Auxiliary Strength**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	DB Common Lunge Matrix	3	x	4 EA	70%	
B	SL Glute Ham Bar Lift	3	x	8 EA	72.5%	
C	Cable Walkout	3	x	3 EA		Athletic Stance, 3 Steps Out, 3 EA
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

4.10 Download (Week 8)

The download week is implemented to allow an athlete recovery time between intensive training blocks. Referring back to the GAS principles described in section one, it is during the recovery periods of training in which maximal adaptations occur. By allowing an athlete to recover from the previous, intense training phase, their body will improve to the greatest extent. The importance of these training weeks cannot be overlooked. Rest is a weapon and must be implemented at appropriate times within training. Both training and running days are completed in an oxidative fashion, with the implementation of the glute layering system and other circuit style methods.

Goal Adaptations of Block:

- Allow supercompensation from previous training block
- Induce recovery
- Re-address glute function training
- Re-address oxidative performance quality

Triphasic Lacrosse Training Manual

Download 3-Day Elite Training Block Week 8 - Monday

Pre [Pre-Training, Multi-Dimensional Warm-Up](#)

Block 1 **Glute Function Series Warm-Up**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	<u>Banded Big Toe Work</u>	1	x	20 EA		
B	<u>Banded Other 4 Toe Work</u>	1	x	20 EA		
C	<u>Level 1 Glute Iso Training Protocol</u>	1	x	18m	Green/Blue	
D	<u>Swiss Ball Hip Patterning</u>	1	x	10 EA	1" Band	Hips Drive, Shoulders Follow

Perform A-D as a Glute Functon Warm-Up Series Prior to Training

Block 2 **Oxidative Energy System Training**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	<u>3-D Contralateral Circuit</u>	1	x	20s		Complete As Many Reps As Possible

Perform A for 1 Set @ 20s on 15s off

Triphasic Lacrosse Training Manual

Download 3-Day Elite Training Block Week 8 - Wednesday

Pre [Pre-Running, Multi-Dimensional Warm-Up](#)

Block 1 **Glute Function Series Warm-Up**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Banded Big Toe Work	1	x	20 EA		
B	Banded Other 4 Toe Work	1	x	20 EA		
C	Level 1 Glute Iso Training Protocol	1	x	18m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	10 EA	1" Band	Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2 **Oxidative Energy System Conditioning**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Threshold Training	2	x	4m		Running at Max Heart Rate

Perform A for 2 Sets of 4 min; 2:30 rest between rounds

Triphasic Lacrosse Training Manual

Download 3-Day Elite Training Block Week 8 - Friday

Pre [Pre-Training, Multi-Dimensional Warm-Up](#)

Block 1 **Glute Function Series Warm-Up**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	Banded Big Toe Work	1	x	20 EA	
B	Banded Other 4 Toe Work	1	x	20 EA	
C	Level 1 Glute Iso Training Protocol	1	x	18m	Green/Blue
D	Swiss Ball Hip Patterning	1	x	10 EA	1" Band Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2 **Oxidative Energy System Training**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	Metabolic Sandbell Circuit	1	x	25s	Complete As Many Reps As Possible

Perform A for 1 Set @ 25s on 10s off

4.11 High-Quality Strength Training Block (Weeks 9-11)

Training in this block now shifts to a high-quality focus. This can be seen in the ten sets now completed. An athlete achieves forty-five repetitions. However, by considering rest time and the low repetitions per set, the quality of training is increased. By training at high-qualities, an athlete is able to utilize increased training loads and maximize force production. Muscle action phases are also continued throughout this training block. Running during this week shifts to an ATP/Cr-P focus, which requires high-quality training.

Goal Adaptations of Block:

- Maximize general force production
- Continue muscle action phase training
- Improve ATP/Cr-P resynthesis

Triphasic Lacrosse Training Manual

Quality Strength 4-Day Elite Training Block Week 9 - Monday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Lower Body Warm-up

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Back Squat	1,1,1	x	5,3,3	50-80%	Warm-Up
Perform A as a Warm-Up for Heavier Sets						
1:00 Minute Rest Between Sets						

Block 2 Lower Body Strength

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Back Squat	10	x	2	82.5-87.5%	5 sets @ 82.5%, 2 sets @ 85%, 2 sets @ 87.5%
B	Ankle Wipers	5	x	15 EA		Max ROM, No Knee Mvmt
C	Downhill Hip Flexor Stretch	5	x	6 EA		3 Sec Iso, 6 EA Leg
Perform A-C Simultaneously for 10 Sets, Alternating Between A,B & A,C						
25 Seconds Rest Between Exercises; 1:15 minutes between Rounds						

Block 3 Lower Dynamic Strength

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Staggered Stance RDL	10	x	3 EA	55%	3 Sec Iso, Max Speed
B	Glute Wind-Up to Jump	5	x	4 EA		Wind-Up Around Glute, SL Land
Perform A-B Simultaneously for 10 Sets						
25 Seconds Rest Between Exercises; 0:45 seconds between Rounds						

Block 4 Total Auxiliary Strength

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Chin-Up	3	x	6		3 Sec Ecc, Add Wt. If Possible
B	DB Lateral Lunge	3	x	6 EA	65%	3 Sec Ecc, 6 EA Leg
C	Bench Glute	3	x	8 EA		Add Wt.
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Block 5 Total Auxiliary Strength

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	SE Glute Bar Lift	3	x	6	70%	
B	JM DB Press	3	x	6	70%	
C	Palloff Rotational Press	3	x	6 EA		3 Sec Ecc, 6 EA
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Triphasic Lacrosse Training Manual

Quality Strength 4-Day Elite Training Block Week 9 - Wednesday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 **Lower Body Warm-up**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Hex Bar Deadlift	1,1,1	x	5,3,3	50-80%	Warm-Up
Perform A as a Warm-Up for Heavier Sets						
1:00 Minute Rest Between Sets						

Block 2 **Lower Body Strength**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Hex Bar Deadlift	10	x	2	82.5-87.5%	5 sets @ 82.5%, 2 sets @ 85%, 2 sets @ 87.5%
B	Toes Up-SL Squat	5	x	10 EA		Drive Knee FWD, Keep Foot Tripod
C	JOP Matrix	5	x	3 EA		Stick EA Rep, 3-FWD,3-LAT,3-ROT
Perform A-C Simultaneously for 10 Sets, Alternating Between A,B & A,C						
25 Seconds Rest Between Exercises; 1:15 minutes between Rounds						

Block 3 **Upper Dynamic Strength**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	DB Incline Press	10	x	3	55%	3 Sec Iso, Max Speed
B	Cable Face Pull	5	x	6		3 Sec Ecc
Perform A-B Simultaneously for 10 Sets						
25 Seconds Rest Between Exercises; 0:45 seconds between Rounds						

Block 4 **Total Auxiliary Strength**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	DB Rear Foot Elevated Split Squat	3	x	6 EA	65%	3 Sec Ecc, 6 EA Leg
B	Glute Ham Bar Lift	3	x	6	65%	3 Sec Ecc
C	Bench Groin	3	x	8 EA		Add Wt.
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Block 5 **Total Auxiliary Strength**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	DB Bent Over Row	3	x	6 EA	65%	
B	Goblet Rotational Lunge	3	x	6 EA	65%	3 Sec Ecc, 6 EA Leg
C	Cable Rotational Pull to Press	3	x	6 EA		Low to High, Violent Hip Drive
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Triphasic Lacrosse Training Manual

Quality Strength 4-Day Elite Training Block Week 9 - Thursday

Pre [Pre-Running, Multi-Dimensional Warm-Up](#)

Block 1 **ATP/Cr-P Energy System Conditioning**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	5 Yard Square Drill	1	x	4 EA	Sprint All Directions

Perform A for 8 Total repetitions; Rest 45 seconds between repetitions

Block 2 **ATP/Cr-P Energy System Conditioning**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Crease Running	1	x	4 EA	Focus on Body Angle

Perform A for 8 Total repetitions; Rest 45 seconds between repetitions

Block 3 **ATP/Cr-P Energy System Conditioning**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	7 Second Sprint	12	x	7s	Sprint Maximal Distance

Perform A for 12 Total repetitions; Rest 40 seconds between repetitions

Triphasic Lacrosse Training Manual

Quality Strength 4-Day Elite Training Block Week 9 - Friday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 **Upper Body Warm-up**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Pull-Up	1,1,1	x 5,3,3		Warm-Up

Perform A as a Warm-Up for Heavier Sets

1:00 Minute Rest Between Sets

Block 2 **Upper Body Strength**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Pull-Up	10	x 3		Add Wt.
B	TRX Y Raise	5	x 8		

Perform A-B Simultaneously for 10 Sets

25 Seconds Rest Between Exercises; 1:00 minutes between Rounds

Block 3 **Lower Dynamic Strength**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Back Squat	10	x 3	55%	3 Sec Iso, Max Speed
B	Standing Hip Flexor	5	x 8 EA		

Perform A-B Simultaneously for 10 Sets

25 Seconds Rest Between Exercises; 0:45 seconds between Rounds

Block 4 **Total Auxiliary Strength**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	RDL	3	x 6	70%	
B	DB Bench Press	3	x 6 EA	70%	Single Arm
C	Band Pull Apart	3	x 10		Thumbs Out

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

Block 5 **Total Auxiliary Strength**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	DB Common Lunge Matrix	3	x 3 EA	70%	
B	SL Glute Ham Bar Lift	3	x 6 EA	65%	3 Sec Ecc, 6 EA Leg
C	Cable Walkout	3	x 4 EA		Athletic Stance, 3 Steps Out, 4 EA

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

Triphasic Lacrosse Training Manual

Quality Strength 4-Day Elite Training Block Week 10 - Monday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 **Lower Body Warm-up**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Back Squat	1,1,1	x	5,3,3	50-80%	Warm-Up
Perform A as a Warm-Up for Heavier Sets						
1:00 Minute Rest Between Sets						

Block 2 **Lower Body Strength**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Back Squat	10	x	1	87.5-92.5%	5 sets @ 87.5%, 2 sets @ 90%, 2 sets @ 92.5%
B	Ankle Wipers	5	x	15 EA		Max ROM, No Knee Mvmt
C	Downhill Hip Flexor Stretch	5	x	6 EA		3 Sec Iso, 6 EA Leg
Perform A-C Simultaneously for 10 Sets, Alternating Between A,B & A,C						
25 Seconds Rest Between Exercises; 1:15 minutes between Rounds						

Block 3 **Lower Dynamic Strength**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Staggered Stance RDL	10	x	3 EA	60%	3 Sec Iso, Max Speed
B	Glute Wind-Up to Jump	5	x	4 EA		Wind-Up Around Glute, SL Land
Perform A-B Simultaneously for 10 Sets						
25 Seconds Rest Between Exercises; 0:45 seconds between Rounds						

Block 4 **Total Auxiliary Strength**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Chin-Up	3	x	6		3 Sec Ecc, Add Wt. If Possible
B	DB Lateral Lunge	3	x	6 EA	70%	3 Sec Ecc, 6 EA Leg
C	Bench Glute	3	x	10 EA		Add Wt.
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Block 5 **Total Auxiliary Strength**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	SE Glute Bar Lift	3	x	6	75%	
B	JM DB Press	3	x	6	75%	
C	Palloff Rotational Press	3	x	8 EA		3 Sec Ecc, 8 EA
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Triphasic Lacrosse Training Manual

Quality Strength 4-Day Elite Training Block Week 10 - Wednesday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 **Lower Body Warm-up**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Hex Bar Deadlift	1,1,1	x	5,3,3	50-80%	Warm-Up
Perform A as a Warm-Up for Heavier Sets						
1:00 Minute Rest Between Sets						

Block 2 **Lower Body Strength**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Hex Bar Deadlift	10	x	1	87.5-92.5%	5 sets @ 87.5%, 2 sets @ 90%, 2 sets @ 92.5%
B	Toes Up-SL Squat	5	x	10 EA		Drive Knee FWD, Keep Foot Tripod
C	JOP Matrix	5	x	3 EA		Stick EA Rep, 3-FWD,3-LAT,3-ROT
Perform A-C Simultaneously for 10 Sets, Alternating Between A,B & A,C						
25 Seconds Rest Between Exercises; 1:15 minutes between Rounds						

Block 3 **Upper Dynamic Strength**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	DB Incline Press	10	x	3	60%	3 Sec Iso, Max Speed
B	Cable Face Pull	5	x	6		3 Sec Ecc
Perform A-B Simultaneously for 10 Sets						
25 Seconds Rest Between Exercises; 0:45 seconds between Rounds						

Block 4 **Total Auxiliary Strength**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	DB Rear Foot Elevated Split Squat	3	x	6 EA	70%	3 Sec Ecc, 6 EA Leg
B	Glute Ham Bar Lift	3	x	6	70%	3 Sec Ecc
C	Bench Groin	3	x	10 EA		Add Wt.
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Block 5 **Total Auxiliary Strength**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	DB Bent Over Row	3	x	6 EA	70%	
B	Goblet Rotational Lunge	3	x	6 EA	70%	3 Sec Ecc, 6 EA Leg
C	Cable Rotational Pull to Press	3	x	6 EA		Low to High, Violent Hip Drive
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Triphasic Lacrosse Training Manual

Quality Strength 4-Day Elite Training Block Week 10 - Thursday

Pre [Pre-Running, Multi-Dimensional Warm-Up](#)

Block 1 **ATP/Cr-P Energy System Conditioning**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	5 Yard Square Drill	1	x	5 EA		Sprint All Directions

Perform A for 10 Total repetitions; Rest 45 seconds between repetitions

Block 2 **ATP/Cr-P Energy System Conditioning**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Crease Running	1	x	5 EA		Focus on Body Angle

Perform A for 10 Total repetitions; Rest 45 seconds between repetitions

Block 3 **ATP/Cr-P Energy System Conditioning**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	7 Second Sprint	14	x	7s		Sprint Maximal Distance

Perform A for 14 Total repetitions; Rest 40 seconds between repetitions

Triphasic Lacrosse Training Manual

Quality Strength 4-Day Elite Training Block Week 10 - Friday

Pre [Pre-Training, Multi-Dimensional Warm-Up](#)

Block 1 **Upper Body Warm-up**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Pull-Up	1,1,1	x 5,3,3		Warm-Up

Perform A as a Warm-Up for Heavier Sets

1:00 Minute Rest Between Sets

Block 2 **Upper Body Strength**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Pull-Up	10	x 2		Add Wt.
B	TRX Y Raise	5	x 8		

Perform A-B Simultaneously for 10 Sets

25 Seconds Rest Between Exercises; 1:00 minutes between Rounds

Block 3 **Lower Dynamic Strength**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Back Squat	10	x 3	60%	3 Sec Iso, Max Speed
B	Standing Hip Flexor	5	x 8 EA		

Perform A-B Simultaneously for 10 Sets

25 Seconds Rest Between Exercises; 0:45 seconds between Rounds

Block 4 **Total Auxiliary Strength**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	RDL	3	x 6	75%	
B	DB Bench Press	3	x 6 EA	75%	Single Arm
C	Band Pull Apart	3	x 10		Thumbs Out

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

Block 5 **Total Auxiliary Strength**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	DB Common Lunge Matrix	3	x 3 EA	75%	
B	SL Glute Ham Bar Lift	3	x 6 EA	70%	3 Sec Ecc, 6 EA Leg
C	Cable Walkout	3	x 4 EA		Athletic Stance, 3 Steps Out, 4 EA

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

Triphasic Lacrosse Training Manual

Quality Strength 4-Day Elite Training Block Week 11 - Monday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 **Lower Body Warm-up**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Back Squat	1,1,1	x	5,3,3	50-80%	Warm-Up
Perform A as a Warm-Up for Heavier Sets						
1:00 Minute Rest Between Sets						

Block 2 **Lower Body Strength**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Back Squat	10	x	1	90-95%	5 sets @ 90%, 2 sets @ 92.5%, 2 sets @ 95%
B	Ankle Wipers	5	x	15 EA		Max ROM, No Knee Mvmt
C	Downhill Hip Flexor Stretch	5	x	6 EA		3 Sec Iso, 6 EA Leg
Perform A-C Simultaneously for 10 Sets, Alternating Between A,B & A,C						
25 Seconds Rest Between Exercises; 1:15 minutes between Rounds						

Block 3 **Lower Dynamic Strength**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Staggered Stance RDL	10	x	3 EA	65%	3 Sec Iso, Max Speed
B	Glute Wind-Up to Jump	5	x	4 EA		Wind-Up Around Glute, SL Land
Perform A-B Simultaneously for 10 Sets						
25 Seconds Rest Between Exercises; 0:45 seconds between Rounds						

Block 4 **Total Auxiliary Strength**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Chin-Up	3	x	6		3 Sec Ecc, Add Wt. If Possible
B	DB Lateral Lunge	3	x	6 EA	72.5%	3 Sec Ecc, 6 EA Leg
C	Bench Glute	3	x	12 EA		Add Wt.
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Block 5 **Total Auxiliary Strength**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	SE Glute Bar Lift	3	x	6	77.5%	
B	JM DB Press	3	x	6	77.5%	
C	Palloff Rotational Press	3	x	10 EA		3 Sec Ecc, 10 EA
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Triphasic Lacrosse Training Manual

Quality Strength 4-Day Elite Training Block Week 11 - Wednesday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 **Lower Body Warm-up**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Hex Bar Deadlift	1,1,1	x	5,3,3	50-80%	Warm-Up
Perform A as a Warm-Up for Heavier Sets						
1:00 Minute Rest Between Sets						

Block 2 **Lower Body Strength**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Hex Bar Deadlift	10	x	1	90-95%	5 sets @ 90%, 2 sets @ 92.5%, 2 sets @ 95%
B	Toes Up-SL Squat	5	x	10 EA		Drive Knee FWD, Keep Foot Tripod
C	JOP Matrix	5	x	3 EA		Stick EA Rep, 3-FWD,3-LAT,3-ROT
Perform A-C Simultaneously for 10 Sets, Alternating Between A,B & A,C						
25 Seconds Rest Between Exercises; 1:15 minutes between Rounds						

Block 3 **Upper Dynamic Strength**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	DB Incline Press	10	x	3	65%	3 Sec Iso, Max Speed
B	Cable Face Pull	5	x	6		3 Sec Ecc
Perform A-B Simultaneously for 10 Sets						
25 Seconds Rest Between Exercises; 0:45 seconds between Rounds						

Block 4 **Total Auxiliary Strength**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	DB Rear Foot Elevated Split Squat	3	x	6 EA	72.5%	3 Sec Ecc, 6 EA Leg
B	Glute Ham Bar Lift	3	x	6	75%	3 Sec Ecc
C	Bench Groin	3	x	12 EA		Add Wt.
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Block 5 **Total Auxiliary Strength**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	DB Bent Over Row	3	x	6 EA	75%	
B	Goblet Rotational Lunge	3	x	6 EA	72.5%	3 Sec Ecc, 6 EA Leg
C	Cable Rotational Pull to Press	3	x	8 EA		Low to High, Violent Hip Drive
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Triphasic Lacrosse Training Manual

Quality Strength 4-Day Elite Training Block Week 11 - Thursday

Pre [Pre-Running, Multi-Dimensional Warm-Up](#)

Block 1 **ATP/Cr-P Energy System Conditioning**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	5 Yard Square Drill	1	x	6 EA	Sprint All Directions
Perform A for 12 Total repetitions; Rest 45 seconds between repetitions					

Block 2 **ATP/Cr-P Energy System Conditioning**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Crease Running	1	x	6 EA	Focus on Body Angle
Perform A for 12 Total repetitions; Rest 45 seconds between repetitions					

Block 3 **ATP/Cr-P Energy System Conditioning**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	10 Second Sprint	12	x	10s	Sprint Maximal Distance
Perform A for 12 Total repetitions; Rest 40 seconds between repetitions					

Triphasic Lacrosse Training Manual

Quality Strength 4-Day Elite Training Block Week 11 - Friday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 **Upper Body Warm-up**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Pull-Up	1,1,1	x 5,3,3		Warm-Up
Perform A as a Warm-Up for Heavier Sets					
1:00 Minute Rest Between Sets					

Block 2 **Upper Body Strength**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Pull-Up	10	x 2		Add Wt.
B	TRX Y Raise	5	x 8		
Perform A-B Simultaneously for 10 Sets					
25 Seconds Rest Between Exercises; 1:00 minutes between Rounds					

Block 3 **Lower Dynamic Strength**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Back Squat	10	x 3	60%	3 Sec Iso, Max Speed
B	Standing Hip Flexor	5	x 8 EA		
Perform A-B Simultaneously for 10 Sets					
25 Seconds Rest Between Exercises; 0:45 seconds between Rounds					

Block 4 **Total Auxiliary Strength**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	RDL	3	x 6	75%	
B	DB Bench Press	3	x 6 EA	75%	Single Arm
C	Band Pull Apart	3	x 10		Thumbs Out
Perform A-C Simultaneously for 3 Sets					
25 Seconds Rest Between Exercises					

Block 5 **Total Auxiliary Strength**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	DB Common Lunge Matrix	3	x 3 EA	75%	
B	SL Glute Ham Bar Lift	3	x 6 EA	70%	3 Sec Ecc, 6 EA Leg
C	Cable Walkout	3	x 4 EA		Athletic Stance, 3 Steps Out, 4 EA
Perform A-C Simultaneously for 3 Sets					
25 Seconds Rest Between Exercises					

4.12 Oxidative Training Block (Weeks 12-14)

As students return for the start of school, it is necessary to complete the oxidative training block a second time. This training block is now three weeks in length and is completed as the foundation for the entire off-season training model. For this reason, the specific training of this energy system must be improved prior to any other quality required in the sport of lacrosse. Training and running days are all completed in an oxidative fashion. This training in this block includes the glute layering system, described in section one, and other circuit style methods.

Goal Adaptations of Block:

- Utilize glutes as primary drivers of movement
- Increase oxygen availability
- Enhance blood flow and efficiency
- Increase mitochondrial density
- Increase oxidative enzymes
- Improve clearance of metabolites
- Recover at a higher rate
- Ultimately maximize the athlete's "drain"

Triphasic Lacrosse Training Manual

Oxidative 4-Day Elite Training Block Week 12 - Monday

Pre [Pre-Training, Multi-Dimensional Warm-Up](#)

Block 1		Glute Function Series Warm-Up				
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Banded Big Toe Work	1	x	20 EA		
B	Banded Other 4 Toe Work	1	x	20 EA		
C	Level 1 Glute Iso Training Protocol	1	x	18m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	10 EA	1" Band	Hips Drive, Shoulders Follow
Perform A-D as a Glute Function Warm-Up Series Prior to Training						
Block 2		Oxidative Energy System Training				
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	3-D Contralateral Circuit	1	x	25s		Complete As Many Reps As Possible
Perform A for 1 Set @ 25s on 10s off						
Block 3		Oxidative Energy System Conditioning				
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Metabolic Injury Prevention Running	2	x	5m		Jog, Shuffle R&L, Carioca R&L, Backpedal
Perform A for 2 Sets of 5 min; 1:30 rest between rounds						

Triphasic Lacrosse Training Manual

Oxidative 4-Day Elite Training Block Week 12 - Tuesday

Pre [Pre-Running, Multi-Dimensional Warm-Up](#)

Block 1 **Glute Function Series Warm-Up**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Banded Big Toe Work	1	x	20 EA		
B	Banded Other 4 Toe Work	1	x	20 EA		
C	Level 1 Glute Iso Training Protocol	1	x	18m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	10 EA	1" Band	Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2 **Oxidative Energy System Conditioning**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Threshold Training	4	x	4m		Running at Max Heart Rate

Perform A for 4 Sets of 4 min; 2:30 rest between rounds

Triphasic Lacrosse Training Manual

Oxidative 4-Day Elite Training Block Week 12 - Thursday

Pre [Pre-Training, Multi-Dimensional Warm-Up](#)

Block 1 **Glute Function Series Warm-Up**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Banded Big Toe Work	1	x	20 EA		
B	Banded Other 4 Toe Work	1	x	20 EA		
C	Level 1 Glute Iso Training Protocol	1	x	18m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	10 EA	1" Band	Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2 **Oxidative Energy System Training**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Wall Sit	1	x	5m		5 minute Isometric
B	DB Bench	1	x	5m	25-30%	5 minute Isometric
C	Supine Glute Ham Back	1	x	5m	25-30%	5 minute Isometric
D	Left Leg Lunge	1	x	5m		5 minute Isometric
E	DB Prone Row	1	x	5m	25-30%	5 minute Isometric
F	Right Leg Lunge	1	x	5m		5 minute Isometric

Perform A-F for 5 minutes Each; 3:00 Rest Between Exercises

Triphasic Lacrosse Training Manual

Oxidative 4-Day Elite Training Block Week 12 - Friday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1		Glute Function Series Warm-Up				
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Banded Big Toe Work	1	x	20 EA		
B	Banded Other 4 Toe Work	1	x	20 EA		
C	Level 1 Glute Iso Training Protocol	1	x	18m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	10 EA	1" Band	Hips Drive, Shoulders Follow
Perform A-D as a Glute Function Warm-Up Series Prior to Training						

Block 2		Oxidative Energy System Training				
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	3-D Contralateral Circuit	1	x	25s		Complete As Many Reps As Possible
Perform A for 1 Set @ 25s on 10s off						

Block 3		Oxidative Energy System Conditioning				
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Metabolic Injury Prevention Running	2	x	6m		Jog, Shuffle R&L, Carioca R&L, Backpedal
Perform A for 2 Sets of 6 min; 1:30 rest between rounds						

Triphasic Lacrosse Training Manual

Oxidative 4-Day Elite Training Block Week 13 - Monday

Pre [Pre-Training, Multi-Dimensional Warm-Up](#)

Block 1 **Glute Function Series Warm-Up**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Banded Big Toe Work	1	x	35 EA		
B	Banded Other 4 Toe Work	1	x	35 EA		
C	Level 2 Glute Iso Training Protocol	1	x	23m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	15 EA	1" Band	Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2 **Oxidative Energy System Training**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	3-D Contralateral Circuit	1	x	30s		Complete As Many Reps As Possible

Perform A for 1 Set @ 30s on 10s off

Block 3 **Oxidative Energy System Conditioning**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Metabolic Injury Prevention Running	3	x	5m		Jog, Shuffle R&L, Carioca R&L, Backpedal

Perform A for 3 Sets of 5 min; 1:30 rest between rounds

Triphasic Lacrosse Training Manual

Oxidative 4-Day Elite Training Block Week 13 - Tuesday

Pre [Pre-Running, Multi-Dimensional Warm-Up](#)

Block 1 **Glute Function Series Warm-Up**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Banded Big Toe Work	1	x	35 EA		
B	Banded Other 4 Toe Work	1	x	35 EA		
C	Level 2 Glute Iso Training Protocol	1	x	23m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	15 EA	1" Band	Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2 **Oxidative Energy System Conditioning**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Threshold Training	4	x	6m		Running at Max Heart Rate

Perform A for 4 Sets of 6 min; 2:30 rest between rounds

Triphasic Lacrosse Training Manual

Oxidative 4-Day Elite Training Block Week 13 - Thursday

Pre

Pre-Training, Multi-Dimensional Warm-Up

Block 1

Glute Function Series Warm-Up

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Banded Big Toe Work	1	x	35 EA		
B	Banded Other 4 Toe Work	1	x	35 EA		
C	Level 2 Glute Iso Training Protocol	1	x	23m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	15 EA	1" Band	Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2

Oxidative Energy System Training

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Wall Sit	1	x	5m		5 minute Isometric
B	DB Bench	1	x	5m	25-30%	5 minute Isometric
C	Supine Glute Ham Back	1	x	5m	25-30%	5 minute Isometric
D	Left Leg Lunge	1	x	5m		5 minute Isometric
E	DB Prone Row	1	x	5m	25-30%	5 minute Isometric
F	Right Leg Lunge	1	x	5m		5 minute Isometric

Perform A-F for 5 minutes Each; 2:30 Rest Between Exercises

Triphasic Lacrosse Training Manual

Oxidative 4-Day Elite Training Block Week 13 - Friday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 **Glute Function Series Warm-Up**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Banded Big Toe Work	1	x	35 EA	
B	Banded Other 4 Toe Work	1	x	35 EA	
C	Level 2 Glute Iso Training Protocol	1	x	23m	Green/Blue
D	Swiss Ball Hip Patterning	1	x	15 EA	1" Band Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2 **Oxidative Energy System Training**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	3-D Contralateral Circuit	1	x	30s	Complete As Many Reps As Possible

Perform A for 1 Set @ 30s on 10s off

Block 3 **Oxidative Energy System Conditioning**

A	Metabolic Injury Prevention Running	3	x	6m	Jog, Shuffle R&L, Carioca R&L, Backpedal
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Perform A for 3 Sets of 6 min; 1:30 rest between rounds

Triphasic Lacrosse Training Manual

Oxidative 4-Day Elite Training Block Week 14 - Monday

Pre [Pre-Training, Multi-Dimensional Warm-Up](#)

Block 1						
Glute Function Series Warm-Up						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Banded Big Toe Work	1	x	50 EA		
B	Banded Other 4 Toe Work	1	x	50 EA		
C	Level 3 Glute Iso Training Protocol	1	x	26m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	20 EA	1" Band	Hips Drive, Shoulders Follow
Perform A-D as a Glute Function Warm-Up Series Prior to Training						
Block 2						
Oxidative Energy System Training						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	3-D Contralateral Circuit	1	x	35s		Complete As Many Reps As Possible
Perform A for 1 Set @ 35s on 10s off						
Block 3						
Oxidative Energy System Conditioning						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Metabolic Injury Prevention Running	4	x	4m		Jog, Shuffle R&L, Carioca R&L, Backpedal
Perform A for 4 Sets of 4 min; 1:00 rest between rounds						

Triphasic Lacrosse Training Manual

Oxidative 4-Day Elite Training Block Week 14 - Tuesday

Pre Pre-Running, Multi-Dimensional Warm-Up

Block 1 **Glute Function Series Warm-Up**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Banded Big Toe Work	1	x	50 EA		
B	Banded Other 4 Toe Work	1	x	50 EA		
C	Level 3 Glute Iso Training Protocol	1	x	26m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	20 EA	1" Band	Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2 **Oxidative Energy System Conditioning**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Threshold Training	3	x	9m		Running at Max Heart Rate

Perform A for 3 Sets of 9 min; 2:30 rest between rounds

Triphasic Lacrosse Training Manual

Oxidative 4-Day Elite Training Block Week 14 - Thursday

Pre [Pre-Training, Multi-Dimensional Warm-Up](#)

Block 1		Glute Function Series Warm-Up				
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Banded Big Toe Work	1	x	50 EA		
B	Banded Other 4 Toe Work	1	x	50 EA		
C	Level 3 Glute Iso Training Protocol	1	x	26m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	20 EA	1" Band	Hips Drive, Shoulders Follow
Perform A-D as a Glute Function Warm-Up Series Prior to Training						
Block 2		Oxidative Energy System Training				
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Wall Sit	1	x	5m	25-30%	5 minute Isometric
B	DB Bench	1	x	5m	25-30%	5 minute Isometric
C	Supine Glute Ham Back	1	x	5m	25-30%	5 minute Isometric
D	Left Leg Lunge	1	x	5m	25-30%	5 minute Isometric
E	DB Prone Row	1	x	5m	25-30%	5 minute Isometric
F	Right Leg Lunge	1	x	5m	25-30%	5 minute Isometric
Perform A-F for 5 minutes Each; 2:00 Rest Between Exercises						

Triphasic Lacrosse Training Manual

Oxidative 4-Day Elite Training Block Week 14 - Friday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 **Glute Function Series Warm-Up**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Banded Big Toe Work	1	x	50 EA	
B	Banded Other 4 Toe Work	1	x	50 EA	
C	Level 3 Glute Iso Training Protocol	1	x	26m	Green/Blue
D	Swiss Ball Hip Patterning	1	x	20 EA	1" Band Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2 **Oxidative Energy System Training**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	3-D Contralateral Circuit	1	x	35s	Complete As Many Reps As Possible

Perform A for 1 Set @ 35s on 10s off

Block 3 **Oxidative Energy System Conditioning**

A	Metabolic Injury Prevention Running	4	x	5m	Jog, Shuffle R&L, Carioca R&L, Backpedal
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Perform A for 4 Sets of 5 min; 1:00 rest between rounds

4.13 Glycolytic Training Block (Weeks 15-16)

Training throughout this block is utilized to maximize the glycolytic energy system. Running was implemented for this training block during the capacity strength training block. However, now the training days are also completed specifically to drive this energy system to function at this highest level. The extreme level of metabolites produced makes this phase one of the training one of the most grueling to complete in the Triphasic Lacrosse Training Manual. Circuits are also utilized in this training block. However, they are implemented specifically to drive metabolite production and are completed at a much higher intensity than the circuits of the oxidative training block.

Goal Adaptations of Block:

- Continue glute specific training
- Produce high-levels of metabolites
- Improve tolerance of metabolites
- Increase glycolytic enzymes
- Ultimately maximize an athlete's "sink" size

Triphasic Lacrosse Training Manual

Glycolytic 4-Day Elite Training Block Week 15 - Monday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1		Glute Function Series Warm-Up				
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Banded Big Toe Work	1	x	50 EA		
B	Banded Other 4 Toe Work	1	x	50 EA		
C	Level 4 Glute Iso Training Protocol	1	x	14m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	20 EA	1" Band	Hips Drive, Shoulders Follow
Perform A-D as a Glute Function Warm-Up Series Prior to Training						

Block 2		Glycolytic Energy System Training				
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	DB Bench - Left Arm	3	x	30s	65-70%	30 second Isometric, 10 second Rest
B	DB Split Squat - Right Leg	3	x	30s	65-70%	30 second Isometric, 10 second Rest
C	DB Bench - Right Arm	3	x	30s	65-70%	30 second Isometric, 10 second Rest
D	DB Split Squat - Left Leg	3	x	30s	65-70%	30 second Isometric, 10 second Rest
E	SL Glute Bar Lift - Right Leg	3	x	30s	65-70%	30 second Isometric, 10 second Rest
F	DB Bent Over Row - Left Arm	3	x	30s	65-70%	30 second Isometric, 10 second Rest
G	SL Glute Bar Lift - Left Leg	3	x	30s	65-70%	30 second Isometric, 10 second Rest
H	DB Bent Over Row - Right Arm	3	x	30s	65-70%	30 second Isometric, 10 second Rest
I	DB Shoulder Press - Both Arms	3	x	30s	65-70%	30 second Isometric, 10 second Rest
J	Pull-Up - Both Arms	3	x	30s	65-70%	30 second Isometric, 10 second Rest
K	Swiss Ball Leg Curl - Both Legs	3	x	30s	65-70%	30 second Isometric, 10 second Rest
L	Inverted Row - Both Arms	3	x	30s	65-70%	30 second Isometric, 10 second Rest
Perform A-L Simultaneously for 3 Sets						
10 Seconds Rest Between Exercises; 2:30 minutes between Rounds						

Block 3		Glycolytic Energy System Conditioning				
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Metabolic Injury Prevention Running	10	x	20s		Sprint, Shuffle R&L, Carioca R&L; 1 EA Rep
Perform A for 10 Sets of 20 sec; 1:00 rest between rounds; Cover as Much Distance as Possible in Each Repetition						

Triphasic Lacrosse Training Manual

Glycolytic 4-Day Elite Training Block Week 15 - Wednesday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1		Glute Function Series Warm-Up				
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Banded Big Toe Work	1	x	50 EA		
B	Banded Other 4 Toe Work	1	x	50 EA		
C	Level 4 Glute Iso Training Protocol	1	x	14m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	20 EA	1" Band	Hips Drive, Shoulders Follow
Perform A-D as a Glute Function Warm-Up Series Prior to Training						

Block 2		Glycolytic Energy System Training				
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	DB Step Up	AMAP	x	10 EA	50-60%	As Many Sets As Possible in 5 minutes
B	Bench Press	AMAP	x	10	50-60%	As Many Sets As Possible in 5 minutes
Perform A-B Simultaneously for 10 Repetitions Each for As Many Sets As Possible in 5 minutes						
No Rest Between Exercises; 2:30 minutes between Next Round						

Block 3		Glycolytic Energy System Training				
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	RDL	AMAP	x	10	50-60%	As Many Sets As Possible in 5 minutes
B	Lat Pull Down	AMAP	x	10	50-60%	As Many Sets As Possible in 5 minutes
Perform A-B Simultaneously for 10 Repetitions Each for As Many Sets As Possible in 5 minutes						
No Rest Between Exercises; 2:30 minutes between Next Round						

Block 4		Glycolytic Energy System Training				
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	DB Split Squat	AMAP	x	10 EA	50-60%	As Many Sets As Possible in 5 minutes
B	Bent Over Row	AMAP	x	10	50-60%	As Many Sets As Possible in 5 minutes
Perform A-B Simultaneously for 10 Repetitions Each for As Many Sets As Possible in 5 minutes						
No Rest Between Exercises; 2:30 minutes between Next Round						

Block 5		Glycolytic Energy System Training				
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	DB Lateral Lunge	AMAP	x	10 EA	50-60%	As Many Sets As Possible in 5 minutes
B	TRX Inverted Row	AMAP	x	10	50-60%	As Many Sets As Possible in 5 minutes
Perform A-B Simultaneously for 10 Repetitions Each for As Many Sets As Possible in 5 minutes						
No Rest Between Exercises; 2:30 minutes between Next Round						

Triphasic Lacrosse Training Manual

Glycolytic 6-Day Elite Training Block Week 15 - Thursday

Pre **Pre-Running, Multi-Dimensional Warm-Up**

Block 1 **Glute Function Series Warm-Up**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	Banded Big Toe Work	1	x	50 EA	
B	Banded Other 4 Toe Work	1	x	50 EA	
C	Level 4 Glute Iso Training Protocol	1	x	14m	Green/Blue
D	Swiss Ball Hip Patterning	1	x	20 EA	1" Band Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2 **Glycolytic Energy System Conditioning**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	Lactic Capacity Training	3	x	3x1:30	Sprinting at Max Speed

Perform A for 3 repetitions of 1:30 Sprint; 1:00 rest between repetitions; Complete 3 Total Sets with Rest 3:00 between Sets

Triphasic Lacrosse Training Manual

Glycolytic 4-Day Elite Training Block Week 15 - Friday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1		Glute Function Series Warm-Up				
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Banded Big Toe Work	1	x	50 EA		
B	Banded Other 4 Toe Work	1	x	50 EA		
C	Level 4 Glute Iso Training Protocol	1	x	14m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	20 EA	1" Band	Hips Drive, Shoulders Follow
Perform A-D as a Glute Function Warm-Up Series Prior to Training						

Block 2		Glycolytic Energy System Training				
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	DB Bench - Left Arm	3	x	30s	45-50%	30 second Oscillatory, 10 Second Rest
B	DB Split Squat - Right Leg	3	x	30s	45-50%	30 second Oscillatory, 10 Second Rest
C	DB Bench - Right Arm	3	x	30s	45-50%	30 second Oscillatory, 10 Second Rest
D	DB Split Squat - Left Leg	3	x	30s	45-50%	30 second Oscillatory, 10 Second Rest
E	SL Glute Bar Lift - Right Leg	3	x	30s	45-50%	30 second Oscillatory, 10 Second Rest
F	DB Bent Over Row - Left Arm	3	x	30s	45-50%	30 second Oscillatory, 10 Second Rest
G	SL Glute Bar Lift - Left Leg	3	x	30s	45-50%	30 second Oscillatory, 10 Second Rest
H	DB Bent Over Row - Right Arm	3	x	30s	45-50%	30 second Oscillatory, 10 Second Rest
I	DB Shoulder Press - Both Arms	3	x	30s	45-50%	30 second Oscillatory, 10 Second Rest
J	Pull-Up - Both Arms	3	x	30s	45-50%	30 second Oscillatory, 10 Second Rest
K	Swiss Ball Leg Curl - Both Legs	3	x	30s	45-50%	30 second Oscillatory, 10 Second Rest
L	Inverted Row - Both Arms	3	x	30s	45-50%	30 second Oscillatory, 10 Second Rest
Perform A-L Simultaneously for 3 Sets						
10 Seconds Rest Between Exercises; 2:30 minutes between Rounds						

Block 3		Glycolytic Energy System Conditioning				
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Metabolic Injury Prevention Running	10	x	25s		Sprint, Shuffle R&L, Carioca R&L; 1 EA Rep
Perform A for 10 Sets of 25 sec; 1:00 rest between rounds; Cover as Much Distance as Possible in Each Repetition						

Triphasic Lacrosse Training Manual

Glycolytic 4-Day Elite Training Block Week 16 - Monday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1		Glute Function Series Warm-Up				
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Banded Big Toe Work	1	x	50 EA		
B	Banded Other 4 Toe Work	1	x	50 EA		
C	Level 5 Glute Iso Training Protocol	1	x	14m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	20 EA	1" Band	Hips Drive, Shoulders Follow
Perform A-D as a Glute Function Warm-Up Series Prior to Training						

Block 2		Glycolytic Energy System Training				
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	DB Bench - Left Arm	3	x	30s	65-70%	30 second Isometric, 10 second Rest
B	DB Split Squat - Right Leg	3	x	30s	65-70%	30 second Isometric, 10 second Rest
C	DB Bench - Right Arm	3	x	30s	65-70%	30 second Isometric, 10 second Rest
D	DB Split Squat - Left Leg	3	x	30s	65-70%	30 second Isometric, 10 second Rest
E	SL Glute Bar Lift - Right Leg	3	x	30s	65-70%	30 second Isometric, 10 second Rest
F	DB Bent Over Row - Left Arm	3	x	30s	65-70%	30 second Isometric, 10 second Rest
G	SL Glute Bar Lift - Left Leg	3	x	30s	65-70%	30 second Isometric, 10 second Rest
H	DB Bent Over Row - Right Arm	3	x	30s	65-70%	30 second Isometric, 10 second Rest
I	DB Shoulder Press - Both Arms	3	x	30s	65-70%	30 second Isometric, 10 second Rest
J	Pull-Up - Both Arms	3	x	30s	65-70%	30 second Isometric, 10 second Rest
K	Swiss Ball Leg Curl - Both Legs	3	x	30s	65-70%	30 second Isometric, 10 second Rest
L	Inverted Row - Both Arms	3	x	30s	65-70%	30 second Isometric, 10 second Rest
Perform A-L Simultaneously for 3 Sets						
10 Seconds Rest Between Exercises; 2:30 minutes between Rounds						

Block 3		Glycolytic Energy System Conditioning				
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Metabolic Injury Prevention Running	12	x	20s		Sprint, Shuffle R&L, Carioca R&L; 1 EA Rep
Perform A for 12 Sets of 20 sec; 1:00 rest between rounds; Cover as Much Distance as Possible in Each Repetition						

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Glycolytic 4-Day Elite Training Block Week 16 - Wednesday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Glute Function Series Warm-Up

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Banded Big Toe Work	1	x	50 EA	
B	Banded Other 4 Toe Work	1	x	50 EA	
C	Level 5 Glute Iso Training Protocol	1	x	14m	Green/Blue
D	Swiss Ball Hip Patterning	1	x	20 EA	1" Band Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2 Glycolytic Energy System Training

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	DB Step Up	AMAP	x	10 EA	50-60% As Many Sets As Possible in 5 minutes
B	Bench Press	AMAP	x	10	50-60% As Many Sets As Possible in 5 minutes

Perform A-B Simultaneously for 10 Repetitions Each for As Many Sets As Possible in 5 minutes

No Rest Between Exercises; 2:30 minutes between Next Round

Block 3 Glycolytic Energy System Training

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	RDL	AMAP	x	10	50-60% As Many Sets As Possible in 5 minutes
B	Lat Pull Down	AMAP	x	10	50-60% As Many Sets As Possible in 5 minutes

Perform A-B Simultaneously for 10 Repetitions Each for As Many Sets As Possible in 5 minutes

No Rest Between Exercises; 2:30 minutes between Next Round

Block 4 Glycolytic Energy System Training

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	DB Split Squat	AMAP	x	10 EA	50-60% As Many Sets As Possible in 5 minutes
B	Bent Over Row	AMAP	x	10	50-60% As Many Sets As Possible in 5 minutes

Perform A-B Simultaneously for 10 Repetitions Each for As Many Sets As Possible in 5 minutes

No Rest Between Exercises; 2:30 minutes between Next Round

Block 5 Glycolytic Energy System Training

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	DB Lateral Lunge	AMAP	x	10 EA	50-60% As Many Sets As Possible in 5 minutes
B	TRX Inverted Row	AMAP	x	10	50-60% As Many Sets As Possible in 5 minutes

Perform A-B Simultaneously for 10 Repetitions Each for As Many Sets As Possible in 5 minutes

No Rest Between Exercises; 2:30 minutes between Next Round

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Glycolytic 6-Day Elite Training Block Week 16 - Thursday

Pre Pre-Running, Multi-Dimensional Warm-Up

Block 1 **Glute Function Series Warm-Up**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Banded Big Toe Work	1	x	50 EA		
B	Banded Other 4 Toe Work	1	x	50 EA		
C	Level 5 Glute Iso Training Protocol	1	x	14m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	20 EA	1" Band	Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2 **Glycolytic Energy System Conditioning**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Lactic Capacity Training	3	x	3x2:00		Sprinting at Max Speed

Perform A for 3 repetitions of 2:00 Sprint; 1:00 rest between repetitions; Complete 3 Total Sets with Rest 3:00 between Sets

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Glycolytic 4-Day Elite Training Block Week 16 - Friday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1		Glute Function Series Warm-Up				
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Banded Big Toe Work	1	x	50 EA		
B	Banded Other 4 Toe Work	1	x	50 EA		
C	Level 5 Glute Iso Training Protocol	1	x	14m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	20 EA	1" Band	Hips Drive, Shoulders Follow
Perform A-D as a Glute Function Warm-Up Series Prior to Training						

Block 2		Glycolytic Energy System Training				
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	DB Bench - Left Arm	3	x	30s	45-50%	30 second Oscillatory, 10 Second Rest
B	DB Split Squat - Right Leg	3	x	30s	45-50%	30 second Oscillatory, 10 Second Rest
C	DB Bench - Right Arm	3	x	30s	45-50%	30 second Oscillatory, 10 Second Rest
D	DB Split Squat - Left Leg	3	x	30s	45-50%	30 second Oscillatory, 10 Second Rest
E	SL Glute Bar Lift - Right Leg	3	x	30s	45-50%	30 second Oscillatory, 10 Second Rest
F	DB Bent Over Row - Left Arm	3	x	30s	45-50%	30 second Oscillatory, 10 Second Rest
G	SL Glute Bar Lift - Left Leg	3	x	30s	45-50%	30 second Oscillatory, 10 Second Rest
H	DB Bent Over Row - Right Arm	3	x	30s	45-50%	30 second Oscillatory, 10 Second Rest
I	DB Shoulder Press - Both Arms	3	x	30s	45-50%	30 second Oscillatory, 10 Second Rest
J	Pull-Up - Both Arms	3	x	30s	45-50%	30 second Oscillatory, 10 Second Rest
K	Swiss Ball Leg Curl - Both Legs	3	x	30s	45-50%	30 second Oscillatory, 10 Second Rest
L	Inverted Row - Both Arms	3	x	30s	45-50%	30 second Oscillatory, 10 Second Rest
Perform A-L Simultaneously for 3 Sets						
10 Seconds Rest Between Exercises; 2:30 minutes between Rounds						

Block 3		Glycolytic Energy System Conditioning				
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Metabolic Injury Prevention Running	12	x	25s		Sprint, Shuffle R&L, Carioca R&L; 1 EA Rep
Perform A for 12 Sets of 25 sec; 1:00 rest between rounds; Cover as Much Distance as Possible in Each Repetition						

4.14 Eccentric Training Block (Weeks 17-18)

The eccentric training block is implemented for two weeks. It is in this block that each of the components described in section three of this manual are implemented entirely within a single program. The Block Training, Modified Undulated, High-Quality Training, and Muscle Action Training Models are all implemented simultaneously within this block. Each of these models are implemented in other phases, but not all within the same training program. This phase is primarily focused on the ability of an athlete to absorb high-levels of force, as this is the first phase in the utilization of the SSC. For this reason, eccentric training is implemented. As this block is completed with the highest possible quality, the ATP/Cr-P energy system is implemented on running days. Recall the importance of short, repeat-sprints in the sport of lacrosse. Training completed in this block is designed to mimic those specific requirements in the most efficient model possible.

Goal Adaptations of Block:

- Maximize absorption of force
- Enhance acceleration and deceleration technique
- Improve tissue tolerance
- Movement efficiency
- Improve the SSC ability
- Reduce inhibiting effects of GTOs
- Selectively train explosive type II muscle fibers

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Eccentric 6-Day Elite Training Block Week 17 - Monday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1						
Speed/Agility Training						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Flying 50's	1	x	6		20-10-20, Bound-Sprint
1:30 Minute Rest Between Reps						
Block 2						
Lower Body Warm-up						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Safety Bar Split Squat	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Ankle Wipers	3	x	10 EA		Max ROM, No Knee Mvmt
Perform A & B Series Simultaneously for 3 Sets						
1:00 Minute Rest Between Sets						
Block 3						
Lower Body Strength						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Safety Bar Split Squat	3	x	1,1-Clu	85-87.5%	7 Sec Ecc-Partner Help
B	Hurdle Hop	3	x	4		Jump High, Continuous
C	Wt. Squat Jump Pause	3	x	4		Pull-In, Pause at Bottom
D	Accel. Band Jump Pause	3	x	4		Pull-In, Pause at Bottom
E	Manual 4-Way Neck	3	x	1 EA	Partner Push	7 Sec Ecc-EA
F	Partner Bench Glute	3	x	1 EA	Partner Push	7 Sec Ecc-EA
G	Ant. Tib Band	3	x	2 EA	1" Band	3 Sec Ecc-2 EA
Perform A-G Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds						
Block 4						
Upper Body Warm-up						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Bench Press	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Band Pull-Aparts	3	x	10	1/2" Band	
Perform A & B Series Simultaneously for 3 Sets						
1:00 Minute Rest Between Sets						
Block 5						
Upper Body Strength						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Bench Press	3	x	1,1	85-87.5%	7 Sec Ecc-Partner Help
B	Speed Bench Press	3	x	5	30-35%	Push-Pull, Full ROM
C	DB Incline Press	3	x	5	35-40%	Push-Pull, Full ROM
D	Rack Band Push-Up	3	x	5		Pull-In, Pause at Bottom
E	Mini Band Scap Press	3	x	10	Green	
Perform A-E Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds						
Block 6						
Total Auxiliary Strength						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	SL Glute Ham Bar Lift	3	x	1 EA	82.5-85%	7 Sec Ecc-EA, 2 Up-1 Down
B	Pull-Up	3	x	1	Partner Pull	7 Sec Ecc
C	Partner Bench Groin	3	x	1 EA	Partner Push	7 Sec Ecc-EA
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						
Block 7						
Total Auxiliary Strength						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	DB Common Lunge Matrix	3	x	1 EA	82.5-85%	7 Sec Ecc-FWD,LAT,ROT
B	DB Bent Over Row	3	x	1 EA	82.5-85%	7 Sec Ecc-EA
C	Partner Band Abs	3	x	8	Partner Pull	7 Sec Ecc
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

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Eccentric 6-Day Elite Training Block Week 17 - Wednesday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Speed/Agility Training						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Pro-Agility	1	x	3 EA		5-10-5
1:30 Minute Rest Between Reps						
Block 2 Lower Body Warm-up						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Hex Bar Deadlift	1,1,1	x	5,3,3	50-80%	Warm-Up
Perform A as a Warm-Up for Heavier Sets						
1:00 Minute Rest Between Sets						
Block 3 Lower Body Strength						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Hex Bar Deadlift	6	x	5s	85-90%	Max Reps, No Floor Touch
B	Toe Out-Common Lunge Matrix	6	x	3 EA		Rapid Decel, 3-FWD,3-LAT,3-ROT, EA Leg
Perform A-B Simultaneously for 6 Sets						
25 Seconds Rest Between Exercises; 1:30 minutes between Rounds						
Block 4 Upper Body Warm-up						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Bench Press	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Mini-Band Scap Wall Walks	3	x	10 EA	Green	
Perform A & B Series Simultaneously for 3 Sets						
1:00 Minute Rest Between Sets						
Block 5 Upper Body Strength						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Bench Press	3	x	5s	85-90%	Max Reps
B	One Arm Med Ball Pass	3	x	5 EA		Use Hips
C	Delt Bent Over OH Rebound Drop	3	x	5 EA		
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds						
Block 6 Total Auxiliary Strength						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Split Squat	3	x	5s	80-85%	OC-D+1, EA
B	DB Incline Press	3	x	5s	80-85%	OC-D+1
C	DB RDL	3	x	5s	80-85%	OC-D+1
D	Hip Flex Prone	3	x	5s		Reactive-AMAP/Push-Pull-EA
Perform A-D Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						
Block 7 Total Auxiliary Strength						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	DB Step Up	3	x	5s	80-85%	Bottom 1/2, EA
B	Contra. Glute Ham + DB Row	3	x	5s	Light	OC-D+1, EA
C	Glute Ham Hyper	3	x	5s		OC-D+1
D	Stiff Leg Ankle Hops	4	x	5s		Max Reps, No Heel Touch
Perform A-D Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

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Eccentric 4-Day Elite Training Block Week 17 - Thursday

Pre Pre-Running, Multi-Dimensional Warm-Up

Block 1						
Acceleration Technique Training						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Wall Drill	4	x	4 EA		Drive Hips FWD, Leg in Piston Motion
1:00 Minute Rest Between Reps						
Block 2						
Acceleration Technique Training						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Band Resisted March	6	x	10Y		Drive Hips FWD, Maintain Angle
1:00 Minute Rest Between Sets						
Block 3						
Acceleration Technique Training						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Tall-Fall Burst	4	x	10Y		Drive Hips FWD, Maintain Angle
1:00 Minute Rest Between Sets						
Block 4						
Change of Direction Technique Training						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Decel Drill	4	x	4 EA		Decel Every 5 yards, 4 EA Leg
1:00 Minute Rest Between Sets						
Block 5						
Change of Direction Technique Training						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Shuffle Decel Drill	4	x	4 EA		Decel Every 5 yards, 4 EA Leg
1:00 Minute Rest Between Sets						
Block 6						
ATP/Cr-P Energy System Conditioning						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Box Drill	1	x	4 EA		Shuffle-Sprint-Shuffle
1:00 Minute Rest Between Sets						

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Eccentric 6-Day Elite Training Block Week 17 - Friday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Speed/Agility Training

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Stairs + Turn & Sprint	1	x	3 EA	15 Yard Stairs + 15 Sprint

1:30 Minute Rest Between Reps

Block 2 Lower Body Warm-up

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Safety Bar Split Squat	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Elev. Ankle Raise	3	x	10 EA		Maintain Arch

Perform A & B Series Simultaneously for 3 Sets

1:00 Minute Rest Between Sets

Block 3 Lower Body Strength

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Safety Bar Split Squat	4	x	1,1-Clu	80-85%	10 Sec Ecc-Partner Help
B	Lateral Hurdle Hop	4	x	3 EA		Jump High, Continuous
C	Resisted Speed Skater Jumps	4	x	3 EA		Pull-In, Pause
D	Band Assisted Shuffle	4	x	1 EA		5 Yards EA
E	Manual 4-Way Neck	4	x	2 EA	Partner Push	5 Sec Ecc-2 EA
F	Partner Bench Groin	4	x	2 EA	Partner Push	5 Sec Ecc-2 EA
G	Ankle Band Work	4	x	2 EA	1" Band	5 Sec Ecc-2 EA

Perform A-G Simultaneously for 4 Sets

25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 4 Upper Body Strength

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Chin-Up	4	x	1	Partner Pull	10 Sec Ecc
B	SA Band Straight Arm Lat Pull-Down	4	x	4 EA		Speed
C	SA Cable Straight Arm Lat Pull-Down	4	x	4 EA		Power
D	MB OH Slams	4	x	5		
E	Banded Cuban Press	4	x	2 EA		5 Sec Ecc-2 EA

Perform A-E Simultaneously for 4 Sets

25 Seconds Rest Between Exercises

Block 5 Lower Auxiliary Strength

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	SL Reverse Hyper	3	x	2 EA	Partner Push	5 Sec Ecc-2 EA
B	Partner Bench Glute	3	x	2 EA	Partner Push	5 Sec Ecc-2 EA
C	SWB Twist Down	3	x	2 EA		5 Sec Ecc-2 EA

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

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Eccentric 6-Day Elite Training Block Week 18 - Monday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1						
Speed/Agility Training						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Flying 50's	1	x	6		20-10-20, Bound-Sprint
1:30 Minute Rest Between Reps						
Block 2						
Lower Body Warm-up						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Safety Bar Split Squat	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Ankle Wipers	3	x	10 EA		Max ROM, No Knee Mvmt
Perform A & B Series Simultaneously for 3 Sets						
1:00 Minute Rest Between Sets						
Block 3						
Lower Body Strength						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Safety Bar Split Squat	3	x	1,1-Clu	85-87.5%	7 Sec Ecc-Partner Help
B	Hurdle Hop	3	x	4		Jump High, Continuous
C	Wt. Squat Jump Pause	3	x	4		Pull-In, Pause at Bottom
D	Accel. Band Jump Pause	3	x	4		Pull-In, Pause at Bottom
E	Manual 4-Way Neck	3	x	1 EA	Partner Push	7 Sec Ecc-EA
F	Partner Bench Glute	3	x	1 EA	Partner Push	7 Sec Ecc-EA
G	Ant. Tib Band	3	x	2 EA	1" Band	3 Sec Ecc-2 EA
Perform A-G Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds						
Block 4						
Upper Body Warm-up						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Bench Press	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Band Pull-Aparts	3	x	10	1/2" Band	
Perform A & B Series Simultaneously for 3 Sets						
1:00 Minute Rest Between Sets						
Block 5						
Upper Body Strength						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Safety Bar Split Squat	3	x	1,1	85-87.5%	7 Sec Ecc-Partner Help
B	Speed Bench Press	3	x	5	30-35%	Push-Pull, Full ROM
C	DB Incline Press	3	x	5	35-40%	Push-Pull, Full ROM
D	Rack Band Push-Up	3	x	5		Pull-In, Pause at Bottom
E	Mini Band Scap Press	3	x	10	Green	
Perform A-E Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds						
Block 6						
Total Auxiliary Strength						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	SL Glute Ham Bar Lift	3	x	1 EA	82.5-85%	7 Sec Ecc-EA, 2 Up-1 Down
B	Pull-Up	4	x	1	Partner Pull	7 Sec Ecc
C	Partner Bench Groin	3	x	1 EA	Partner Push	7 Sec Ecc-EA
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						
Block 7						
Total Auxiliary Strength						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	DB Common Lunge Matrix	3	x	1 EA	82.5-85%	7 Sec Ecc-FWD,LAT,ROT
B	DB Bent Over Row	3	x	1 EA	82.5-85%	7 Sec Ecc-EA
C	Partner Band Abs	3	x	8	Partner Pull	7 Sec Ecc
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

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Eccentric 6-Day Elite Training Block Week 18 - Wednesday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Speed/Agility Training						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Pro-Agility	1	x	3 EA		5-10-5
1:30 Minute Rest Between Reps						
Block 2 Lower Body Warm-up						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Hex Bar Deadlift	1,1,1	x	5,3,3	50-80%	Warm-Up
Perform A as a Warm-Up for Heavier Sets						
1:00 Minute Rest Between Sets						
Block 3 Lower Body Strength						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Hex Bar Deadlift	6	x	5s	85-90%	Max Reps, No Floor Touch
B	Toe Out-Common Lunge Matrix	6	x	3 EA		Rapid Decel, 3-FWD,3-LAT,3-ROT, EA Leg
Perform A-B Simultaneously for 6 Sets						
25 Seconds Rest Between Exercises; 1:30 minutes between Rounds						
Block 4 Upper Body Warm-up						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Bench Press	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Mini-Band Scap Wall Walks	3	x	10 EA	Green	
Perform A & B Series Simultaneously for 3 Sets						
1:00 Minute Rest Between Sets						
Block 5 Upper Body Strength						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Bench Press	3	x	5s	85-90%	Max Reps
B	One Arm Med Ball Pass	3	x	5 EA		Use Hips
C	Delt Bent Over OH Rebound Drop	3	x	5 EA		
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds						
Block 6 Total Auxiliary Strength						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Split Squat	3	x	5s	80-85%	OC-D+1, EA
B	DB Incline Press	3	x	5s	80-85%	OC-D+1
C	DB RDL	3	x	5s	80-85%	OC-D+1
D	Hip Flex Prone	3	x	5s		Reactive-AMAP/Push-Pull-EA
Perform A-D Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						
Block 7 Total Auxiliary Strength						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	DB Step Up	3	x	5s	80-85%	Bottom 1/2, EA
B	Contra. Glute Ham + DB Row	3	x	5s	Light	OC-D+1, EA
C	Glute Ham Hyper	3	x	5s		OC-D+1
D	Stiff Leg Ankle Hops	3	x	5s		Max Reps, No Heel Touch
Perform A-D Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

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Eccentric 4-Day Elite Training Block Week 18 - Thursday

Pre **Pre-Running, Multi-Dimensional Warm-Up**

Block 1 **Acceleration Technique Training**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Wall Drill	4	x	5 EA	Drive Hips FWD, Leg in Piston Motion

1:00 Minute Rest Between Reps

Block 2 **Acceleration Technique Training**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Band Resisted March	6	x	10Y	Drive Hips FWD, Maintain Angle

1:00 Minute Rest Between Sets

Block 3 **Acceleration Technique Training**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Tall-Fall Burst	5	x	10Y	Drive Hips FWD, Maintain Angle

1:00 Minute Rest Between Sets

Block 4 **Change of Direction Technique Training**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Decel Drill	5	x	4 EA	Decel With Partner, 4 EA Leg

1:00 Minute Rest Between Sets

Block 5 **Change of Direction Technique Training**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Shuffle Decel Drill	5	x	4 EA	Decel With Partner, 4 EA Leg

1:00 Minute Rest Between Sets

Block 6 **ATP/Cr-P Energy System Conditioning**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Box Drill	1	x	5 EA	Shuffle-Sprint-Shuffle

1:00 Minute Rest Between Sets

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Eccentric 6-Day Elite Training Block Week 18 - Friday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Speed/Agility Training

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Stairs + Turn & Sprint	1	x	3 EA	15 Yard Stairs + 15 Sprint

1:30 Minute Rest Between Reps

Block 2 Lower Body Warm-up

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Safety Bar Split Squat	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Elev. Ankle Raise	3	x	10 EA		Maintain Arch

Perform A & B Series Simultaneously for 3 Sets

1:00 Minute Rest Between Sets

Block 3 Lower Body Strength

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Safety Bar Split Squat	4	x	1,1-Clu	80-85%	10 Sec Ecc-Partner Help
B	Lateral Hurdle Hop	4	x	3 EA		Jump High, Continuous
C	Resisted Speed Skater Jumps	4	x	3 EA		Pull-In, Pause
D	Band Assisted Shuffle	4	x	1 EA		5 Yards EA
E	Manual 4-Way Neck	4	x	2 EA	Partner Push	5 Sec Ecc-2 EA
F	Partner Bench Groin	4	x	2 EA	Partner Push	5 Sec Ecc-2 EA
G	Ankle Band Work	4	x	2 EA	1" Band	5 Sec Ecc-2 EA

Perform A-G Simultaneously for 4 Sets

25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 4 Upper Body Strength

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Chin-Up	4	x	1	Partner Pull	10 Sec Ecc
B	SA Band Straight Arm Lat Pull-Down	4	x	4 EA		Speed
C	SA Cable Straight Arm Lat Pull-Down	4	x	4 EA		Power
D	MB OH Slams	4	x	5		
E	Banded Cuban Press	4	x	2 EA		5 Sec Ecc-2 EA

Perform A-E Simultaneously for 4 Sets

25 Seconds Rest Between Exercises

Block 5 Lower Auxiliary Strength

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	SL Reverse Hyper	3	x	2 EA	Partner Push	5 Sec Ecc-2 EA
B	Partner Bench Glute	3	x	2 EA	Partner Push	5 Sec Ecc-2 EA
C	SWB Twist Down	3	x	2 EA		5 Sec Ecc-2 EA

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

4.15 Download (Week 19)

The download week is implemented to allow an athlete recovery time between intensive training blocks. Referring back to the GAS principles described in section one, it is during the recovery periods of training in which maximal adaptations occur. By allowing an athlete to recover from the previous, intense training phase, his body will improve to the greatest extent. The importance of these training weeks cannot be overlooked. Rest is a weapon and must be implemented at appropriate times within training. Both training and running days are completed in an oxidative fashion, with the implementation of the glute layering system and other circuit style methods.

Goal Adaptations of Block:

- Allow supercompensation from previous training block
- Induce recovery
- Re-address glute function training
- Re-address oxidative performance quality

Triphasic Lacrosse Training Manual

Download 3-Day Elite Training Block Week 19 - Monday

Pre [Pre-Training, Multi-Dimensional Warm-Up](#)

Block 1 **Glute Function Series Warm-Up**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Banded Big Toe Work	1	x	20 EA		
B	Banded Other 4 Toe Work	1	x	20 EA		
C	Level 1 Glute Iso Training Protocol	1	x	18m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	10 EA	1" Band	Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2 **Oxidative Energy System Training**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	3-D Contralateral Circuit	1	x	20s		Complete As Many Reps As Possible

Perform A for 1 Set @ 20s on 15s off

Triphasic Lacrosse Training Manual

Download 3-Day Elite Training Block Week 19 - Wednesday

Pre [Pre-Running, Multi-Dimensional Warm-Up](#)

Block 1 **Glute Function Series Warm-Up**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Banded Big Toe Work	1	x 20 EA		
B	Banded Other 4 Toe Work	1	x 20 EA		
C	Level 1 Glute Iso Training Protocol	1	x 18m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x 10 EA	1" Band	Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2 **Oxidative Energy System Conditioning**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Threshold Training	2	x 4m		Running at Max Heart Rate

Perform A for 2 Sets of 4 min; 2:30 rest between rounds

Triphasic Lacrosse Training Manual

Download 3-Day Elite Training Block Week 19 - Friday

Pre [Pre-Training, Multi-Dimensional Warm-Up](#)

Block 1 **Glute Function Series Warm-Up**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Banded Big Toe Work	1	x	20 EA		
B	Banded Other 4 Toe Work	1	x	20 EA		
C	Level 1 Glute Iso Training Protocol	1	x	18m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	10 EA	1" Band	Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2 **Oxidative Energy System Training**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Metabolic Sandbell Circuit	1	x	25s		Complete As Many Reps As Possible

Perform A for 1 Set @ 25s on 10s off

4.16 Isometric Training Block (Weeks 20-21)

The isometric block is completed for a duration of two weeks. Just as in the eccentric training block, all models presented in section three are implemented within this phase. By improving the isometric muscle action specifically, the transition between force absorption and production is improved to the highest extent. This continues to improve the utilization of the SSC, which is required in every movement in lacrosse. With this block also being completed with the highest possible quality, the ATP/Cr-P energy system is implemented on running days. Once again, the training in this phase is programmed to represent short, high-intensity bursts, just like the movements required in lacrosse.

Goal Adaptations of Block:

- Maximize force transfer
- Movement efficiency
- Improve the SSC ability
- Increase recruitment of muscle fibers
- Enhance rate coding

Triphasic Lacrosse Training Manual

Isometric 6-Day Elite Training Block Week 20 - Monday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Speed/Agility Training

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Flying 50's	1	x 6		20-10-20, Bound-Sprint

1:30 Minute Rest Between Reps

Block 2 Lower Body Warm-up

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Safety Bar Split Squat	1,1,1	x 5,3,3	50-80%	Warm-Up
B	Ankle Wipers	3	x 12 EA		Max ROM, No Knee Mvmt

Perform A & B Series Simultaneously for 3 Sets

1:00 Minute Rest Between Sets

Block 3 Lower Body Strength

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Safety Bar Split Squat	3	x 1,1-Clu	85-87.5%	7 Sec Iso-Partner Help
B	Hurdle Hop	3	x 4		Jump High, Continuous
C	Wt. Squat Jump Pause	3	x 4		Pull-In, Pause at Bottom
D	Accel. Band Jump Pause	3	x 4		Pull-In, Pause at Bottom
E	Manual 4-Way Neck	3	x 1 EA	Partner Push	7 Sec Iso-EA
F	Partner Bench Glute	3	x 1 EA	Partner Push	7 Sec Iso-EA
G	Ant. Tib Band	3	x 2 EA	1" Band	3 Sec Iso-2 EA

Perform A-G Simultaneously for 3 Sets

25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 4 Upper Body Warm-up

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Bench Press	1,1,1	x 5,3,3	50-80%	Warm-Up
B	Band Pull-Aparts	3	x 10	1/2" Band	

Perform A & B Series Simultaneously for 3 Sets

1:00 Minute Rest Between Sets

Block 5 Upper Body Strength

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Bench Press	3	x 1,1	85-87.5%	7 Sec Iso-Partner Help
B	Speed Bench Press	3	x 5	30-35%	Push-Pull, Full ROM
C	DB Incline Press	3	x 5	35-40%	Push-Pull, Full ROM
D	Rack Band Push-Up	3	x 5		Pull-In, Pause at Bottom
E	Mini Band Scap Press	3	x 10	Green	

Perform A-E Simultaneously for 3 Sets

25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 6 Total Auxiliary Strength

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	SL Glute Ham Bar Lift	3	x 1 EA	82.5-85%	7 Sec Iso-EA, 2 Up-1 Down
B	Pull-Up	3	x 1	Partner Pull	7 Sec Iso
C	Partner Bench Groin	3	x 1 EA	Partner Push	7 Sec Iso-EA

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

Block 7 Total Auxiliary Strength

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	DB Common Lunge Matrix	3	x 1 EA	82.5-85%	7 Sec Iso-FWD,LAT,ROT
B	DB Bent Over Row	3	x 1 EA	82.5-85%	7 Sec Iso-EA
C	Partner Band Abs	3	x 8	Partner Pull	7 Sec Iso

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

Triphasic Lacrosse Training Manual

Isometric 6-Day Elite Training Block Week 20 - Wednesday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Speed/Agility Training

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Pro-Agility	1	x	3 EA	5-10-5

1:30 Minute Rest Between Reps

Block 2 Lower Body Warm-up

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Hex Bar Deadlift	1,1,1	x	5,3,3	50-80% Warm-Up

Perform A as a Warm-Up for Heavier Sets
1:00 Minute Rest Between Sets

Block 3 Lower Body Strength

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Hex Bar Deadlift	6	x	5s	85-90% Max Reps, No Floor Touch
B	Toe Out JOP Matrix	6	x	3 EA	Rapid Decel, 3-FWD,3-LAT,3-ROT, EA Leg

Perform A-B Simultaneously for 6 Sets
25 Seconds Rest Between Exercises; 1:30 minutes between Rounds

Block 4 Upper Body Warm-up

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Bench Press	1,1,1	x	5,3,3	50-80% Warm-Up
B	Mini-Band Scap Wall Walks	3	x	10 EA	Green

Perform A & B Series Simultaneously for 3 Sets
1:00 Minute Rest Between Sets

Block 5 Upper Body Strength

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Bench Press	3	x	5s	85-90% Max Reps
B	One Arm Med Ball Pass	3	x	5 EA	Use Hips
C	Delt Bent Over OH Rebound Drop	3	x	5 EA	

Perform A-C Simultaneously for 3 Sets
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 6 Total Auxiliary Strength

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Split Squat	3	x	5s	80-85% OC-D+1, EA
B	DB Incline Press	3	x	5s	80-85% OC-D+1
C	DB RDL	3	x	5s	80-85% OC-D+1
D	Hip Flex Prone	3	x	5s	Reactive-AMAP/Push-Pull-EA

Perform A-D Simultaneously for 3 Sets
25 Seconds Rest Between Exercises

Block 7 Total Auxiliary Strength

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	DB Step Up	3	x	5s	80-85% Bottom 1/2, EA
B	Contra. Glute Ham + DB Row	3	x	5s	Light OC-D+1, EA
C	Glute Ham Hyper	3	x	5s	OC-D+1
D	Stiff Leg Ankle Hops	3	x	5s	Max Reps, No Heel Touch

Perform A-D Simultaneously for 3 Sets
25 Seconds Rest Between Exercises

Triphasic Lacrosse Training Manual

Isometric 4-Day Elite Training Block Week 20 - Thursday

Pre **Pre-Running, Multi-Dimensional Warm-Up**

Block 1						
Acceleration Technique Training						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Wall Drill - Double	4	x	4 EA		Drive Hips FWD, Leg in Piston Motion
1:00 Minute Rest Between Reps						
Block 2						
Acceleration Technique Training						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Band Resisted Skip	6	x	10Y		Drive Hips FWD, Maintain Angle
1:00 Minute Rest Between Sets						
Block 3						
Acceleration Technique Training						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Staggered Stance Rolling Start	2 EA	x	10Y		Drive Hips FWD, Maintain Angle
1:00 Minute Rest Between Sets; Complete 4 Total Repetitions, 2 EA Leg Forward						
Block 4						
Change of Direction Technique Training						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Partner Reactive Decel Drill	4	x	4 EA		Decel With Partner, 4 EA Leg
1:00 Minute Rest Between Sets						
Block 5						
Change of Direction Technique Training						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Partner Reactive Shuffle Decel Drill	4	x	4 EA		Decel With Partner, 4 EA Leg
1:00 Minute Rest Between Sets						
Block 6						
ATP/Cr-P Energy System Conditioning						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Crease Running	1	x	4 EA		2 Laps, Focus on Body Angle
1:00 Minute Rest Between Sets						

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Isometric 6-Day Elite Training Block Week 20 - Friday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1						
Speed/Agility Training						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Stairs + Turn & Sprint	1	x	3 EA		15 Yard Stairs + 15 Sprint
1:30 Minute Rest Between Reps						
Block 2						
Lower Body Warm-up						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Safety Bar Split Squat	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Elev. Ankle Raise + Knee Drive	3	x	10 EA		Maintain Arch, Drive Knee Through
Perform A & B Series Simultaneously for 3 Sets						
1:00 Minute Rest Between Sets						
Block 3						
Lower Body Strength						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Safety Bar Split Squat	4	x	1,1-Clu	80-85%	10 Sec Iso-Partner Help
B	Lateral Hurdle Hop	4	x	3 EA		Jump High, Continuous
C	Resisted Speed Skater Jumps	4	x	3 EA		Pull-In, Pause
D	Band Assisted Shuffle	4	x	1 EA		5 Yards EA
E	Manual 4-Way Neck	4	x	2 EA	Partner Push	5 Sec Iso-2 EA
F	Partner Bench Groin	4	x	2 EA	Partner Push	5 Sec Iso-2 EA
G	Ankle Band Work	4	x	2 EA	1" Band	5 Sec Iso-2 EA
Perform A-G Simultaneously for 4 Sets						
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds						
Block 4						
Upper Body Strength						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Chin-Up	4	x	1	Partner Pull	10 Sec Iso
B	SA Band Straight Arm Lat Pull-Down	4	x	4 EA		Speed
C	SA Cable Straight Arm Lat Pull-Down	4	x	4 EA		Power
D	MB OH Slams	4	x	5		
E	Banded Cuban Press	4	x	2 EA		5 Sec Iso-2 EA
Perform A-E Simultaneously for 4 Sets						
25 Seconds Rest Between Exercises						
Block 5						
Lower Auxiliary Strength						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	SL Reverse Hyper	3	x	2 EA	Partner Push	5 Sec Iso-2 EA
B	Partner Bench Glute	3	x	2 EA	Partner Push	5 Sec Iso-2 EA
C	SWB Twist Down	3	x	2 EA		5 Sec Iso-2 EA
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

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Isometric 6-Day Elite Training Block Week 21 - Monday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Speed/Agility Training

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Flying 50's	1	x 6		20-10-20, Bound-Sprint

1:30 Minute Rest Between Reps

Block 2 Lower Body Warm-up

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Safety Bar Split Squat	1,1,1	x 5,3,3	50-80%	Warm-Up
B	Ankle Wipers	3	x 12 EA		Max ROM, No Knee Mvmt

Perform A & B Series Simultaneously for 3 Sets

1:00 Minute Rest Between Sets

Block 3 Lower Body Strength

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Safety Bar Split Squat	3	x 1,1-Clu	85-87.5%	7 Sec Iso-Partner Help
B	Hurdle Hop	3	x 4		Jump High, Continuous
C	Wt. Squat Jump Pause	3	x 4		Pull-In, Pause at Bottom
D	Accel. Band Jump Pause	3	x 4		Pull-In, Pause at Bottom
E	Manual 4-Way Neck	3	x 1 EA	Partner Push	7 Sec Iso-EA
F	Partner Bench Glute	3	x 1 EA	Partner Push	7 Sec Iso-EA
G	Ant. Tib Band	3	x 2 EA	1" Band	3 Sec Iso-2 EA

Perform A-G Simultaneously for 3 Sets

25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 4 Upper Body Warm-up

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Bench Press	1,1,1	x 5,3,3	50-80%	Warm-Up
B	Band Pull-Aparts	3	x 10	1/2" Band	

Perform A & B Series Simultaneously for 3 Sets

1:00 Minute Rest Between Sets

Block 5 Upper Body Strength

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Bench Press	3	x 1,1	85-87.5%	7 Sec Iso-Partner Help
B	Speed Bench Press	3	x 5	30-35%	Push-Pull, Full ROM
C	DB Incline Press	3	x 5	35-40%	Push-Pull, Full ROM
D	Rack Band Push-Up	3	x 5		Pull-In, Pause at Bottom
E	Mini Band Scap Press	3	x 10	Green	

Perform A-E Simultaneously for 3 Sets

25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 6 Total Auxiliary Strength

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	SL Glute Ham Bar Lift	3	x 1 EA	82.5-85%	7 Sec Iso-EA, 2 Up-1 Down
B	Pull-Up	3	x 1	Partner Pull	7 Sec Iso
C	Partner Bench Groin	3	x 1 EA	Partner Push	7 Sec Iso-EA

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

Block 7 Total Auxiliary Strength

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	DB Common Lunge Matrix	3	x 1 EA	82.5-85%	7 Sec Iso-FWD,LAT,ROT
B	DB Bent Over Row	3	x 1 EA	82.5-85%	7 Sec Iso-EA
C	Partner Band Abs	3	x 8	Partner Pull	7 Sec Iso

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

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Isometric 6-Day Elite Training Block Week 21 - Wednesday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1						
Speed/Agility Training						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Pro-Agility	1	x	3 EA		5-10-5
1:30 Minute Rest Between Reps						
Block 2						
Lower Body Warm-up						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Hex Bar Deadlift	1,1,1	x	5,3,3	50-80%	Warm-Up
Perform A as a Warm-Up for Heavier Sets						
1:00 Minute Rest Between Sets						
Block 3						
Lower Body Strength						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Hex Bar Deadlift	6	x	5s	85-90%	Max Reps, No Floor Touch
B	Toe Out JOP Matrix	6	x	3 EA		Rapid Decel, 3-FWD,3-LAT,3-ROT, EA Leg
Perform A-B Simultaneously for 6 Sets						
25 Seconds Rest Between Exercises; 1:30 minutes between Rounds						
Block 4						
Upper Body Warm-up						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Bench Press	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Mini-Band Scap Wall Walks	3	x	10 EA	Green	
Perform A & B Series Simultaneously for 3 Sets						
1:00 Minute Rest Between Sets						
Block 5						
Upper Body Strength						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Bench Press	3	x	5s	85-90%	Max Reps
B	One Arm Med Ball Pass	3	x	5 EA		Use Hips
C	Delt Bent Over OH Rebound Drop	3	x	5 EA		
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds						
Block 6						
Total Auxiliary Strength						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Split Squat	3	x	5s	80-85%	OC-D+1, EA
B	DB Incline Press	3	x	5s	80-85%	OC-D+1
C	DB RDL	3	x	5s	80-85%	OC-D+1
D	Hip Flex Prone	3	x	5s		Reactive-AMAP/Push-Pull-EA
Perform A-D Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						
Block 7						
Total Auxiliary Strength						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	DB Step Up	3	x	5s	80-85%	Bottom 1/2, EA
B	Contra. Glute Ham + DB Row	3	x	5s	Light	OC-D+1, EA
C	Glute Ham Hyper	3	x	5s		OC-D+1
D	Stiff Leg Ankle Hops	3	x	5s		Max Reps, No Heel Touch
Perform A-D Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Triphasic Lacrosse Training Manual

Isometric 4-Day Elite Training Block Week 21 - Thursday

Pre **Pre-Running, Multi-Dimensional Warm-Up**

Block 1						
Acceleration Technique Training						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Wall Drill - Double	4	x	5 EA		Drive Hips FWD, Leg in Piston Motion
1:00 Minute Rest Between Reps						
Block 2						
Acceleration Technique Training						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Band Resisted Skip	6	x	10Y		Drive Hips FWD, Maintain Angle
1:00 Minute Rest Between Sets						
Block 3						
Acceleration Technique Training						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Staggered Stance Rolling Start	2 EA	x	10Y		Drive Hips FWD, Maintain Angle
1:00 Minute Rest Between Sets; Complete 4 Total Repetitions, 2 EA Leg Forward						
Block 4						
Change of Direction Technique Training						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Partner Reactive Decel Drill	5	x	4 EA		Decel With Partner, 4 EA Leg
1:00 Minute Rest Between Sets						
Block 5						
Change of Direction Technique Training						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Partner Reactive Shuffle Decel Drill	5	x	4 EA		Decel With Partner, 4 EA Leg
1:00 Minute Rest Between Sets						
Block 6						
ATP/Cr-P Energy System Conditioning						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Crease Running	1	x	5 EA		2 Laps, Focus on Body Angle
1:00 Minute Rest Between Sets						

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Isometric 6-Day Elite Training Block Week 21 - Friday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1						
Speed/Agility Training						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Stairs + Turn & Sprint	1	x	3 EA		15 Yard Stairs + 15 Sprint
1:30 Minute Rest Between Reps						
Block 2						
Lower Body Warm-up						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Safety Bar Split Squat	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Elev. Ankle Raise + Knee Drive	3	x	10 EA		Maintain Arch, Drive Knee Through
Perform A & B Series Simultaneously for 3 Sets						
1:00 Minute Rest Between Sets						
Block 3						
Lower Body Strength						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Safety Bar Split Squat	4	x	1,1-Clu	80-85%	10 Sec Iso-Partner Help
B	Lateral Hurdle Hop	4	x	3 EA		Jump High, Continuous
C	Resisted Speed Skater Jumps	4	x	3 EA		Pull-In, Pause
D	Band Assisted Shuffle	4	x	1 EA		5 Yards EA
E	Manual 4-Way Neck	4	x	2 EA	Partner Push	5 Sec Iso-2 EA
F	Partner Bench Groin	4	x	2 EA	Partner Push	5 Sec Iso-2 EA
G	Ankle Band Work	4	x	2 EA	1" Band	5 Sec Iso-2 EA
Perform A-G Simultaneously for 4 Sets						
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds						
Block 4						
Upper Body Strength						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Chin-Up	4	x	1	Partner Pull	10 Sec Ecc
B	SA Band Straight Arm Lat Pull-Down	4	x	4 EA		Speed
C	SA Cable Straight Arm Lat Pull-Down	4	x	4 EA		Power
D	MB OH Slams	4	x	5		
E	Banded Cuban Press	4	x	2 EA		5 Sec Iso-2 EA
Perform A-E Simultaneously for 4 Sets						
25 Seconds Rest Between Exercises						
Block 5						
Lower Auxiliary Strength						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	SL Reverse Hyper	3	x	2 EA	Partner Push	5 Sec Iso-2 EA
B	Partner Bench Glute	3	x	2 EA	Partner Push	5 Sec Iso-2 EA
C	SWB Twist Down	3	x	2 EA		5 Sec Iso-2 EA
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

4.17 Download (Week 22)

The download week is implemented to allow an athlete recovery time between intensive training blocks. Referring back to the GAS principles described in section one, it is during the recovery periods of training in which maximal adaptations occur. By allowing an athlete to recover from the previous, intense training phase, his body will improve to the greatest extent. The importance of these training weeks cannot be overlooked. Rest is a weapon and must be implemented at appropriate times within training. Both training and running days are completed in an oxidative fashion, with the implementation of the glute layering system and other circuit style methods.

Goal Adaptations of Block:

- Allow supercompensation from previous training block
- Induce recovery
- Re-address glute function training
- Re-address oxidative performance quality

Triphasic Lacrosse Training Manual

Download 3-Day Elite Training Block Week 22 - Monday

Pre [Pre-Training, Multi-Dimensional Warm-Up](#)

Block 1 **Glute Function Series Warm-Up**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Banded Big Toe Work	1	x	20 EA		
B	Banded Other 4 Toe Work	1	x	20 EA		
C	Level 1 Glute Iso Training Protocol	1	x	18m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	10 EA	1" Band	Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2 **Oxidative Energy System Training**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	3-D Contralateral Circuit	1	x	20s		Complete As Many Reps As Possible

Perform A for 1 Set @ 20s on 15s off

Triphasic Lacrosse Training Manual

Download 3-Day Elite Training Block Week 22 - Wednesday

Pre [Pre-Running, Multi-Dimensional Warm-Up](#)

Block 1		Glute Function Series Warm-Up				
<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Banded Big Toe Work	1	x	20 EA		
B	Banded Other 4 Toe Work	1	x	20 EA		
C	Level 1 Glute Iso Training Protocol	1	x	18m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	10 EA	1" Band	Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2		Oxidative Energy System Conditioning				
<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Threshold Training	2	x	4m		Running at Max Heart Rate

Perform A for 2 Sets of 4 min; 2:30 rest between rounds

Triphasic Lacrosse Training Manual

Download 3-Day Elite Training Block Week 22 - Friday

Pre [Pre-Training, Multi-Dimensional Warm-Up](#)

Block 1 **Glute Function Series Warm-Up**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	Banded Big Toe Work	1	x	20 EA	
B	Banded Other 4 Toe Work	1	x	20 EA	
C	Level 1 Glute Iso Training Protocol	1	x	18m	Green/Blue
D	Swiss Ball Hip Patterning	1	x	10 EA	1" Band Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2 **Oxidative Energy System Training**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	Metabolic Sandbell Circuit	1	x	25s	Complete As Many Reps As Possible

Perform A for 1 Set @ 25s on 10s off

4.18 Reactive Training Block (Weeks 23-24)

The concentric block is implemented for two weeks. Once again, all models presented in section three are implemented within this phase. Through the training of the concentric phase, each of the three muscle actions have been specifically and individually adapted to the greatest extent. This will allow an athlete to increase both force production and efficiency through the SSC. With this block also being completed with the highest possible quality, the ATP/Cr-P energy system is implemented on running days. Once again, the training in this phase is programmed to represent short, high-intensity bursts, just like the movements required in lacrosse.

Goal Adaptations of Block:

- Increase force production through kinetic chain
- Movement efficiency
- Improve the SSC ability
- Reduce antagonist activation
- Improve “reactivity”
- Improve synchronization within individual muscles
- Enhance kinetic chain synchronization

Triphasic Lacrosse Training Manual

Reactive 6-Day Elite Training Block Week 23 - Monday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Speed/Agility Training

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Flying 50's	1	x	6		20-10-20, Bound-Sprint

1:30 Minute Rest Between Reps

Block 2 Lower Body Warm-up

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Safety Bar Split Squat	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Ankle Wipers	3	x	12 EA		Max ROM, No Knee Mvmt

Perform A & B Series Simultaneously for 3 Sets

1:00 Minute Rest Between Sets

Block 3 Lower Body Strength

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Safety Bar Split Squat	3	x	7s,7s-Clu	85-87.5%	Reactive-AMAP/Push-Pull-EA
B	Hurdle Hop	3	x	4		Jump High, Continuous
C	Wt. Squat Jump	3	x	4		Pull-In, Explode Out Immediately
D	Accel. Band Jump	3	x	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	3	x	7s		Reactive-AMAP/Push-Pull-EA
F	Bench Glute	3	x	7s		Reactive-AMAP/Push-Pull-EA
G	Ant. Tib Band	3	x	7s	1" Band	Reactive-AMAP-EA

Perform A-G Simultaneously for 3 Sets

25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 4 Upper Body Warm-up

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Bench Press	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Band Pull-Aparts	3	x	10	1/2" Band	

Perform A & B Series Simultaneously for 3 Sets

1:00 Minute Rest Between Sets

Block 5 Upper Body Strength

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Bench Press	3	x	7s,7s-Clu	85-87.5%	Reactive-AMAP/Push-Pull-EA
B	Speed Bench Press	3	x	5	30-35%	Push-Pull, Full ROM
C	DB Incline Press	3	x	5	35-40%	Push-Pull, Full ROM
D	Rack Band Push-Up	3	x	5		Pull-In, Explode Out Immediately
E	Mini Band Scap Press	3	x	10	Green	

Perform A-E Simultaneously for 3 Sets

25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 6 Total Auxiliary Strength

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	SL Glute Ham Bar	3	x	7s	82.5-85%	Reactive-AMAP/Push-Pull-EA
B	Pull-Up	3	x	7s	Bodyweight	Reactive-AMAP/Push-Pull
C	Bench Groin	3	x	7s		Reactive-AMAP/Push-Pull-EA

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

Block 7 Total Auxiliary Strength

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	DB Common Lunge Matrix	3	x	3 EA	82.5-85%	3-FWD,3-LAT,3-ROT-EA
B	DB Bent Over Row	3	x	7s	82.5-85%	Reactive-AMAP/Push-Pull
C	Partner Band Crawl	3	x	15Y	Partner Pull	

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

Triphasic Lacrosse Training Manual

Reactive 6-Day Elite Training Block Week 23 - Wednesday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Speed/Agility Training						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Pro-Agility	1	x	3 EA		5-10-5
1:30 Minute Rest Between Reps						
Block 2 Lower Body Warm-up						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Hex Bar Deadlift	1,1,1	x	5,3,3	50-80%	Warm-Up
Perform A as a Warm-Up for Heavier Sets						
1:00 Minute Rest Between Sets						
Block 3 Lower Body Strength						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Hex Bar Deadlift	6	x	5s	85-90%	Max Reps, No Floor Touch
B	Common Lunge Matrix Plyo	6	x	3 EA		Continuous, 3 EA Way, EA Leg
Perform A-B Simultaneously for 6 Sets						
25 Seconds Rest Between Exercises; 1:30 minutes between Rounds						
Block 4 Upper Body Warm-up						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Bench Press	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Mini-Band Scap Wall Walks	3	x	10 EA	Green	
Perform A & B Series Simultaneously for 3 Sets						
1:00 Minute Rest Between Sets						
Block 5 Upper Body Strength						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Bench Press	3	x	5s	85-90%	Max Reps
B	One Arm Med Ball Pass	3	x	5 EA		Use Hips
C	Delt Bent Over OH Rebound Drop	3	x	5 EA		
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds						
25 Seconds Rest Between Exercises						
Block 6 Total Auxiliary Strength						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Split Squat	3	x	5s	80-85%	OC-D+1, EA
B	DB Incline Press	3	x	5s	80-85%	OC-D+1
C	DB RDL	3	x	5s	80-85%	OC-D+1
D	Hip Flex Prone	3	x	5s		Reactive-AMAP/Push-Pull-EA
Perform A-D Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						
Block 7 Total Auxiliary Strength						
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	DB Step Up	3	x	5s	80-85%	Bottom 1/2, EA
B	Contra. Glute Ham + DB Row	3	x	5s	Light	OC-D+1, EA
C	Glute Ham Hyper	3	x	5s		OC-D+1
D	Stiff Leg Ankle Hops	3	x	5s		Max Reps, No Heel Touch
Perform A-D Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Triphasic Lacrosse Training Manual

Reactive 4-Day Elite Training Block Week 23 - Thursday

Pre **Pre-Running, Multi-Dimensional Warm-Up**

Block 1 **Acceleration Technique Training**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Wall Drill - Continuous	4	x	5s	Drive Hips FWD, Leg in Piston Motion
1:00 Minute Rest Between Reps					

Block 2 **Acceleration Technique Training**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Band Resisted Run	6	x	10Y	Drive Hips FWD, Maintain Angle
1:00 Minute Rest Between Sets					

Block 3 **Acceleration Technique Training**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Staggered Stance Start	2 EA	x	15Y	Drive Hips FWD, Maintain Angle
1:00 Minute Rest Between Sets; Complete 4 Total Repetitions, 2 EA Leg Forward					

Block 4 **Change of Direction Technique Training**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Chaos Drill - Mirror	6	x	5s	Partner Reactive, Sprint FWD, Shuffle BCK
1:00 Minute Rest Between Sets; Complete 3 Sets as the "Leader" and 3 as the "Follower"					

Block 5 **ATP/Cr-P Energy System Conditioning**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Crease Running + Return	1	x	5 EA	Partner Chase, COD @ Cones
1:00 Minute Rest Between Sets					

Triphasic Lacrosse Training Manual

Reactive 6-Day Elite Training Block Week 23 - Friday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Speed/Agility Training

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Stairs + Turn & Sprint	1	x	3 EA	15 Yard Stairs + 15 Sprint

1:30 Minute Rest Between Reps

Block 2 Lower Body Warm-up

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Safety Bar Split Squat	1,1,1	x	5,3,3	50-80% Warm-Up
B	Ankle Rocker Hops	3	x	6	Drive Knee FWD, Vertical Femur

Perform A & B Series Simultaneously for 3 Sets

1:00 Minute Rest Between Sets

Block 3 Lower Body Strength

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Safety Bar Split Squat	4	x	10s,10s-Clu	80-85% Reactive-AMAP/Push-Pull-EA
B	Lateral Hurdle Hop	4	x	3 EA	Jump High, Continuous
C	Resisted Speed Skater Jumps	4	x	3 EA	Pull-In, Explode Out Immediately
D	Band Assisted Shuffle	4	x	1 EA	5 Yards EA
E	Swissball 4-Way Neck	4	x	10s	Reactive-AMAP/Push-Pull-EA
F	Bench Groin	4	x	10s	Reactive-AMAP/Push-Pull-EA
G	Ankle Band Work	4	x	10s	1" Band Reactive-AMAP/Push-Pull-EA

Perform A-G Simultaneously for 4 Sets

25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 4 Upper Body Strength

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Chin-Up	4	x	10s	Reactive-AMAP/Push-Pull
B	SA Band Straight Arm Lat Pull-Down	4	x	4 EA	Speed
C	SA Cable Straight Arm Lat Pull-Down	4	x	4 EA	Power
D	MB OH Slams	4	x	5	
E	Banded Cuban Press	4	x	10s	Reactive-AMAP/Push-Pull-EA

Perform A-E Simultaneously for 4 Sets

25 Seconds Rest Between Exercises

Block 5 Lower Auxiliary Strength

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Staggered Stance RDL	3	x	10s	80-85% Reactive-AMAP/Push-Pull-EA
B	Bench Glute	3	x	10s	Reactive-AMAP/Push-Pull-EA
C	SWB Twist Down	3	x	10s	Reactive-AMAP/Push-Pull-EA

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

Triphasic Lacrosse Training Manual

Reactive 6-Day Elite Training Block Week 24 - Monday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Speed/Agility Training

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Flying 50's	1	x	6		20-10-20, Bound-Sprint

1:30 Minute Rest Between Reps

Block 2 Lower Body Warm-up

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Safety Bar Split Squat	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Ankle Wipers	3	x	12 EA		Max ROM, No Knee Mvmt

Perform A & B Series Simultaneously for 3 Sets
1:00 Minute Rest Between Sets

Block 3 Lower Body Strength

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Safety Bar Split Squat	3	x	7s,7s-Clu	85-87.5%	Reactive-AMAP/Push-Pull-EA
B	Hurdle Hop	3	x	4		Jump High, Continuous
C	Wt. Squat Jump	3	x	4		Pull-In, Explode Out Immediately
D	Accel. Band Jump	3	x	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	3	x	7s		Reactive-AMAP/Push-Pull-EA
F	Bench Glute	3	x	7s		Reactive-AMAP/Push-Pull-EA
G	Ant. Tib Band	3	x	7s	1" Band	Reactive-AMAP-EA

Perform A-G Simultaneously for 3 Sets
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 4 Upper Body Warm-up

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Bench Press	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Band Pull-Aparts	3	x	10	1/2" Band	

Perform A & B Series Simultaneously for 3 Sets
1:00 Minute Rest Between Sets

Block 5 Upper Body Strength

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Bench Press	3	x	7s,7s-Clu	85-87.5%	Reactive-AMAP/Push-Pull-EA
B	Speed Bench Press	3	x	5	30-35%	Push-Pull, Full ROM
C	DB Incline Press	3	x	5	35-40%	Push-Pull, Full ROM
D	Rack Band Push-Up	3	x	5		Pull-In, Explode Out Immediately
E	Mini Band Scap Press	3	x	10	Green	

Perform A-E Simultaneously for 3 Sets
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 6 Total Auxiliary Strength

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	SL Glute Ham Bar	3	x	7s	82.5-85%	Reactive-AMAP/Push-Pull-EA
B	Pull-Up	3	x	7s	Bodyweight	Reactive-AMAP/Push-Pull
C	Bench Groin	3	x	7s		Reactive-AMAP/Push-Pull-EA

Perform A-C Simultaneously for 3 Sets
25 Seconds Rest Between Exercises

Block 7 Total Auxiliary Strength

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	DB Common Lunge Matrix	3	x	3 EA	82.5-85%	3-FWD,3-LAT,3-ROT-EA
B	DB Bent Over Row	3	x	7s	82.5-85%	Reactive-AMAP/Push-Pull
C	Partner Band Crawl	3	x	15Y	Partner Pull	

Perform A-C Simultaneously for 3 Sets
25 Seconds Rest Between Exercises

Triphasic Lacrosse Training Manual

Reactive 6-Day Elite Training Block Week 24 - Wednesday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Speed/Agility Training						
Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Pro-Agility	1	x	3 EA		5-10-5
1:30 Minute Rest Between Reps						
Block 2 Lower Body Warm-up						
Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Hex Bar Deadlift	1,1,1	x	5,3,3	50-80%	Warm-Up
Perform A as a Warm-Up for Heavier Sets						
1:00 Minute Rest Between Sets						
Block 3 Lower Body Strength						
Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Hex Bar Deadlift	6	x	5s	85-90%	Max Reps, No Floor Touch
B	Common Lunge Matrix Plyo	6	x	3 EA		Continuous, 3 EA Way, EA Leg
Perform A-B Simultaneously for 6 Sets						
25 Seconds Rest Between Exercises; 1:30 minutes between Rounds						
Block 4 Upper Body Warm-up						
Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Bench Press	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Mini-Band Scap Wall Walks	3	x	10 EA	Green	
Perform A & B Series Simultaneously for 3 Sets						
1:00 Minute Rest Between Sets						
Block 5 Upper Body Strength						
Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Bench Press	3	x	5s	85-90%	Max Reps
B	One Arm Med Ball Pass	3	x	5 EA		Use Hips
C	Delt Bent Over OH Rebound Drop	3	x	5 EA		
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds						
25 Seconds Rest Between Exercises						
Block 6 Total Auxiliary Strength						
Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Split Squat	3	x	5s	80-85%	OC-D+1, EA
B	DB Incline Press	3	x	5s	80-85%	OC-D+1
C	DB RDL	3	x	5s	80-85%	OC-D+1
D	Hip Flex Prone	3	x	5s		Reactive-AMAP/Push-Pull-EA
Perform A-D Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						
Block 7 Total Auxiliary Strength						
Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	DB Step Up	3	x	5s	80-85%	Bottom 1/2, EA
B	Contra. Glute Ham + DB Row	3	x	5s	Light	OC-D+1, EA
C	Glute Ham Hyper	3	x	5s		OC-D+1
D	Stiff Leg Ankle Hops	3	x	5s		Max Reps, No Heel Touch
Perform A-D Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Triphasic Lacrosse Training Manual

Reactive 4-Day Elite Training Block Week 24 - Thursday

Pre **Pre-Running, Multi-Dimensional Warm-Up**

Block 1 **Acceleration Technique Training**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Wall Drill - Continuous	4	x	7s	Drive Hips FWD, Leg in Piston Motion

1:00 Minute Rest Between Reps

Block 2 **Acceleration Technique Training**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Band Resisted Run	6	x	10Y	Drive Hips FWD, Maintain Angle

1:00 Minute Rest Between Sets

Block 3 **Acceleration Technique Training**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Staggered Stance Start	2 EA	x	15Y	Drive Hips FWD, Maintain Angle

1:00 Minute Rest Between Sets; Complete 4 Total Repetitions, 2 EA Leg Forward

Block 4 **Change of Direction Technique Training**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Chaos Drill - Mirror	6	x	7s	Partner Reactive, Sprint FWD, Shuffle BCK

1:00 Minute Rest Between Sets; Complete 3 Sets as the "Leader" and 3 as the "Follower"

Block 5 **ATP/Cr-P Energy System Conditioning**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Crease Running + Return	1	x	6 EA	Partner Chase, COD @ Cones

1:00 Minute Rest Between Sets

Triphasic Lacrosse Training Manual

Reactive 6-Day Elite Training Block Week 24 - Friday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Speed/Agility Training

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Stairs + Turn & Sprint	1	x	3 EA	15 Yard Stairs + 15 Sprint

1:30 Minute Rest Between Reps

Block 2 Lower Body Warm-up

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Safety Bar Split Squat	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Ankle Rocker Hops	3	x	6		Drive Knee FWD, Vertical Femur

Perform A & B Series Simultaneously for 3 Sets

1:00 Minute Rest Between Sets

Block 3 Lower Body Strength

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Safety Bar Split Squat	4	x	10s,10s-Clu	80-85%	Reactive-AMAP/Push-Pull-EA
B	Lateral Hurdle Hop	4	x	3 EA		Jump High, Continuous
C	Resisted Speed Skater Jumps	4	x	3 EA		Pull-In, Explode Out Immediately
D	Band Assisted Shuffle	4	x	1 EA		5 Yards EA
E	Swissball 4-Way Neck	4	x	10s		Reactive-AMAP/Push-Pull-EA
F	Bench Groin	4	x	10s		Reactive-AMAP/Push-Pull-EA
G	Ankle Band Work	4	x	10s	1" Band	Reactive-AMAP/Push-Pull-EA

Perform A-G Simultaneously for 4 Sets

25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 4 Upper Body Strength

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Chin-Up	4	x	10s		Reactive-AMAP/Push-Pull
B	SA Band Straight Arm Lat Pull-Down	4	x	4 EA		Speed
C	SA Cable Straight Arm Lat Pull-Down	4	x	4 EA		Power
D	MB OH Slams	4	x	5		
E	Banded Cuban Press	4	x	10s		Reactive-AMAP/Push-Pull-EA

Perform A-E Simultaneously for 4 Sets

25 Seconds Rest Between Exercises

Block 5 Lower Auxiliary Strength

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Staggered Stance RDL	3	x	10s	80-85%	Reactive-AMAP/Push-Pull-EA
B	Bench Glute	3	x	10s		Reactive-AMAP/Push-Pull-EA
C	SWB Twist Down	3	x	10s		Reactive-AMAP/Push-Pull-EA

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

4.19 Download (Week 25)

The download week is implemented to allow an athlete recovery time between intensive training blocks. Referring back to the GAS principles described in section one, it is during the recovery periods of training in which maximal adaptations occur. By allowing an athlete to recover from the previous, intense training phase, his body will improve to the greatest extent. The importance of these training weeks cannot be overlooked. Rest is a weapon and must be implemented at appropriate times within training. Both training and running days are completed in an oxidative fashion, with the implementation of the glute layering system and other circuit style methods.

Goal Adaptations of Block:

- Allow supercompensation from previous training block
- Induce recovery
- Re-address glute function training
- Re-address oxidative performance quality

Triphasic Lacrosse Training Manual

Download 3-Day Elite Training Block Week 25 - Monday

Pre [Pre-Training, Multi-Dimensional Warm-Up](#)

Block 1		Glute Function Series Warm-Up				
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Banded Big Toe Work	1	x	20 EA		
B	Banded Other 4 Toe Work	1	x	20 EA		
C	Level 1 Glute Iso Training Protocol	1	x	18m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	10 EA	1" Band	Hips Drive, Shoulders Follow
Perform A-D as a Glute Function Warm-Up Series Prior to Training						
Block 2		Oxidative Energy System Training				
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	3-D Contralateral Circuit	1	x	20s		Complete As Many Reps As Possible
Perform A for 1 Set @ 20s on 15s off						

Triphasic Lacrosse Training Manual

Download 3-Day Elite Training Block Week 25 - Friday

Pre [Pre-Training, Multi-Dimensional Warm-Up](#)

Block 1 **Glute Function Series Warm-Up**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Banded Big Toe Work	1	x	20 EA		
B	Banded Other 4 Toe Work	1	x	20 EA		
C	Level 1 Glute Iso Training Protocol	1	x	18m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	10 EA	1" Band	Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2 **Oxidative Energy System Training**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Metabolic Sandbell Circuit	1	x	25s		Complete As Many Reps As Possible

Perform A for 1 Set @ 25s on 10s off

4.20 Repeat-Power Training Block (Weeks 26-27)

In the repeat-power training block the primary goal of training shifts from absolute force production to the ability to produce force quickly. From the previous training phases every athlete should be capable of producing greater levels of absolute force. However, lacrosse requires this force to be produced rapidly. Increased strength, from the previous training blocks, is directly related to power production, as power is equivalent to force times velocity. Repeat-Power is improved in training by reducing the load utilized and increasing the velocity at which the movement is completed. The glycolytic energy system is re-addressed on the running days to improve this performance quality prior to the beginning of the season. The sport of lacrosse requires an athlete to run, not lift. For this reason, running days will begin to be completed at a higher frequency, in this case two days per week.

Goal Adaptations of Block:

- Increase power production through kinetic chain
- Movement efficiency
- Improve the SSC ability at increased velocities
- Reduce antagonist activation
- Improve “reactivity”
- Improve synchronization within individual muscles at increased velocities
- Enhance kinetic chain synchronization at increased velocities

Triphasic Lacrosse Training Manual

Repeat-Power 6-Day Elite Training Block Week 26 - Monday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Speed/Agility Training

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Flying 50's	1	x	6	20-10-20, Bound-Sprint

1:30 Minute Rest Between Reps

Block 2 Lower Body Warm-up

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Safety Bar Split Squat	1,1,1	x	5,3,3	50-80% Warm-Up
B	Ankle Wipers	3	x	12 EA	Max ROM, No Knee Mvmt

Perform A & B Series Simultaneously for 3 Sets

1:00 Minute Rest Between Sets

Block 3 Lower Body Power

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Safety Bar Split Squat	3	x	7s,7s-Clu	65-70% Reactive-AMAP/Push-Pull-EA
B	Hurdle Hop	3	x	4	Jump High, Continuous
C	Wt. Squat Jump	3	x	4	Pull-In, Explode Out Immediately
D	Accel. Band Jump	3	x	4	Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	3	x	7s	Reactive-AMAP/Push-Pull-EA
F	Bench Glute	3	x	7s	Reactive-AMAP/Push-Pull-EA
G	Ant. Tib Band	3	x	7s	1" Band Reactive-AMAP-EA

Perform A-G Simultaneously for 3 Sets

25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 4 Upper Body Warm-up

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Bench Press	1,1,1	x	5,3,3	50-80% Warm-Up
B	Band Pull-Aparts	3	x	10	1/2" Band

Perform A & B Series Simultaneously for 3 Sets

1:00 Minute Rest Between Sets

Block 5 Upper Body Power

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Bench Press	3	x	7s,7s-Clu	65-70% Reactive-AMAP/Push-Pull-EA
B	Speed Bench Press	3	x	5	30-35% Push-Pull, Full ROM
C	DB Incline Press	3	x	5	35-40% Push-Pull, Full ROM
D	Rack Band Push-Up	3	x	5	Pull-In, Explode Out Immediately
E	Mini Band Scap Press	3	x	10	Green

Perform A-E Simultaneously for 3 Sets

25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 6 Total Auxiliary Power

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Glute Ham Bar Lift	3	x	7s	65-70% Reactive-AMAP/Push-Pull-EA
B	Pull-Up	3	x	7s	Reactive-AMAP/Push-Pull
C	Bench Groin	3	x	7s	Reactive-AMAP/Push-Pull-EA

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

Block 7 Total Auxiliary Power

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	DB Common Lunge Matrix	3	x	3 EA	65-70% 3-FWD,3-LAT,3-ROT-EA
B	Split Stance Cable Rotational Row	3	x	7s EA	Moderate Reactive-AMAP/Push-Pull
C	SA Farmers Carry	3	x	20Y	Moderate

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

Triphasic Lacrosse Training Manual

Repeat-Power 4-Day Elite Training Block Week 26 - Wednesday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Speed/Agility Training

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Pro-Agility	1	x	3 EA	5-10-5, Shuffle-Sprint-Shuffle

1:30 Minute Rest Between Reps

Block 2 Lower Body Warm-up

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Hex Bar Deadlift	1,1,1	x	5,3,3	50-80%

Perform A as a Warm-Up for Heavier Sets

1:00 Minute Rest Between Sets

Block 3 Lower Body Power

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Hex Bar Deadlift	8	x	5s	75-80%
B	Common Lunge Matrix Plyo + Return	8	x	3 EA	Continuous, 3 EA Way, EA Leg

Perform A-B Simultaneously for 8 Sets

25 Seconds Rest Between Exercises; 1:30 minutes between Rounds

Block 4 Upper Body Warm-up

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Bench Press	1,1,1	x	5,3,3	50-80%
B	Mini-Band Scap Wall Walks	3	x	10 EA	Green

Perform A & B Series Simultaneously for 3 Sets

1:00 Minute Rest Between Sets

Block 5 Upper Body Power

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Bench Press	4	x	5s	75-80%
B	One Arm Med Ball Pass	4	x	5 EA	Use Hips
C	Delt Bent Over OH Rebound Drop	4	x	5 EA	

Perform A-C Simultaneously for 4 Sets

25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 6 Lower Auxiliary Power

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	DB Step Up	3	x	5s	75-80%
B	Glute Ham Hyper	3	x	5s	Bottom 1/2, EA
C	Bench Groin	3	x	5s	OC-D+1
D	Bench Glute	3	x	5s	OC-D+1, EA

Perform A-D Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

Block 7 Upper Auxiliary Power

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	DB Incline Press	3	x	5s	75-80%
B	DB Bent Over Row	3	x	5s	75-80%
C	DB Shoulder Press	3	x	5s	75-80%
D	Chin-Up	3	x	5s	OC-D+1

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

Triphasic Lacrosse Training Manual

Repeat-Power 4-Day Elite Training Block Week 26 - Thursday

Pre [Pre-Running, Multi-Dimensional Warm-Up](#)

Block 1 **Glycolytic Energy System Conditioning**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Lactic Threshold Training	4	x	10x20s		Sprint Max Distance in 20 seconds
Perform A for 10 repetitions of 0:20 Sprint; 10 second rest between repetitions; Complete 4 Total Sets with Rest 2:00 between Sets						

Triphasic Lacrosse Training Manual

Repeat-Power 4-Day Elite Training Block Week 26 - Friday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Speed/Agility Training

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Stairs + Turn & Sprint	1	x	3 EA	15 Yard Stairs + 15 Sprint

1:30 Minute Rest Between Reps

Block 2 Lower Body Warm-up

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Safety Bar Split Squat	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Ankle Rocker Hops	3	x	6		Drive Knee FWD, Vertical Femur

Perform A & B Series Simultaneously for 3 Sets

1:00 Minute Rest Between Sets

Block 3 Lower Body Power

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Safety Bar Split Squat	4	x	10s,10s-Clu	55-60%	Reactive-AMAP/Push-Pull-EA
B	Lateral Hurdle Hop	4	x	3 EA		Jump High, Continuous
C	Resisted Speed Skater Jumps	4	x	3 EA		Pull-In, Explode Out Immediately
D	Band Assisted Shuffle	4	x	1 EA		5 Yards EA
E	Swissball 4-Way Neck	4	x	10s		Reactive-AMAP/Push-Pull-EA
F	Bench Groin	4	x	10s		Reactive-AMAP/Push-Pull-EA
G	Ankle Band Work	4	x	10s	1" Band	Reactive-AMAP/Push-Pull-EA

Perform A-G Simultaneously for 4 Sets

25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 4 Upper Body Power

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Chin-Up	4	x	10s	Reactive-AMAP/Push-Pull
B	SA Band St. Arm Lat Pull-Down	4	x	4 EA	Speed
C	SA Cable St. Arm Lat Pull-Down	4	x	4 EA	Power
D	MB OH Slams	4	x	5	
E	Banded Cuban Press	4	x	10s	Reactive-AMAP/Push-Pull-EA

Perform A-E Simultaneously for 4 Sets

25 Seconds Rest Between Exercises

Block 5 Lower Auxiliary Power

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Staggered Stance RDL	3	x	10s	55-60%	Reactive-AMAP/Push-Pull-EA
B	Bench Glute	3	x	10s		Reactive-AMAP/Push-Pull-EA
C	SWB Twist Down	3	x	10s		Reactive-AMAP/Push-Pull-EA

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

Triphasic Lacrosse Training Manual

Repeat-Power 6-Day Elite Training Block Week 27 - Monday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 **Speed/Agility Training**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Flying 50's	1	x	6	20-10-20, Bound-Sprint

1:30 Minute Rest Between Reps

Block 2 **Lower Body Warm-up**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Safety Bar Split Squat	1,1,1	x	5,3,3	50-80% Warm-Up
B	Ankle Wipers	3	x	12 EA	Max ROM, No Knee Mvmt

Perform A & B Series Simultaneously for 3 Sets

1:00 Minute Rest Between Sets

Block 3 **Lower Body Power**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Safety Bar Split Squat	3	x	7s,7s-Clu	65-70% Reactive-AMAP/Push-Pull-EA
B	Hurdle Hop	3	x	4	Jump High, Continuous
C	Wt. Squat Jump	3	x	4	Pull-In, Explode Out Immediately
D	Accel. Band Jump	3	x	4	Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	3	x	7s	Reactive-AMAP/Push-Pull-EA
F	Bench Glute	3	x	7s	Reactive-AMAP/Push-Pull-EA
G	Ant. Tib Band	3	x	7s	1" Band Reactive-AMAP-EA

Perform A-G Simultaneously for 3 Sets

25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 4 **Upper Body Warm-up**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Bench Press	1,1,1	x	5,3,3	50-80% Warm-Up
B	Band Pull-Aparts	3	x	10	1/2" Band

Perform A & B Series Simultaneously for 3 Sets

1:00 Minute Rest Between Sets

Block 5 **Upper Body Power**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Bench Press	3	x	7s,7s-Clu	65-70% Reactive-AMAP/Push-Pull-EA
B	Speed Bench Press	3	x	5	30-35% Push-Pull, Full ROM
C	DB Incline Press	3	x	5	35-40% Push-Pull, Full ROM
D	Rack Band Push-Up	3	x	5	Pull-In, Explode Out Immediately
E	Mini Band Scap Press	3	x	10	Green

Perform A-E Simultaneously for 3 Sets

25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 6 **Total Auxiliary Power**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Glute Ham Bar Lift	3	x	7s	65-70% Reactive-AMAP/Push-Pull-EA
B	Pull-Up	3	x	7s	Reactive-AMAP/Push-Pull
C	Bench Groin	3	x	7s	Reactive-AMAP/Push-Pull-EA

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

Block 7 **Total Auxiliary Power**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	DB Common Lunge Matrix	3	x	3 EA	65-70% 3-FWD,3-LAT,3-ROT-EA
B	Split Stance Cable Rotational Row	3	x	7s EA	Moderate Reactive-AMAP/Push-Pull
C	SA Farmers Carry	3	x	20Y	Moderate

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

Triphasic Lacrosse Training Manual

Repeat-Power 4-Day Elite Training Block Week 27 - Wednesday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Speed/Agility Training

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Pro-Agility	1	x	3 EA	5-10-5, Shuffle-Sprint-Shuffle

1:30 Minute Rest Between Reps

Block 2 Lower Body Warm-up

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Hex Bar Deadlift	1,1,1	x	5,3,3	50-80%

Perform A as a Warm-Up for Heavier Sets

1:00 Minute Rest Between Sets

Block 3 Lower Body Power

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Hex Bar Deadlift	8	x	5s	75-80%
B	Common Lunge Matrix Plyo + Return	8	x	3 EA	Continuous, 3 EA Way, EA Leg

Perform A-B Simultaneously for 8 Sets

25 Seconds Rest Between Exercises; 1:30 minutes between Rounds

Block 4 Upper Body Warm-up

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Bench Press	1,1,1	x	5,3,3	50-80%
B	Mini-Band Scap Wall Walks	3	x	10 EA	Green

Perform A & B Series Simultaneously for 3 Sets

1:00 Minute Rest Between Sets

Block 5 Upper Body Power

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Bench Press	4	x	5s	75-80%
B	One Arm Med Ball Pass	4	x	5 EA	Use Hips
C	Delt Bent Over OH Rebound Drop	4	x	5 EA	

Perform A-C Simultaneously for 4 Sets

25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 6 Lower Auxiliary Power

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	DB Step Up	3	x	5s	75-80%
B	Glute Ham Hyper	3	x	5s	Bottom 1/2, EA
C	Bench Groin	3	x	5s	OC-D+1
D	Bench Glute	3	x	5s	OC-D+1, EA

Perform A-D Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

Block 7 Upper Auxiliary Power

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	DB Incline Press	3	x	5s	75-80%
B	DB Bent Over Row	3	x	5s	75-80%
C	DB Shoulder Press	3	x	5s	75-80%
D	Chin-Up	3	x	5s	OC-D+1

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

Triphasic Lacrosse Training Manual

Repeat-Power 4-Day Elite Training Block Week 27 - Thursday

Pre [Pre-Running, Multi-Dimensional Warm-Up](#)

Block 1 **Glycolytic Energy System Conditioning**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Lactic Threshold Training	4	x	10x30s		Sprint Max Distance in 30 seconds
Perform A for 10 repetitions of 0:30 Sprint; 10 second rest between repetitions; Complete 4 Total Sets with Rest 2:00 between Sets						

Triphasic Lacrosse Training Manual

Repeat-Power 4-Day Elite Training Block Week 27 - Friday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Speed/Agility Training

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Stairs + Turn & Sprint	1	x	3 EA	15 Yard Stairs + 15 Sprint

1:30 Minute Rest Between Reps

Block 2 Lower Body Warm-up

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Safety Bar Split Squat	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Ankle Rocker Hops	3	x	6		Drive Knee FWD, Vertical Femur

Perform A & B Series Simultaneously for 3 Sets

1:00 Minute Rest Between Sets

Block 3 Lower Body Power

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Safety Bar Split Squat	4	x	10s,10s-Clu	55-60%	Reactive-AMAP/Push-Pull-EA
B	Lateral Hurdle Hop	4	x	3 EA		Jump High, Continuous
C	Resisted Speed Skater Jumps	4	x	3 EA		Pull-In, Explode Out Immediately
D	Band Assisted Shuffle	4	x	1 EA		5 Yards EA
E	Swissball 4-Way Neck	4	x	10s		Reactive-AMAP/Push-Pull-EA
F	Bench Groin	4	x	10s		Reactive-AMAP/Push-Pull-EA
G	Ankle Band Work	4	x	10s	1" Band	Reactive-AMAP/Push-Pull-EA

Perform A-G Simultaneously for 4 Sets

25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 4 Upper Body Power

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Chin-Up	4	x	10s	Reactive-AMAP/Push-Pull
B	SA Band St. Arm Lat Pull-Down	4	x	4 EA	Speed
C	SA Cable St. Arm Lat Pull-Down	4	x	4 EA	Power
D	MB OH Slams	4	x	5	
E	Banded Cuban Press	4	x	10s	Reactive-AMAP/Push-Pull-EA

Perform A-E Simultaneously for 4 Sets

25 Seconds Rest Between Exercises

Block 5 Lower Auxiliary Power

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Staggered Stance RDL	3	x	10s	55-60%	Reactive-AMAP/Push-Pull-EA
B	Bench Glute	3	x	10s		Reactive-AMAP/Push-Pull-EA
C	SWB Twist Down	3	x	10s		Reactive-AMAP/Push-Pull-EA

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

4.21 Download (Week 28)

The download week is implemented to allow an athlete recovery time between intensive training blocks. Referring back to the GAS principles described in section one, it is during the recovery periods of training in which maximal adaptations occur. By allowing an athlete to recover from the previous, intense training phase, his body will improve to the greatest extent. The importance of these training weeks cannot be overlooked. Rest is a weapon and must be implemented at appropriate times within training. Both training and running days are completed in an oxidative fashion, with the implementation of the glute layering system and other circuit style methods.

Goal Adaptations of Block:

- Allow supercompensation from previous training block
- Induce recovery
- Re-address glute function training
- Re-address oxidative performance quality

Triphasic Lacrosse Training Manual

Download 3-Day Elite Training Block Week 28 - Monday

Pre [Pre-Training, Multi-Dimensional Warm-Up](#)

Block 1 **Glute Function Series Warm-Up**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Banded Big Toe Work	1	x	20 EA		
B	Banded Other 4 Toe Work	1	x	20 EA		
C	Level 1 Glute Iso Training Protocol	1	x	18m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	10 EA	1" Band	Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2 **Oxidative Energy System Training**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	3-D Contralateral Circuit	1	x	20s		Complete As Many Reps As Possible

Perform A for 1 Set @ 20s on 15s off

Triphasic Lacrosse Training Manual

Download 3-Day Elite Training Block Week 28 - Wednesday

Pre [Pre-Running, Multi-Dimensional Warm-Up](#)

Block 1 **Glute Function Series Warm-Up**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Banded Big Toe Work	1	x	20 EA		
B	Banded Other 4 Toe Work	1	x	20 EA		
C	Level 1 Glute Iso Training Protocol	1	x	18m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	10 EA	1" Band	Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2 **Oxidative Energy System Conditioning**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Threshold Training	2	x	4m		Running at Max Heart Rate

Perform A for 2 Sets of 4 min; 2:30 rest between rounds

Triphasic Lacrosse Training Manual

Download 3-Day Elite Training Block Week 28 - Friday

Pre **Pre-Training, Multi-Dimensional Warm-Up**

Block 1						
Glute Function Series Warm-Up						
<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Banded Big Toe Work	1	x	20 EA		
B	Banded Other 4 Toe Work	1	x	20 EA		
C	Level 1 Glute Iso Training Protocol	1	x	18m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	10 EA	1" Band	Hips Drive, Shoulders Follow
Perform A-D as a Glute Function Warm-Up Series Prior to Training						
Block 2						
Oxidative Energy System Training						
<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Metabolic Sandbell Circuit	1	x	25s		Complete As Many Reps As Possible
Perform A for 1 Set @ 25s on 10s off						

4.22 Speed Training Block (Weeks 29-30)

The repeat-power block lays the foundation for the speed training block, just as strength laid the foundation for power. The speed block is the most transferrable training phase as it is executed in the most specific manner to the sport of lacrosse. The primary goal of this training phase is to maximize RFD for each movement trained. In order to train this phase to the highest extent, low-loads at the highest possible velocities must be trained. Performance coaches must remember their goal is to not only prepare athletes optimally for the physical demands of competition, but also for the requirements of practice. These are commonly not identical stressors and must be considered individually. For this reason, running days are now completed three days per week and are all aimed at improving the ATP/Cr-P energy system and also include metabolic change of direction work. This leads to optimal performance on the lacrosse field and “peaks” an athlete specifically for the requirements of the sport.

Goal Adaptations of Block:

- Maximize RFD production through kinetic chain
- Movement efficiency at highest velocities
- Improve the SSC ability at velocities similar to lacrosse
- Reduce antagonist activation at high-velocities
- Improve “reactivity” at lacrosse game speeds
- Improve synchronization within individual muscles at highest velocities
- Enhance kinetic chain synchronization at highest velocities

Triphasic Lacrosse Training Manual

Speed 4-Day Elite Training Block Week 29 - Monday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Speed/Agility Training

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Flying 60's	1	x	6	20-20-20, Bound-Sprint

1:30 Minute Rest Between Reps

Block 2 Lower Body Warm-up

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Safety Bar Split Squat	1,1,1	x	5,3,3	50-80% Warm-Up
B	Ankle Band Work	3	x	7s	1" Band Max ROM, Speed

Perform A & B Series Simultaneously for 3 Sets

1:00 Minute Rest Between Sets

Block 3 Lower Body Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Lunge OC Hops	4	x	7s,7s-Clu	Reactive-AMAP/Push-Pull-EA
B	Hurdle Hop	4	x	4	Jump for Distance, Continuous
C	Wt. Squat Jump	4	x	4	Pull-In, Explode Out Immediately
D	Accel. Band Jump	4	x	4	Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	4	x	7s	Reactive-AMAP/Push-Pull-EA
F	Banded Speed Glute	4	x	7s	Reactive-AMAP/Push-Pull-EA
G	Banded Hip Flexor Pulls	4	x	7s	1" Band Reactive-AMAP/Push-Pull-EA

Perform A-G Simultaneously for 4 Sets

25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 4 Upper Body Warm-up

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Bench Press	1,1,1	x	5,3,3	50-80% Warm-Up
B	Band Pull-Aparts	3	x	10	1/2" Band

Perform A & B Series Simultaneously for 3 Sets

1:00 Minute Rest Between Sets

Block 5 Upper Body Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Bench Press	3	x	7s	35-40% Reactive-AMAP/Push-Pull-EA
B	One Arm Med Ball Pass	3	x	5 EA	Use Hips
C	OC Rack Band Press	3	x	7s	OC-D+1
D	Pull-Up	3	x	7s	Bottom 1/2, Reactive-AMAP
E	Banded Cuban Press	3	x	7s	

Perform A-E Simultaneously for 3 Sets

25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 6 Lower Auxiliary Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Switch Cycle Lunge	3	x	3 EA	Switch Legs in Air to Land in Start Pos.
B	Banded Speed Groin	3	x	7s	Reactive-AMAP/Push-Pull-EA
C	Glute Ham Bar Lift	3	x	7s	35-40% OC-D+1
D	Banded Paw Back	3	x	7s	Reactive-AMAP/Push-Pull-EA

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

Triphasic Lacrosse Training Manual

Speed 4-Day Elite Training Block Week 29 - Wednesday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Speed/Agility Training

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Pro-Agility	1	x	3 EA	5-10-5, Shuffle-Sprint-Shuffle

1:30 Minute Rest Between Reps

Block 2 Lower Body Warm-up

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Safety Bar Split Squat	1,1,1	x	5,3,3	50-80% Warm-Up

Perform A as a Warm-Up for Heavier Sets

1:00 Minute Rest Between Sets

Block 3 Lower Body Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Drop Jump DB Split Squat	6	x	2 EA	45-55% Drop into Position and Explode Out
B	Kneel. 3-Way Hip Flex	6	x	5 EA	5-FWD,5-LT,5-RT, EA Leg

Perform A-B Simultaneously for 6 Sets

25 Seconds Rest Between Exercises; 1:30 minutes between Rounds

Block 4 Upper Body Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Chin-Up	3	x	5s	OC-D+1
B	MB OH Slams	3	x	5	
C	Delt Bent Over OH Rebound Drop	3	x	5 EA	

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

Block 5 Lower Auxiliary Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Switch Cycle Lunge	3	x	5s	OC-D+1
B	DB SL RDL	3	x	5s	45-55% OC-D+1, EA
C	Bench Glute	3	x	5s	OC-D+1, EA

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

Block 6 Upper Auxiliary Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Split Stance Cable Rotational Row	3	x	5s EA	Speed Reactive-AMAP/Push-Pull
B	DB Shoulder Press	3	x	5s	45-55% OC-D+1
C	Cable Rotational Pull to Press	3	x	4 EA	Low to High, Violent Hip Drive

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

Block 7 Lower Auxiliary Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Banded Hip Flexor Pulls	3	x	5s	Reactive-AMAP/Push-Pull-EA
B	Glute Ham Bar Lift	3	x	5s	45-55% OC-D+1
C	Bench Groin	3	x	5s	OC-D+1, EA

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

Triphasic Lacrosse Training Manual

Speed 4-Day Elite Training Block Week 29 - Thursday

Pre [Pre-Running, Multi-Dimensional Warm-Up](#)

Block 1 [ATP/Cr-P Energy System Conditioning](#)

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Shuffle 5-RT; Shuffle 5-LT; Sprint 20	5	x	1	
B	Backpedal 5; Sprint 10; Backpedal 5; Sprint 10	5	x	1	
C	Sprint 5; Shuffle Back 45° RT; Sprint 5; Shuffle Back 45° LT	5	x	1	
D	Sprint 15; Shuffle 10-RT; Sprint 15; Shuffle 10-LT	5	x	1	
E	Sprint 10; 45° Dodge-RT; Sprint 10	5	x	1	
F	Sprint 10; 45° Dodge-LT; Sprint 10	5	x	1	
G	Shuffle 10-RT; Turn and Sprint 10; Shuffle 10-LT	5	x	1	
H	Shuffle 10-LT; Turn and Sprint 10; Shuffle 10-RT	5	x	1	

30 Seconds Rest Between Exercises; Rest 2:00 between rounds

Perform A-D at Maximal Speed, Simultaneously for 5 Sets

Triphasic Lacrosse Training Manual

Speed 4-Day Elite Training Block Week 29 - Friday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Speed/Agility Training

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Stairs + Turn & Sprint	1	x	3 EA		15 Yard Stairs + 15 Sprint

1:30 Minute Rest Between Reps

Block 2 Lower Body Warm-up

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Safety Bar Split Squat	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Ankle Rocker Hops	3	x	6		Drive Knee FWD, Vertical Femur

Perform A & B Series Simultaneously for 3 Sets

1:00 Minute Rest Between Sets

Block 3 Lower Body Speed

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Lunge OC Hops	4	x	10s,10s-Clu		Reactive-AMAP/Push-Pull-EA
B	Hurdle Hop	4	x	4		Jump for Distance, Continuous
C	Wt. Squat Jump	4	x	4		Pull-In, Explode Out Immediately
D	Accel. Band Jump	4	x	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	4	x	10s		Reactive-AMAP/Push-Pull-EA
F	Ball Groin Squeeze	4	x	10s		Reactive-AMAP/Push-Pull
G	Glute Wind-Up	4	x	4 EA		Wind-Up Around Glute

Perform A-G Simultaneously for 4 Sets

25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 4 Upper Body Speed

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Chin-Up	3	x	10s	35-40%	Reactive-AMAP/Push-Pull-EA
B	MB OH Slams	3	x	5		
C	Banded Cuban Press	3	x	10s		Reactive-AMAP/Push-Pull-EA

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 5 Lower Auxiliary Speed

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Switch Cycle Lunge	3	x	4 EA		Switch Legs in Air to Land in Start Pos.
B	Banded Paw Back	3	x	10s		Reactive-AMAP/Push-Pull-EA
C	Banded Speed Glute	3	x	10s		Reactive-AMAP/Push-Pull-EA
D	Banded Hip Flexor Pulls	3	x	10s		Reactive-AMAP/Push-Pull-EA

Perform A-D Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

Triphasic Lacrosse Training Manual

Speed 4-Day Elite Training Block Week 30 - Monday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Speed/Agility Training

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Flying 60's	1	x	6	20-20-20, Bound-Sprint

1:30 Minute Rest Between Reps

Block 2 Lower Body Warm-up

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Safety Bar Split Squat	1,1,1	x	5,3,3	50-80% Warm-Up
B	Ankle Band Work	3	x	7s	1" Band Max ROM, Speed

Perform A & B Series Simultaneously for 3 Sets

1:00 Minute Rest Between Sets

Block 3 Lower Body Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Lunge OC Hops	4	x	7s,7s-Clu	Reactive-AMAP/Push-Pull-EA
B	Hurdle Hop	4	x	4	Jump for Distance, Continuous
C	Wt. Squat Jump	4	x	4	Pull-In, Explode Out Immediately
D	Accel. Band Jump	4	x	4	Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	4	x	7s	Reactive-AMAP/Push-Pull-EA
F	Banded Speed Glute	4	x	7s	Reactive-AMAP/Push-Pull-EA
G	Banded Hip Flexor Pulls	4	x	7s	1" Band Reactive-AMAP/Push-Pull-EA

Perform A-G Simultaneously for 4 Sets

25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 4 Upper Body Warm-up

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Bench Press	1,1,1	x	5,3,3	50-80% Warm-Up
B	Band Pull-Aparts	3	x	10	1/2" Band

Perform A & B Series Simultaneously for 3 Sets

1:00 Minute Rest Between Sets

Block 5 Upper Body Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Bench Press	3	x	7s	35-40% Reactive-AMAP/Push-Pull-EA
B	One Arm Med Ball Pass	3	x	5 EA	Use Hips
C	OC Rack Band Press	3	x	7s	OC-D+1
D	Pull-Up	3	x	7s	Bottom 1/2, Reactive-AMAP
E	Banded Cuban Press	3	x	7s	

Perform A-E Simultaneously for 3 Sets

25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 6 Lower Auxiliary Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Switch Cycle Lunge	3	x	3 EA	Switch Legs in Air to Land in Start Pos.
B	Banded Speed Groin	3	x	7s	Reactive-AMAP/Push-Pull-EA
C	Glute Ham Bar Lift	3	x	7s	35-40% OC-D+1
D	Banded Paw Back	3	x	7s	Reactive-AMAP/Push-Pull-EA

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

Triphasic Lacrosse Training Manual

Speed 4-Day Elite Training Block Week 30 - Wednesday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Speed/Agility Training

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Pro-Agility	1	x	3 EA	5-10-5, Shuffle-Sprint-Shuffle

1:30 Minute Rest Between Reps

Block 2 Lower Body Warm-up

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Safety Bar Split Squat	1,1,1	x	5,3,3	50-80% Warm-Up

Perform A as a Warm-Up for Heavier Sets

1:00 Minute Rest Between Sets

Block 3 Lower Body Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Drop Jump DB Split Squat	6	x	2 EA	45-55% Drop into Position and Explode Out
B	Kneel. 3-Way Hip Flex	6	x	5 EA	5-FWD,5-LT,5-RT, EA Leg

Perform A-B Simultaneously for 6 Sets

25 Seconds Rest Between Exercises; 1:30 minutes between Rounds

Block 4 Upper Body Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Chin-Up	3	x	5s	OC-D+1
B	MB OH Slams	3	x	5	
C	Delt Bent Over OH Rebound Drop	3	x	5 EA	

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

Block 5 Lower Auxiliary Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Switch Cycle Lunge	3	x	5s	OC-D+1
B	DB SL RDL	3	x	5s	45-55% OC-D+1, EA
C	Bench Glute	3	x	5s	OC-D+1, EA

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

Block 6 Upper Auxiliary Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Split Stance Cable Rotational Row	3	x	5s EA	Speed Reactive-AMAP/Push-Pull
B	DB Shoulder Press	3	x	5s	45-55% OC-D+1
C	Cable Rotational Pull to Press	3	x	4 EA	Low to High, Violent Hip Drive

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

Block 7 Lower Auxiliary Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Banded Hip Flexor Pulls	3	x	5s	Reactive-AMAP/Push-Pull-EA
B	Glute Ham Bar Lift	3	x	5s	45-55% OC-D+1
C	Bench Groin	3	x	5s	OC-D+1, EA

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

Triphasic Lacrosse Training Manual

Speed 4-Day Elite Training Block Week 30 - Thursday

Pre Pre-Running, Multi-Dimensional Warm-Up

Block 1 ATP/Cr-P Energy System Conditioning

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Shuffle 5-RT; Shuffle 5-LT; Sprint 20	5	x	1	
B	Backpedal 5; Sprint 10; Backpedal 5; Sprint 10	5	x	1	
C	Sprint 5; Shuffle Back 45° RT; Sprint 5; Shuffle Back 45° LT	5	x	1	
D	Sprint 15; Shuffle 10-RT; Sprint 15; Shuffle 10-LT	5	x	1	
E	Sprint 10; 45° Dodge-RT; Sprint 10	5	x	1	
F	Sprint 10; 45° Dodge-LT; Sprint 10	5	x	1	
G	Shuffle 10-RT; Turn and Sprint 10; Shuffle 10-LT	5	x	1	
H	Shuffle 10-LT; Turn and Sprint 10; Shuffle 10-RT	5	x	1	

25 Seconds Rest Between Exercises; Rest 1:45 between rounds

Perform A-D at Maximal Speed, Simultaneously for 5 Sets

Triphasic Lacrosse Training Manual

Speed 4-Day Elite Training Block Week 30 - Friday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Speed/Agility Training

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Stairs + Turn & Sprint	1	x	3 EA	15 Yard Stairs + 15 Sprint

1:30 Minute Rest Between Reps

Block 2 Lower Body Warm-up

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Safety Bar Split Squat	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Ankle Rocker Hops	3	x	6		Drive Knee FWD, Vertical Femur

Perform A & B Series Simultaneously for 3 Sets

1:00 Minute Rest Between Sets

Block 3 Lower Body Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Lunge OC Hops	4	x	10s,10s-Clu	Reactive-AMAP/Push-Pull-EA
B	Hurdle Hop	4	x	4	Jump for Distance, Continuous
C	Wt. Squat Jump	4	x	4	Pull-In, Explode Out Immediately
D	Accel. Band Jump	4	x	4	Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	4	x	10s	Reactive-AMAP/Push-Pull-EA
F	Ball Groin Squeeze	4	x	10s	Reactive-AMAP/Push-Pull
G	Glute Wind-Up	4	x	4 EA	Wind-Up Around Glute

Perform A-G Simultaneously for 4 Sets

25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 4 Upper Body Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Chin-Up	3	x	10s	35-40%	Reactive-AMAP/Push-Pull-EA
B	MB OH Slams	3	x	5		
C	Banded Cuban Press	3	x	10s		Reactive-AMAP/Push-Pull-EA

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 5 Lower Auxiliary Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Switch Cycle Lunge	3	x	4 EA	Switch Legs in Air to Land in Start Pos.
B	Banded Paw Back	3	x	10s	Reactive-AMAP/Push-Pull-EA
C	Banded Speed Glute	3	x	10s	Reactive-AMAP/Push-Pull-EA
D	Banded Hip Flexor Pulls	3	x	10s	Reactive-AMAP/Push-Pull-EA

Perform A-D Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

4.23 Download (Week 31)

The download week is implemented to allow an athlete recovery time between intensive training blocks. Referring back to the GAS principles described in section one, it is during the recovery periods of training in which maximal adaptations occur. By allowing an athlete to recover from the previous, intense training phase, his body will improve to the greatest extent. The importance of these training weeks cannot be overlooked. Rest is a weapon and must be implemented at appropriate times within training. Both training and running days are completed in an oxidative fashion, with the implementation of the glute layering system and other circuit style methods.

Goal Adaptations of Block:

- Allow supercompensation from previous training block
- Induce recovery
- Re-address glute function training
- Re-address oxidative performance quality

Triphasic Lacrosse Training Manual

Download 3-Day Elite Training Block Week 31 - Monday

Pre [Pre-Training, Multi-Dimensional Warm-Up](#)

Block 1 **Glute Function Series Warm-Up**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Banded Big Toe Work	1	x	20 EA		
B	Banded Other 4 Toe Work	1	x	20 EA		
C	Level 1 Glute Iso Training Protocol	1	x	18m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	10 EA	1" Band	Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2 **Oxidative Energy System Training**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	3-D Contralateral Circuit	1	x	20s		Complete As Many Reps As Possible

Perform A for 1 Set @ 20s on 15s off

Triphasic Lacrosse Training Manual

Download 3-Day Elite Training Block Week 31 - Wednesday

Pre [Pre-Running, Multi-Dimensional Warm-Up](#)

Block 1 **Glute Function Series Warm-Up**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Banded Big Toe Work	1	x	20 EA		
B	Banded Other 4 Toe Work	1	x	20 EA		
C	Level 1 Glute Iso Training Protocol	1	x	18m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	10 EA	1" Band	Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2 **Oxidative Energy System Conditioning**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Threshold Training	2	x	4m		Running at Max Heart Rate

Perform A for 2 Sets of 4 min; 2:30 rest between rounds

Triphasic Lacrosse Training Manual

Download 3-Day Elite Training Block Week 31 - Friday

Pre [Pre-Training, Multi-Dimensional Warm-Up](#)

Block 1 **Glute Function Series Warm-Up**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Banded Big Toe Work	1	x	20 EA		
B	Banded Other 4 Toe Work	1	x	20 EA		
C	Level 1 Glute Iso Training Protocol	1	x	18m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	10 EA	1" Band	Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2 **Oxidative Energy System Training**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Metabolic Sandbell Circuit	1	x	25s		Complete As Many Reps As Possible

Perform A for 1 Set @ 25s on 10s off

4.24 Speed Training Block (Weeks 32-34)

This is the first block implemented while in-season practices are occurring. As the season occurs performance coaches must consider the intensity and volume which take place in-season. For this reason, training of the speed block is implemented only three days per week. The speed block is trained again for two reasons. First of all, the athlete experiences a stressor he is extremely familiar with. This is important as the athlete is now experiencing a new stressor in the form of practice. Training in a fashion the body is adapted to reduces the stress experienced in training. Secondly, by continuing to train the speed quality an athlete can be “peaked” for the first competition of the season. The adaptations for this training phase remain the same as the previous speed block. There is no running completed as conditioning occurs during practice sessions.

Goal Adaptations of Block:

- Maximize RFD production through kinetic chain
- Movement efficiency at highest velocities
- Improve the SSC ability at velocities similar to lacrosse
- Reduce antagonist activation at high-velocities
- Improve “reactivity” at lacrosse game speeds
- Improve synchronization within individual muscles at highest velocities
- Enhance kinetic chain synchronization at highest velocities

Triphasic Lacrosse Training Manual

Speed 3-Day Elite Training Block Week 32 - Monday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 **Lower Body Warm-up**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Safety Bar Split Squat	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Ankle Band Work	3	x	7s	1" Band	Max ROM, Speed

Perform A & B Series Simultaneously for 3 Sets
1:00 Minute Rest Between Sets

Block 2 **Lower Body Speed**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Lunge OC Hops	3	x	7s,7s-Clu		Reactive-AMAP/Push-Pull-EA
B	Hurdle Hop	3	x	4		Jump for Distance, Continuous
C	Wt. Squat Jump	3	x	4		Pull-In, Explode Out Immediately
D	Accel. Band Jump	3	x	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	3	x	7s		Reactive-AMAP/Push-Pull-EA
F	Banded Speed Glute	3	x	7s		Reactive-AMAP/Push-Pull-EA
G	Banded Hip Flexor Pulls	3	x	7s	1" Band	Reactive-AMAP/Push-Pull-EA

Perform A-G Simultaneously for 3 Sets
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 3 **Upper Body Warm-up**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Bench Press	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Band Pull-Aparts	3	x	10	1/2" Band	

Perform A & B Series Simultaneously for 3 Sets
1:00 Minute Rest Between Sets

Block 4 **Upper Body Speed**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Bench Press	3	x	7s	35-40%	Reactive-AMAP/Push-Pull-EA
B	One Arm Med Ball Pass	3	x	5 EA		Use Hips
C	OC Rack Band Press	3	x	7s		OC-D+1
D	Pull-Up	3	x	7s		Bottom 1/2, Reactive-AMAP
E	Banded Cuban Press	3	x	7s		

Perform A-E Simultaneously for 3 Sets
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 5 **Lower Auxiliary Speed**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Switch Cycle Lunge	3	x	3 EA		Switch Legs in Air to Land in Start Pos.
B	Banded Speed Groin	3	x	7s		Reactive-AMAP/Push-Pull-EA
C	Glute Ham Bar Lift	3	x	7s	35-40%	OC-D+1
D	Banded Paw Back	3	x	7s		Reactive-AMAP/Push-Pull-EA

Perform A-C Simultaneously for 3 Sets
25 Seconds Rest Between Exercises

Triphasic Lacrosse Training Manual

Speed 3-Day Elite Training Block Week 32 - Wednesday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Lower Body Warm-up

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Safety Bar Split Squat	1,1,1	x	5,3,3	50-80%	Warm-Up
Perform A as a Warm-Up for Heavier Sets						
1:00 Minute Rest Between Sets						

Block 2 Lower Body Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Drop Jump DB Split Squat	6	x	2 EA	45-55%	Drop into Position and Explode Out
B	Kneel. 3-Way Hip Flex	6	x	5 EA		5-FWD,5-LT,5-RT, EA Leg
Perform A-B Simultaneously for 6 Sets						
25 Seconds Rest Between Exercises; 1:30 minutes between Rounds						

Block 3 Upper Body Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Chin-Up	3	x	5s		OC-D+1
B	MB OH Slams	3	x	5		
C	Delt Bent Over OH Rebound Drop	3	x	5 EA		
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Block 4 Lower Auxiliary Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Switch Cycle Lunge	3	x	5s		OC-D+1
B	DB SL RDL	3	x	5s	45-55%	OC-D+1, EA
C	Bench Glute	3	x	5s		OC-D+1, EA
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Block 5 Upper Auxiliary Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Split Stance Cable Rotational Row	3	x	5s EA	Speed	Reactive-AMAP/Push-Pull
B	DB Shoulder Press	3	x	5s	45-55%	OC-D+1
C	Cable Rotational Pull to Press	3	x	4 EA		Low to High, Violent Hip Drive
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Block 6 Lower Auxiliary Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Banded Hip Flexor Pulls	3	x	5s		Reactive-AMAP/Push-Pull-EA
B	Glute Ham Bar Lift	3	x	5s	45-55%	OC-D+1
C	Bench Groin	3	x	5s		OC-D+1, EA
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Triphasic Lacrosse Training Manual

Speed 3-Day Elite Training Block Week 32 - Friday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 **Lower Body Warm-up**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Safety Bar Split Squat	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Ankle Rocker Hops	3	x	6		Drive Knee FWD, Vertical Femur
Perform A & B Series Simultaneously for 3 Sets						
1:00 Minute Rest Between Sets						

Block 2 **Lower Body Speed**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Lunge OC Hops	3	x	10s,10s-Clu		Reactive-AMAP/Push-Pull-EA
B	Hurdle Hop	3	x	4		Jump for Distance, Continuous
C	Wt. Squat Jump	3	x	4		Pull-In, Explode Out Immediately
D	Accel. Band Jump	3	x	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	3	x	10s		Reactive-AMAP/Push-Pull-EA
F	Ball Groin Squeeze	3	x	10s		Reactive-AMAP/Push-Pull
G	Glute Wind-Up	3	x	4 EA		Wind-Up Around Glute
Perform A-G Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds						

Block 3 **Upper Body Speed**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Chin-Up	3	x	10s	35-40%	Reactive-AMAP/Push-Pull-EA
B	MB OH Slams	3	x	5		
C	Banded Cuban Press	3	x	10s		Reactive-AMAP/Push-Pull-EA
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds						

Block 4 **Lower Auxiliary Speed**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Switch Cycle Lunge	3	x	4 EA		Switch Legs in Air to Land in Start Pos.
B	Banded Paw Back	3	x	10s		Reactive-AMAP/Push-Pull-EA
C	Banded Speed Glute	3	x	10s		Reactive-AMAP/Push-Pull-EA
D	Banded Hip Flexor Pulls	3	x	10s		Reactive-AMAP/Push-Pull-EA
Perform A-D Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Triphasic Lacrosse Training Manual

Speed 3-Day Elite Training Block Week 33 - Monday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 **Lower Body Warm-up**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Safety Bar Split Squat	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Ankle Band Work	3	x	7s	1" Band	Max ROM, Speed

Perform A & B Series Simultaneously for 3 Sets
1:00 Minute Rest Between Sets

Block 2 **Lower Body Speed**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Lunge OC Hops	3	x	7s,7s-Clu	Reactive-AMAP/Push-Pull-EA
B	Hurdle Hop	3	x	4	Jump for Distance, Continuous
C	Wt. Squat Jump	3	x	4	Pull-In, Explode Out Immediately
D	Accel. Band Jump	3	x	4	Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	3	x	7s	Reactive-AMAP/Push-Pull-EA
F	Banded Speed Glute	3	x	7s	Reactive-AMAP/Push-Pull-EA
G	Banded Hip Flexor Pulls	3	x	7s	1" Band Reactive-AMAP/Push-Pull-EA

Perform A-G Simultaneously for 3 Sets
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 3 **Upper Body Warm-up**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Bench Press	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Band Pull-Aparts	3	x	10	1/2" Band	

Perform A & B Series Simultaneously for 3 Sets
1:00 Minute Rest Between Sets

Block 4 **Upper Body Speed**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Bench Press	3	x	7s	35-40%	Reactive-AMAP/Push-Pull-EA
B	One Arm Med Ball Pass	3	x	5 EA		Use Hips
C	OC Rack Band Press	3	x	7s		OC-D+1
D	Pull-Up	3	x	7s		Bottom 1/2, Reactive-AMAP
E	Banded Cuban Press	3	x	7s		

Perform A-E Simultaneously for 3 Sets
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 5 **Lower Auxiliary Speed**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Switch Cycle Lunge	3	x	3 EA		Switch Legs in Air to Land in Start Pos.
B	Banded Speed Groin	3	x	7s		Reactive-AMAP/Push-Pull-EA
C	Glute Ham Bar Lift	3	x	7s	35-40%	OC-D+1
D	Banded Paw Back	3	x	7s		Reactive-AMAP/Push-Pull-EA

Perform A-C Simultaneously for 3 Sets
25 Seconds Rest Between Exercises

Triphasic Lacrosse Training Manual

Speed 3-Day Elite Training Block Week 33 - Wednesday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Lower Body Warm-up

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Safety Bar Split Squat	1,1,1	x	5,3,3	50-80%	Warm-Up

Perform A as a Warm-Up for Heavier Sets
1:00 Minute Rest Between Sets

Block 2 Lower Body Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Drop Jump DB Split Squat	6	x	2 EA	45-55%	Drop into Position and Explode Out
B	Kneel. 3-Way Hip Flex	6	x	5 EA		5-FWD,5-LT,5-RT, EA Leg

Perform A-B Simultaneously for 6 Sets
25 Seconds Rest Between Exercises; 1:30 minutes between Rounds

Block 3 Upper Body Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Chin-Up	3	x	5s		OC-D+1
B	MB OH Slams	3	x	5		
C	Delt Bent Over OH Rebound Drop	3	x	5 EA		

Perform A-C Simultaneously for 3 Sets
25 Seconds Rest Between Exercises

Block 4 Lower Auxiliary Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Switch Cycle Lunge	3	x	5s		OC-D+1
B	DB SL RDL	3	x	5s	45-55%	OC-D+1, EA
C	Bench Glute	3	x	5s		OC-D+1, EA

Perform A-C Simultaneously for 3 Sets
25 Seconds Rest Between Exercises

Block 5 Upper Auxiliary Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Split Stance Cable Rotational Row	3	x	5s EA	Speed	Reactive-AMAP/Push-Pull
B	DB Shoulder Press	3	x	5s	45-55%	OC-D+1
C	Cable Rotational Pull to Press	3	x	4 EA		Low to High, Violent Hip Drive

Perform A-C Simultaneously for 3 Sets
25 Seconds Rest Between Exercises

Block 6 Lower Auxiliary Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Banded Hip Flexor Pulls	3	x	5s		Reactive-AMAP/Push-Pull-EA
B	Glute Ham Bar Lift	3	x	5s	45-55%	OC-D+1
C	Bench Groin	3	x	5s		OC-D+1, EA

Perform A-C Simultaneously for 3 Sets
25 Seconds Rest Between Exercises

Triphasic Lacrosse Training Manual

Speed 3-Day Elite Training Block Week 33 - Friday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 **Lower Body Warm-up**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Safety Bar Split Squat	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Ankle Rocker Hops	3	x	6		Drive Knee FWD, Vertical Femur

Perform A & B Series Simultaneously for 3 Sets
1:00 Minute Rest Between Sets

Block 2 **Lower Body Speed**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Lunge OC Hops	3	x	10s,10s-Clu		Reactive-AMAP/Push-Pull-EA
B	Hurdle Hop	3	x	4		Jump for Distance, Continuous
C	Wt. Squat Jump	3	x	4		Pull-In, Explode Out Immediately
D	Accel. Band Jump	3	x	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	3	x	10s		Reactive-AMAP/Push-Pull-EA
F	Ball Groin Squeeze	3	x	10s		Reactive-AMAP/Push-Pull
G	Glute Wind-Up	3	x	4 EA		Wind-Up Around Glute

Perform A-G Simultaneously for 3 Sets
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 3 **Upper Body Speed**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Chin-Up	3	x	10s	35-40%	Reactive-AMAP/Push-Pull-EA
B	MB OH Slams	3	x	5		
C	Banded Cuban Press	3	x	10s		Reactive-AMAP/Push-Pull-EA

Perform A-C Simultaneously for 3 Sets
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 4 **Lower Auxiliary Speed**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Switch Cycle Lunge	3	x	4 EA		Switch Legs in Air to Land in Start Pos.
B	Banded Paw Back	3	x	10s		Reactive-AMAP/Push-Pull-EA
C	Banded Speed Glute	3	x	10s		Reactive-AMAP/Push-Pull-EA
D	Banded Hip Flexor Pulls	3	x	10s		Reactive-AMAP/Push-Pull-EA

Perform A-D Simultaneously for 3 Sets
25 Seconds Rest Between Exercises

Triphasic Lacrosse Training Manual

Speed 3-Day Elite Training Block Week 34 - Monday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Lower Body Warm-up

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Safety Bar Split Squat	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Ankle Band Work	3	x	7s	1" Band	Max ROM, Speed

Perform A & B Series Simultaneously for 3 Sets
1:00 Minute Rest Between Sets

Block 2 Lower Body Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Lunge OC Hops	3	x	7s,7s-Clu	Reactive-AMAP/Push-Pull-EA
B	Hurdle Hop	3	x	4	Jump for Distance, Continuous
C	Wt. Squat Jump	3	x	4	Pull-In, Explode Out Immediately
D	Accel. Band Jump	3	x	4	Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	3	x	7s	Reactive-AMAP/Push-Pull-EA
F	Banded Speed Glute	3	x	7s	Reactive-AMAP/Push-Pull-EA
G	Banded Hip Flexor Pulls	3	x	7s	1" Band Reactive-AMAP/Push-Pull-EA

Perform A-G Simultaneously for 3 Sets
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 3 Upper Body Warm-up

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Bench Press	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Band Pull-Aparts	3	x	10	1/2" Band	

Perform A & B Series Simultaneously for 3 Sets
1:00 Minute Rest Between Sets

Block 4 Upper Body Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Bench Press	3	x	7s	35-40%	Reactive-AMAP/Push-Pull-EA
B	One Arm Med Ball Pass	3	x	5 EA		Use Hips
C	OC Rack Band Press	3	x	7s		OC-D+1
D	Pull-Up	3	x	7s		Bottom 1/2, Reactive-AMAP
E	Banded Cuban Press	3	x	7s		

Perform A-E Simultaneously for 3 Sets
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 5 Lower Auxiliary Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Switch Cycle Lunge	3	x	3 EA		Switch Legs in Air to Land in Start Pos.
B	Banded Speed Groin	3	x	7s		Reactive-AMAP/Push-Pull-EA
C	Glute Ham Bar Lift	3	x	7s	35-40%	OC-D+1
D	Banded Paw Back	3	x	7s		Reactive-AMAP/Push-Pull-EA

Perform A-C Simultaneously for 3 Sets
25 Seconds Rest Between Exercises

Triphasic Lacrosse Training Manual

Speed 3-Day Elite Training Block Week 34 - Wednesday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Lower Body Warm-up

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Safety Bar Split Squat	1,1,1	x	5,3,3	50-80%	Warm-Up
Perform A as a Warm-Up for Heavier Sets						
1:00 Minute Rest Between Sets						

Block 2 Lower Body Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Drop Jump DB Split Squat	6	x	2 EA	45-55%	Drop into Position and Explode Out
B	Kneel. 3-Way Hip Flex	6	x	5 EA		5-FWD,5-LT,5-RT, EA Leg
Perform A-B Simultaneously for 6 Sets						
25 Seconds Rest Between Exercises; 1:30 minutes between Rounds						

Block 3 Upper Body Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Chin-Up	3	x	5s		OC-D+1
B	MB OH Slams	3	x	5		
C	Delt Bent Over OH Rebound Drop	3	x	5 EA		
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Block 4 Lower Auxiliary Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Switch Cycle Lunge	3	x	5s		OC-D+1
B	DB SL RDL	3	x	5s	45-55%	OC-D+1, EA
C	Bench Glute	3	x	5s		OC-D+1, EA
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Block 5 Upper Auxiliary Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Split Stance Cable Rotational Row	3	x	5s EA	Speed	Reactive-AMAP/Push-Pull
B	DB Shoulder Press	3	x	5s	45-55%	OC-D+1
C	Cable Rotational Pull to Press	3	x	4 EA		Low to High, Violent Hip Drive
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Block 6 Lower Auxiliary Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Banded Hip Flexor Pulls	3	x	5s		Reactive-AMAP/Push-Pull-EA
B	Glute Ham Bar Lift	3	x	5s	45-55%	OC-D+1
C	Bench Groin	3	x	5s		OC-D+1, EA
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

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Speed 3-Day Elite Training Block Week 34 - Friday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Lower Body Warm-up

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Safety Bar Split Squat	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Ankle Rocker Hops	3	x	6		Drive Knee FWD, Vertical Femur

Perform A & B Series Simultaneously for 3 Sets
1:00 Minute Rest Between Sets

Block 2 Lower Body Speed

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Lunge OC Hops	3	x	10s,10s-Clu		Reactive-AMAP/Push-Pull-EA
B	Hurdle Hop	3	x	4		Jump for Distance, Continuous
C	Wt. Squat Jump	3	x	4		Pull-In, Explode Out Immediately
D	Accel. Band Jump	3	x	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	3	x	10s		Reactive-AMAP/Push-Pull-EA
F	Ball Groin Squeeze	3	x	10s		Reactive-AMAP/Push-Pull
G	Glute Wind-Up	3	x	4 EA		Wind-Up Around Glute

Perform A-G Simultaneously for 3 Sets
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 3 Upper Body Speed

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Chin-Up	3	x	10s	35-40%	Reactive-AMAP/Push-Pull-EA
B	MB OH Slams	3	x	5		
C	Banded Cuban Press	3	x	10s		Reactive-AMAP/Push-Pull-EA

Perform A-C Simultaneously for 3 Sets
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 4 Lower Auxiliary Speed

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Switch Cycle Lunge	3	x	4 EA		Switch Legs in Air to Land in Start Pos.
B	Banded Paw Back	3	x	10s		Reactive-AMAP/Push-Pull-EA
C	Banded Speed Glute	3	x	10s		Reactive-AMAP/Push-Pull-EA
D	Banded Hip Flexor Pulls	3	x	10s		Reactive-AMAP/Push-Pull-EA

Perform A-D Simultaneously for 3 Sets
25 Seconds Rest Between Exercises

4.25 Download (Week 35)

In-Season, the download week is now implemented on only a two-day basis. However, the goals remain to allow an athlete recovery time between intensive training blocks. Referring back to the GAS principles described in section one, it is during the recovery periods of training in which maximal adaptations occur. By allowing an athlete to recover from the previous, intense training phase, his body will improve to the greatest extent. The importance of these training weeks cannot be overlooked. Rest is a weapon and must be implemented at appropriate times within training. Both training and running days are completed in an oxidative fashion, with the implementation of the glute layering system and other circuit style methods.

Goal Adaptations of Block:

- Allow supercompensation from previous training block
- Induce recovery
- Re-address glute function training
- Re-address oxidative performance quality

Triphasic Lacrosse Training Manual

Download 2-Day Elite Training Block Week 35 - Monday

Pre [Pre-Training, Multi-Dimensional Warm-Up](#)

Block 1 **Glute Function Series Warm-Up**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Banded Big Toe Work	1	x	20 EA		
B	Banded Other 4 Toe Work	1	x	20 EA		
C	Level 1 Glute Iso Training Protocol	1	x	18m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	10 EA	1" Band	Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2 **Oxidative Energy System Training**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	3-D Contralateral Circuit	1	x	20s		Complete As Many Reps As Possible

Perform A for 1 Set @ 20s on 15s off

Triphasic Lacrosse Training Manual

Download 2-Day Elite Training Block Week 35 - Wednesday

Pre [Pre-Training, Multi-Dimensional Warm-Up](#)

Block 1 **Glute Function Series Warm-Up**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	Banded Big Toe Work	1	x	20 EA	
B	Banded Other 4 Toe Work	1	x	20 EA	
C	Level 1 Glute Iso Training Protocol	1	x	18m	Green/Blue
D	Swiss Ball Hip Patterning	1	x	10 EA	1" Band Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2 **Oxidative Energy System Training**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	Metabolic Sandbell Circuit	1	x	20s	Complete As Many Reps As Possible

Perform A for 1 Set @ 20s on 10s off

4.26 Eccentric Hybrid Training Block (Weeks 36-38)

The hybrid model is incorporated throughout the in-season training model of the Triphasic Lacrosse Training Model. This hybrid model takes into account the athlete's nervous system needs to the greatest extent, while continuing to consider the residual training effects of the other six physical performance qualities. This weekly model consists of two days per week as competitions are now completed every week and considers the training of each physical performance quality. Strength and power phases are implemented early in the week, with speed training being completed on the second training day. This weekly sequence allows the athlete to be neutrally "peaked" for the upcoming competition. The eccentric muscle action phase is also re-addressed in this training block. It is critical performance coaches be adaptable during in-season training. If athletes are fatigued, then neural work may not be possible as it requires high-quality training. Always remember that it does not have to be done because it is written on an athlete's program.

Goal Adaptations of Block:

- Maximize physical preparedness for competition
- Maintain each quality at optimal levels
- Re-address isometric training block adaptations
- "Peak" athletes for competition

Triphasic Lacrosse Training Manual

Eccentric Hybrid 2-Day Elite Training Block Week 36 - Monday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 **Lower Body Warm-up**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Hex Bar Deadlift	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Ankle Band Work	3	x	3x5s	1" Band	5 Sec Ecc, 3 Reps EA

Perform A & B Series Simultaneously for 3 Sets
1:00 Minute Rest Between Sets

Block 2 **Lower Body Speed**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Hex Bar Deadlift	3	x	3x5s	65-80%	5 Sec Ecc, 3 Reps, % Based on Athlete
B	Hurdle Hop	3	x	4		Jump for Distance, Continuous
C	Wt. Squat Jump	3	x	4		Pull-In, Explode Out Immediately
D	Accel. Band Jump	3	x	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	3	x	5s		5 Sec Ecc, EA
F	Kneel. 3-Way Hip Flex	3	x	5 EA		5-FWD,5-LT,5-RT, EA Leg
G	Bench Glute	3	x	3x5s		5 Sec Ecc, 3 Reps EA

Perform A-G Simultaneously for 3 Sets
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 3 **Upper Body Warm-up**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Bench Press	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Band Pull-Aparts	3	x	10	1/2" Band	

Perform A & B Series Simultaneously for 3 Sets
1:00 Minute Rest Between Sets

Block 4 **Upper Body Speed**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Bench Press	3	x	3x5s	65-80%	5 Sec Ecc, 3 Reps, % Based on Athlete
B	One Arm Med Ball Pass	3	x	5 EA		Use Hips
C	Split Stance Cable Rotational Row	3	x	3x5s		5 Sec Ecc, 3 Reps EA, Load Glute
D	Pull-Up	3	x	3x5s		5 Sec Ecc, 3 Reps
E	Banded Cuban Press	3	x	3x5s		5 Sec Ecc, 3 Reps EA

Perform A-E Simultaneously for 3 Sets
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 5 **Lower Auxiliary Speed**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Glute Ham Bar Lift	3	x	3x5s	65-80%	5 Sec Ecc, 3 Reps
B	Bench Groin	3	x	3x5s		5 Sec Ecc, 3 Reps EA
C	DB Common Lunge Matrix	3	x	5s	65-80%	5 Sec Ecc-FWD,LAT,ROT
D	SA Farmers Carry	3	x	20Y	Moderate	

Perform A-C Simultaneously for 3 Sets
25 Seconds Rest Between Exercises

Triphasic Lacrosse Training Manual

Eccentric Hybrid 2-Day Elite Training Block Week 36 - Wednesday

Pre [Pre-Training, Multi-Dimensional Warm-Up](#)

Block 1 Lower Body Warm-up

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Safety Bar Split Squat	1,1,1	x 5,3,3	50-80%	Warm-Up
Perform A as a Warm-Up for Heavier Sets					
1:00 Minute Rest Between Sets					

Block 2 Lower Body Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Drop Jump DB Split Squat	6	x 2 EA	45-55%	Drop into Position and Explode Out
B	Glute Wind-Up	6	x 5 EA		Wind-Up Around Glute
Perform A-B Simultaneously for 6 Sets					
25 Seconds Rest Between Exercises; 1:30 minutes between Rounds					

Block 3 Upper Body Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Chin-Up	3	x 5s		OC-D+1
B	MB OH Slams	3	x 5		
C	Delt Bent Over OH Rebound Drop	3	x 5 EA		
Perform A-C Simultaneously for 3 Sets					
25 Seconds Rest Between Exercises					

Block 4 Lower Auxiliary Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Switch Cycle Lunge	3	x 5s		OC-D+1
B	DB SL RDL	3	x 5s	45-55%	OC-D+1, EA
C	Banded Speed Glute	3	x 5s		Reactive-AMAP/Push-Pull-EA
Perform A-C Simultaneously for 3 Sets					
25 Seconds Rest Between Exercises					

Block 5 Upper Auxiliary Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Split Stance Cable Rotational Row	3	x 5s EA	Speed	Reactive-AMAP/Push-Pull
B	DB Shoulder Press	3	x 5s	45-55%	OC-D+1
C	Cable Rotational Pull to Press	3	x 4 EA		Low to High, Violent Hip Drive
Perform A-C Simultaneously for 3 Sets					
25 Seconds Rest Between Exercises					

Block 6 Lower Auxiliary Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Banded Hip Flexor Pulls	3	x 5s		Reactive-AMAP/Push-Pull-EA
B	Glute Ham Bar Lift	3	x 5s	45-55%	OC-D+1
C	Banded Speed Groin	3	x 5s		Reactive-AMAP/Push-Pull-EA
Perform A-C Simultaneously for 3 Sets					
25 Seconds Rest Between Exercises					

Triphasic Lacrosse Training Manual

Eccentric Hybrid 2-Day Elite Training Block Week 37 - Monday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 **Lower Body Warm-up**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Hex Bar Deadlift	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Ankle Band Work	3	x	3x5s	1" Band	5 Sec Ecc, 3 Reps EA

Perform A & B Series Simultaneously for 3 Sets
1:00 Minute Rest Between Sets

Block 2 **Lower Body Speed**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Hex Bar Deadlift	3	x	3x5s	65-80%	5 Sec Ecc, 3 Reps, % Based on Athlete
B	Hurdle Hop	3	x	4		Jump for Distance, Continuous
C	Wt. Squat Jump	3	x	4		Pull-In, Explode Out Immediately
D	Accel. Band Jump	3	x	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	3	x	5s		5 Sec Ecc, EA
F	Kneel. 3-Way Hip Flex	3	x	5 EA		5-FWD,5-LT,5-RT, EA Leg
G	Bench Glute	3	x	3x5s		5 Sec Ecc, 3 Reps EA

Perform A-G Simultaneously for 3 Sets
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 3 **Upper Body Warm-up**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Bench Press	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Band Pull-Aparts	3	x	10	1/2" Band	

Perform A & B Series Simultaneously for 3 Sets
1:00 Minute Rest Between Sets

Block 4 **Upper Body Speed**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Bench Press	3	x	3x5s	65-80%	5 Sec Ecc, 3 Reps, % Based on Athlete
B	One Arm Med Ball Pass	3	x	5 EA		Use Hips
C	Split Stance Cable Rotational Row	3	x	3x5s		5 Sec Ecc, 3 Reps EA, Load Glute
D	Pull-Up	3	x	3x5s		5 Sec Ecc, 3 Reps
E	Banded Cuban Press	3	x	3x5s		5 Sec Ecc, 3 Reps EA

Perform A-E Simultaneously for 3 Sets
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 5 **Lower Auxiliary Speed**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Glute Ham Bar Lift	3	x	3x5s	65-80%	5 Sec Ecc, 3 Reps
B	Bench Groin	3	x	3x5s		5 Sec Ecc, 3 Reps EA
C	DB Common Lunge Matrix	3	x	5s	65-80%	5 Sec Ecc-FWD,LAT,ROT
D	SA Farmers Carry	3	x	20Y	Moderate	

Perform A-C Simultaneously for 3 Sets
25 Seconds Rest Between Exercises

Triphasic Lacrosse Training Manual

Eccentric Hybrid 2-Day Elite Training Block Week 37 - Wednesday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Lower Body Warm-up

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Safety Bar Split Squat	1,1,1	x	5,3,3	50-80%	Warm-Up
Perform A as a Warm-Up for Heavier Sets						
1:00 Minute Rest Between Sets						

Block 2 Lower Body Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Drop Jump DB Split Squat	6	x	2 EA	45-55%	Drop into Position and Explode Out
B	Glute Wind-Up	6	x	5 EA		Wind-Up Around Glute
Perform A-B Simultaneously for 6 Sets						
25 Seconds Rest Between Exercises; 1:30 minutes between Rounds						

Block 3 Upper Body Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Chin-Up	3	x	5s		OC-D+1
B	MB OH Slams	3	x	5		
C	Delt Bent Over OH Rebound Drop	3	x	5 EA		
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Block 4 Lower Auxiliary Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Switch Cycle Lunge	3	x	5s		OC-D+1
B	DB SL RDL	3	x	5s	45-55%	OC-D+1, EA
C	Banded Speed Glute	3	x	5s		Reactive-AMAP/Push-Pull-EA
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Block 5 Upper Auxiliary Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Split Stance Cable Rotational Row	3	x	5s EA	Speed	Reactive-AMAP/Push-Pull
B	DB Shoulder Press	3	x	5s	45-55%	OC-D+1
C	Cable Rotational Pull to Press	3	x	4 EA		Low to High, Violent Hip Drive
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Block 6 Lower Auxiliary Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Banded Hip Flexor Pulls	3	x	5s		Reactive-AMAP/Push-Pull-EA
B	Glute Ham Bar Lift	3	x	5s	45-55%	OC-D+1
C	Banded Speed Groin	3	x	5s		Reactive-AMAP/Push-Pull-EA
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Triphasic Lacrosse Training Manual

Eccentric Hybrid 2-Day Elite Training Block Week 38 - Monday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 **Lower Body Warm-up**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Hex Bar Deadlift	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Ankle Band Work	3	x	3x5s	1" Band	5 Sec Ecc, 3 Reps EA

Perform A & B Series Simultaneously for 3 Sets
1:00 Minute Rest Between Sets

Block 2 **Lower Body Speed**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Hex Bar Deadlift	3	x	3x5s	65-80%	5 Sec Ecc, 3 Reps, % Based on Athlete
B	Hurdle Hop	3	x	4		Jump for Distance, Continuous
C	Wt. Squat Jump	3	x	4		Pull-In, Explode Out Immediately
D	Accel. Band Jump	3	x	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	3	x	5s		5 Sec Ecc, EA
F	Kneel. 3-Way Hip Flex	3	x	5 EA		5-FWD,5-LT,5-RT, EA Leg
G	Bench Glute	3	x	3x5s		5 Sec Ecc, 3 Reps EA

Perform A-G Simultaneously for 3 Sets
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 3 **Upper Body Warm-up**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Bench Press	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Band Pull-Aparts	3	x	10	1/2" Band	

Perform A & B Series Simultaneously for 3 Sets
1:00 Minute Rest Between Sets

Block 4 **Upper Body Speed**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Bench Press	3	x	3x5s	65-80%	5 Sec Ecc, 3 Reps, % Based on Athlete
B	One Arm Med Ball Pass	3	x	5 EA		Use Hips
C	Split Stance Cable Rotational Row	3	x	3x5s		5 Sec Ecc, 3 Reps EA, Load Glute
D	Pull-Up	3	x	3x5s		5 Sec Ecc, 3 Reps
E	Banded Cuban Press	3	x	3x5s		5 Sec Ecc, 3 Reps EA

Perform A-E Simultaneously for 3 Sets
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 5 **Lower Auxiliary Speed**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Glute Ham Bar Lift	3	x	3x5s	65-80%	5 Sec Ecc, 3 Reps
B	Bench Groin	3	x	3x5s		5 Sec Ecc, 3 Reps EA
C	DB Common Lunge Matrix	3	x	5s	65-80%	5 Sec Ecc-FWD,LAT,ROT
D	SA Farmers Carry	3	x	20Y	Moderate	

Perform A-C Simultaneously for 3 Sets
25 Seconds Rest Between Exercises

Triphasic Lacrosse Training Manual

Eccentric Hybrid 2-Day Elite Training Block Week 38 - Wednesday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 **Lower Body Warm-up**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Safety Bar Split Squat	1,1,1	x	5,3,3	50-80%	Warm-Up
Perform A as a Warm-Up for Heavier Sets						
1:00 Minute Rest Between Sets						

Block 2 **Lower Body Speed**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Drop Jump DB Split Squat	6	x	2 EA	45-55%	Drop into Position and Explode Out
B	Glute Wind-Up	6	x	5 EA		Wind-Up Around Glute
Perform A-B Simultaneously for 6 Sets						
25 Seconds Rest Between Exercises; 1:30 minutes between Rounds						

Block 3 **Upper Body Speed**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Chin-Up	3	x	5s		OC-D+1
B	MB OH Slams	3	x	5		
C	Delt Bent Over OH Rebound Drop	3	x	5 EA		
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Block 4 **Lower Auxiliary Speed**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Switch Cycle Lunge	3	x	5s		OC-D+1
B	DB SL RDL	3	x	5s	45-55%	OC-D+1, EA
C	Banded Speed Glute	3	x	5s		Reactive-AMAP/Push-Pull-EA
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Block 5 **Upper Auxiliary Speed**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Split Stance Cable Rotational Row	3	x	5s EA	Speed	Reactive-AMAP/Push-Pull
B	DB Shoulder Press	3	x	5s	45-55%	OC-D+1
C	Cable Rotational Pull to Press	3	x	4 EA		Low to High, Violent Hip Drive
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Block 6 **Lower Auxiliary Speed**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Banded Hip Flexor Pulls	3	x	5s		Reactive-AMAP/Push-Pull-EA
B	Glute Ham Bar Lift	3	x	5s	45-55%	OC-D+1
C	Banded Speed Groin	3	x	5s		Reactive-AMAP/Push-Pull-EA
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

4.27 Download (Week 39)

In-Season, the download week is now implemented on only a two-day basis. However, the goals remain to allow an athlete recovery time between intensive training blocks. Referring back to the GAS principles described in section one, it is during the recovery periods of training in which maximal adaptations occur. By allowing an athlete to recover from the previous, intense training phase, his body will improve to the greatest extent. The importance of these training weeks cannot be overlooked. Rest is a weapon and must be implemented at appropriate times within training. Both training and running days are completed in an oxidative fashion, with the implementation of the glute layering system and other circuit style methods.

Goal Adaptations of Block:

- Allow supercompensation from previous training block
- Induce recovery
- Re-address glute function training
- Re-address oxidative performance quality
- Maximize physical preparedness for competition
- “Peak” athletes for competition

Triphasic Lacrosse Training Manual

Download 2-Day Elite Training Block Week 39 - Wednesday

Pre [Pre-Training, Multi-Dimensional Warm-Up](#)

Block 1 **Glute Function Series Warm-Up**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Banded Big Toe Work	1	x	20 EA		
B	Banded Other 4 Toe Work	1	x	20 EA		
C	Level 1 Glute Iso Training Protocol	1	x	18m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	10 EA	1" Band	Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2 **Oxidative Energy System Training**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Metabolic Sandbell Circuit	1	x	20s		Complete As Many Reps As Possible

Perform A for 1 Set @ 20s on 10s off

4.28 Isometric Hybrid Training Block (Weeks 40-42)

As with the previous hybrid training model, the six physical performance qualities are considered along with their residual training are considered in this weekly training model. Strength is trained early in the week, with speed being trained in the second training session to prepare athletes optimally to compete. The isometric muscle action phase is re-addressed in this training block. As always, be adaptable and adjust programming as needed according to each of your athletes.

Goal Adaptations of Block:

- Maximize physical preparedness for competition
- Maintain each quality at optimal levels
- Re-address isometric training block adaptations
- “Peak” athletes for competition

Triphasic Lacrosse Training Manual

Isometric Hybrid 2-Day Elite Training Block Week 40 - Monday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Lower Body Warm-up

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Hex Bar Deadlift	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Ankle Band Work	3	x	3x5s	1" Band	5 Sec Iso, 3 Reps EA
Perform A & B Series Simultaneously for 3 Sets						
1:00 Minute Rest Between Sets						

Block 2 Lower Body Speed

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Hex Bar Deadlift	3	x	3x5s	65-80%	5 Sec Iso, 3 Reps, % Based on Athlete
B	Hurdle Hop	3	x	4		Jump for Distance, Continuous
C	Wt. Squat Jump	3	x	4		Pull-In, Explode Out Immediately
D	Accel. Band Jump	3	x	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	3	x	5s		5 Sec Iso, EA
F	Kneel. 3-Way Hip Flex	3	x	5 EA		5-FWD,5-LT,5-RT, EA Leg
G	Bench Glute	3	x	3x5s		5 Sec Iso, 3 Reps EA
Perform A-G Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds						

Block 3 Upper Body Warm-up

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Bench Press	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Band Pull-Aparts	3	x	10	1/2" Band	
Perform A & B Series Simultaneously for 3 Sets						
1:00 Minute Rest Between Sets						

Block 4 Upper Body Speed

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Bench Press	3	x	3x5s	65-80%	5 Sec Iso, 3 Reps, % Based on Athlete
B	One Arm Med Ball Pass	3	x	5 EA		Use Hips
C	Split Stance Cable Rotational Row	3	x	3x5s		5 Sec Iso, 3 Reps EA, Load Glute
D	Pull-Up	3	x	3x5s		5 Sec Iso, 3 Reps
E	Banded Cuban Press	3	x	3x5s		5 Sec Iso, 3 Reps EA
Perform A-E Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds						

Block 5 Lower Auxiliary Speed

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Glute Ham Bar Lift	3	x	3x5s	65-80%	5 Sec Iso, 3 Reps
B	Bench Groin	3	x	3x5s		5 Sec Iso, 3 Reps EA
C	DB Common Lunge Matrix	3	x	5s	65-80%	5 Sec Iso-FWD,LAT,ROT
D	SA Farmers Carry	3	x	20Y	Moderate	
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Triphasic Lacrosse Training Manual

Isometric Hybrid 2-Day Elite Training Block Week 40 - Wednesday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 **Lower Body Warm-up**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Safety Bar Split Squat	1,1,1	x 5,3,3	50-80%	Warm-Up
Perform A as a Warm-Up for Heavier Sets					
1:00 Minute Rest Between Sets					

Block 2 **Lower Body Speed**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Drop Jump DB Split Squat	6	x 2 EA	45-55%	Drop into Position and Explode Out
B	Glute Wind-Up	6	x 5 EA		Wind-Up Around Glute
Perform A-B Simultaneously for 6 Sets					
25 Seconds Rest Between Exercises; 1:30 minutes between Rounds					

Block 3 **Upper Body Speed**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Chin-Up	3	x 5s		OC-D+1
B	MB OH Slams	3	x 5		
C	Delt Bent Over OH Rebound Drop	3	x 5 EA		
Perform A-C Simultaneously for 3 Sets					
25 Seconds Rest Between Exercises					

Block 4 **Lower Auxiliary Speed**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Switch Cycle Lunge	3	x 5s		OC-D+1
B	DB SL RDL	3	x 5s	45-55%	OC-D+1, EA
C	Banded Speed Glute	3	x 5s		Reactive-AMAP/Push-Pull-EA
Perform A-C Simultaneously for 3 Sets					
25 Seconds Rest Between Exercises					

Block 5 **Upper Auxiliary Speed**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Split Stance Cable Rotational Row	3	x 5s EA	Speed	Reactive-AMAP/Push-Pull
B	DB Shoulder Press	3	x 5s	45-55%	OC-D+1
C	Cable Rotational Pull to Press	3	x 4 EA		Low to High, Violent Hip Drive
Perform A-C Simultaneously for 3 Sets					
25 Seconds Rest Between Exercises					

Block 6 **Lower Auxiliary Speed**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Banded Hip Flexor Pulls	3	x 5s		Reactive-AMAP/Push-Pull-EA
B	Glute Ham Bar Lift	3	x 5s	45-55%	OC-D+1
C	Banded Speed Groin	3	x 5s		Reactive-AMAP/Push-Pull-EA
Perform A-C Simultaneously for 3 Sets					
25 Seconds Rest Between Exercises					

Triphasic Lacrosse Training Manual

Isometric Hybrid 2-Day Elite Training Block Week 41 - Monday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 **Lower Body Warm-up**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Hex Bar Deadlift	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Ankle Band Work	3	x	3x5s	1" Band	5 Sec Iso, 3 Reps EA

Perform A & B Series Simultaneously for 3 Sets
1:00 Minute Rest Between Sets

Block 2 **Lower Body Speed**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Hex Bar Deadlift	3	x	3x5s	65-80%	5 Sec Iso, 3 Reps, % Based on Athlete
B	Hurdle Hop	3	x	4		Jump for Distance, Continuous
C	Wt. Squat Jump	3	x	4		Pull-In, Explode Out Immediately
D	Accel. Band Jump	3	x	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	3	x	5s		5 Iso Ecc, EA
F	Kneel. 3-Way Hip Flex	3	x	5 EA		5-FWD,5-LT,5-RT, EA Leg
G	Bench Glute	3	x	3x5s		5 Sec Iso, 3 Reps EA

Perform A-G Simultaneously for 3 Sets
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 3 **Upper Body Warm-up**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Bench Press	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Band Pull-Aparts	3	x	10	1/2" Band	

Perform A & B Series Simultaneously for 3 Sets
1:00 Minute Rest Between Sets

Block 4 **Upper Body Speed**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Bench Press	3	x	3x5s	65-80%	5 Sec Iso, 3 Reps, % Based on Athlete
B	One Arm Med Ball Pass	3	x	5 EA		Use Hips
C	Split Stance Cable Rotational Row	3	x	3x5s		5 Sec Iso, 3 Reps EA, Load Glute
D	Pull-Up	3	x	3x5s		5 Sec Iso, 3 Reps
E	Banded Cuban Press	3	x	3x5s		5 Sec Iso, 3 Reps EA

Perform A-E Simultaneously for 3 Sets
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 5 **Lower Auxiliary Speed**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Glute Ham Bar Lift	3	x	3x5s	65-80%	5 Sec Iso, 3 Reps
B	Bench Groin	3	x	3x5s		5 Sec Iso, 3 Reps EA
C	DB Common Lunge Matrix	3	x	5s	65-80%	5 Sec Iso-FWD,LAT,ROT
D	SA Farmers Carry	3	x	20Y	Moderate	

Perform A-C Simultaneously for 3 Sets
25 Seconds Rest Between Exercises

Triphasic Lacrosse Training Manual

Isometric Hybrid 2-Day Elite Training Block Week 41 - Wednesday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 **Lower Body Warm-up**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Safety Bar Split Squat	1,1,1	x 5,3,3	50-80%	Warm-Up
Perform A as a Warm-Up for Heavier Sets					
1:00 Minute Rest Between Sets					

Block 2 **Lower Body Speed**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Drop Jump DB Split Squat	6	x 2 EA	45-55%	Drop into Position and Explode Out
B	Glute Wind-Up	6	x 5 EA		Wind-Up Around Glute
Perform A-B Simultaneously for 6 Sets					
25 Seconds Rest Between Exercises; 1:30 minutes between Rounds					

Block 3 **Upper Body Speed**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Chin-Up	3	x 5s		OC-D+1
B	MB OH Slams	3	x 5		
C	Delt Bent Over OH Rebound Drop	3	x 5 EA		
Perform A-C Simultaneously for 3 Sets					
25 Seconds Rest Between Exercises					

Block 4 **Lower Auxiliary Speed**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Switch Cycle Lunge	3	x 5s		OC-D+1
B	DB SL RDL	3	x 5s	45-55%	OC-D+1, EA
C	Banded Speed Glute	3	x 5s		Reactive-AMAP/Push-Pull-EA
Perform A-C Simultaneously for 3 Sets					
25 Seconds Rest Between Exercises					

Block 5 **Upper Auxiliary Speed**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Split Stance Cable Rotational Row	3	x 5s EA	Speed	Reactive-AMAP/Push-Pull
B	DB Shoulder Press	3	x 5s	45-55%	OC-D+1
C	Cable Rotational Pull to Press	3	x 4 EA		Low to High, Violent Hip Drive
Perform A-C Simultaneously for 3 Sets					
25 Seconds Rest Between Exercises					

Block 6 **Lower Auxiliary Speed**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Banded Hip Flexor Pulls	3	x 5s		Reactive-AMAP/Push-Pull-EA
B	Glute Ham Bar Lift	3	x 5s	45-55%	OC-D+1
C	Banded Speed Groin	3	x 5s		Reactive-AMAP/Push-Pull-EA
Perform A-C Simultaneously for 3 Sets					
25 Seconds Rest Between Exercises					

Triphasic Lacrosse Training Manual

Isometric Hybrid 2-Day Elite Training Block Week 42 - Monday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Lower Body Warm-up

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Hex Bar Deadlift	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Ankle Band Work	3	x	3x5s	1" Band	5 Sec Iso, 3 Reps EA
Perform A & B Series Simultaneously for 3 Sets						
1:00 Minute Rest Between Sets						

Block 2 Lower Body Speed

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Hex Bar Deadlift	3	x	3x5s	65-80%	5 Sec Iso, 3 Reps, % Based on Athlete
B	Hurdle Hop	3	x	4		Jump for Distance, Continuous
C	Wt. Squat Jump	3	x	4		Pull-In, Explode Out Immediately
D	Accel. Band Jump	3	x	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	3	x	5s		5 Sec Iso, EA
F	Kneel. 3-Way Hip Flex	3	x	5 EA		5-FWD,5-LT,5-RT, EA Leg
G	Bench Glute	3	x	3x5s		5 Sec Iso, 3 Reps EA
Perform A-G Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds						

Block 3 Upper Body Warm-up

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Bench Press	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Band Pull-Aparts	3	x	10	1/2" Band	
Perform A & B Series Simultaneously for 3 Sets						
1:00 Minute Rest Between Sets						

Block 4 Upper Body Speed

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Bench Press	3	x	3x5s	65-80%	5 Sec Iso, 3 Reps, % Based on Athlete
B	One Arm Med Ball Pass	3	x	5 EA		Use Hips
C	Split Stance Cable Rotational Row	3	x	3x5s		5 Sec Iso, 3 Reps EA, Load Glute
D	Pull-Up	3	x	3x5s		5 Sec Iso, 3 Reps
E	Banded Cuban Press	3	x	3x5s		5 Sec Iso, 3 Reps EA
Perform A-E Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds						

Block 5 Lower Auxiliary Speed

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Glute Ham Bar Lift	3	x	3x5s	65-80%	5 Sec Iso, 3 Reps
B	Bench Groin	3	x	3x5s		5 Sec Iso, 3 Reps EA
C	DB Common Lunge Matrix	3	x	5s	65-80%	5 Sec Iso-FWD,LAT,ROT
D	SA Farmers Carry	3	x	20Y	Moderate	
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Triphasic Lacrosse Training Manual

Isometric Hybrid 2-Day Elite Training Block Week 42 - Wednesday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 **Lower Body Warm-up**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Safety Bar Split Squat	1,1,1	x	5,3,3	50-80%	Warm-Up
Perform A as a Warm-Up for Heavier Sets						
1:00 Minute Rest Between Sets						

Block 2 **Lower Body Speed**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Drop Jump DB Split Squat	6	x	2 EA	45-55%	Drop into Position and Explode Out
B	Glute Wind-Up	6	x	5 EA		Wind-Up Around Glute
Perform A-B Simultaneously for 6 Sets						
25 Seconds Rest Between Exercises; 1:30 minutes between Rounds						

Block 3 **Upper Body Speed**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Chin-Up	3	x	5s		OC-D+1
B	MB OH Slams	3	x	5		
C	Delt Bent Over OH Rebound Drop	3	x	5 EA		
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Block 4 **Lower Auxiliary Speed**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Switch Cycle Lunge	3	x	5s		OC-D+1
B	DB SL RDL	3	x	5s	45-55%	OC-D+1, EA
C	Banded Speed Glute	3	x	5s		Reactive-AMAP/Push-Pull-EA
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Block 5 **Upper Auxiliary Speed**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Split Stance Cable Rotational Row	3	x	5s EA	Speed	Reactive-AMAP/Push-Pull
B	DB Shoulder Press	3	x	5s	45-55%	OC-D+1
C	Cable Rotational Pull to Press	3	x	4 EA		Low to High, Violent Hip Drive
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Block 6 **Lower Auxiliary Speed**

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Banded Hip Flexor Pulls	3	x	5s		Reactive-AMAP/Push-Pull-EA
B	Glute Ham Bar Lift	3	x	5s	45-55%	OC-D+1
C	Banded Speed Groin	3	x	5s		Reactive-AMAP/Push-Pull-EA
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

4.29 Download (Week 43)

In-Season, the download week is now implemented on only a two-day basis. However, the goals remain to allow an athlete recovery time between intensive training blocks. Referring back to the GAS principles described in section one, it is during the recovery periods of training in which maximal adaptations occur. By allowing an athlete to recover from the previous, intense training phase, his body will improve to the greatest extent. The importance of these training weeks cannot be overlooked. Rest is a weapon and must be implemented at appropriate times within training. Both training and running days are completed in an oxidative fashion, with the implementation of the glute layering system and other circuit style methods.

Goal Adaptations of Block:

- Allow supercompensation from previous training block
- Induce recovery
- Re-address glute function training
- Re-address oxidative performance quality
- Maximize physical preparedness for competition
- “Peak” athletes for competition

Triphasic Lacrosse Training Manual

Download 2-Day Elite Training Block Week 43 - Wednesday

Pre [Pre-Training, Multi-Dimensional Warm-Up](#)

Block 1 **Glute Function Series Warm-Up**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	Banded Big Toe Work	1	x	20 EA	
B	Banded Other 4 Toe Work	1	x	20 EA	
C	Level 1 Glute Iso Training Protocol	1	x	18m	Green/Blue
D	Swiss Ball Hip Patterning	1	x	10 EA	1" Band Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2 **Oxidative Energy System Training**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	Metabolic Sandbell Circuit	1	x	20s	Complete As Many Reps As Possible

Perform A for 1 Set @ 20s on 10s off

4.30 Hybrid Training Block (Weeks 44-45)

In the hybrid training model, the six physical performance qualities are considered along with their residual training are considered in this weekly training model. Strength is trained early in the week, with speed being trained in the second training session to prepare athletes optimally to compete. Reactive training is completed on both days as the SSC and other neural factors now become the primary goal of training. As always, be adaptable and adjust programming as needed according to each of your athletes.

Goal Adaptations of Block:

- Maximize physical preparedness for competition
- Maintain each quality at optimal levels
- Maximize use of SSC
- Re-address power training block adaptations
- “Peak” athletes for competition

Triphasic Lacrosse Training Manual

Hybrid 2-Day Elite Training Block Week 44 - Monday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Lower Body Warm-up

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Hex Bar Deadlift	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Ankle Band Work	3	x	3x5s	1" Band	Reactive-AMAP/Push-Pull-EA

Perform A & B Series Simultaneously for 3 Sets
1:00 Minute Rest Between Sets

Block 2 Lower Body Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Hex Bar Deadlift	3	x	7s	65-80%	Reactive-AMAP/Push-Pull, No Floor Touch
B	Hurdle Hop	3	x	4		Jump for Distance, Continuous
C	Wt. Squat Jump	3	x	4		Pull-In, Explode Out Immediately
D	Accel. Band Jump	3	x	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	3	x	7s		Reactive-AMAP/Push-Pull-EA
F	Kneel. 3-Way Hip Flex	3	x	5 EA		5-FWD,5-LT,5-RT, EA Leg
G	Bench Glute	3	x	7s		Reactive-AMAP/Push-Pull-EA

Perform A-G Simultaneously for 3 Sets
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 3 Upper Body Warm-up

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Bench Press	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Band Pull-Aparts	3	x	10	1/2" Band	

Perform A & B Series Simultaneously for 3 Sets
1:00 Minute Rest Between Sets

Block 4 Upper Body Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Bench Press	3	x	7s	65-80%	Reactive-AMAP/Push-Pull
B	One Arm Med Ball Pass	3	x	5 EA		Use Hips
C	Split Stance Cable Rotational Row	3	x	7s		Reactive-AMAP/Push-Pull-EA, Load Glute
D	Pull-Up	3	x	7s		Reactive-AMAP/Push-Pull
E	Banded Cuban Press	3	x	7s		Reactive-AMAP/Push-Pull-EA

Perform A-E Simultaneously for 3 Sets
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 5 Lower Auxiliary Speed

Order	Exercise	Sets	Reps/Duration	Load	Notes	
A	Glute Ham Bar Lift	3	x	7s	65-80%	Reactive-AMAP/Push-Pull
B	Bench Groin	3	x	7s		Reactive-AMAP/Push-Pull-EA
C	DB Common Lunge Matrix	3	x	3 EA	65-80%	Reactive-AMAP/Push-Pull-EA
D	Contra. Glute Ham + DB Row	3	x	7s	Light	Reactive-AMAP/Push-Pull-EA

Perform A-C Simultaneously for 3 Sets
25 Seconds Rest Between Exercises

Triphasic Lacrosse Training Manual

Hybrid 2-Day Elite Training Block Week 44 - Wednesday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 **Lower Body Warm-up**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Safety Bar Split Squat	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Ankle Rocker Hops	3	x	6		Drive Knee FWD, Vertical Femur
Perform A & B Series Simultaneously for 3 Sets						
1:00 Minute Rest Between Sets						

Block 2 **Lower Body Speed**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Lunge OC Hops	3	x	5s		Reactive-AMAP/Push-Pull-EA
B	Hurdle Hop	3	x	4		Jump for Distance, Continuous
C	Speed Skater Jumps	3	x	3 EA		Pull-In, Explode Out Immediately
D	Accel. Band Jump	3	x	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	3	x	5s		Reactive-AMAP/Push-Pull-EA
F	Banded Speed Groin	3	x	5s		Reactive-AMAP/Push-Pull-EA
G	Glute Wind-Up to Jump	3	x	4 EA		Wind-Up Around Glute
Perform A-G Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds						

Block 3 **Upper Body Speed**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Chin-Up	3	x	5s	35-40%	Reactive-AMAP/Push-Pull
B	MB OH Slams	3	x	5		
C	Split Stance Cable Rotational Row	3	x	5s	Speed	Reactive-AMAP/Push-Pull
D	Banded Cuban Press	3	x	5s		Reactive-AMAP/Push-Pull-EA
Perform A-D Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds						

Block 4 **Lower Auxiliary Speed**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Switch Cycle Lunge	3	x	4 EA		Switch Legs in Air to Land in Start Pos.
B	Banded Paw Back	3	x	10s		Reactive-AMAP/Push-Pull-EA
C	Banded Speed Glute	3	x	10s		Reactive-AMAP/Push-Pull-EA
D	Banded Hip Flexor Pulls	3	x	10s		Reactive-AMAP/Push-Pull-EA
Perform A-D Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Triphasic Lacrosse Training Manual

Hybrid 2-Day Elite Training Block Week 45 - Monday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Lower Body Warm-up

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Hex Bar Deadlift	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Ankle Band Work	3	x	3x5s	1" Band	Reactive-AMAP/Push-Pull-EA

Perform A & B Series Simultaneously for 3 Sets
1:00 Minute Rest Between Sets

Block 2 Lower Body Speed

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Hex Bar Deadlift	3	x	7s	65-80%	Reactive-AMAP/Push-Pull, No Floor Touch
B	Hurdle Hop	3	x	4		Jump for Distance, Continuous
C	Wt. Squat Jump	3	x	4		Pull-In, Explode Out Immediately
D	Accel. Band Jump	3	x	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	3	x	7s		Reactive-AMAP/Push-Pull-EA
F	Kneel. 3-Way Hip Flex	3	x	5 EA		5-FWD,5-LT,5-RT, EA Leg
G	Bench Glute	3	x	7s		Reactive-AMAP/Push-Pull-EA

Perform A-G Simultaneously for 3 Sets
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 3 Upper Body Warm-up

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Bench Press	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Band Pull-Aparts	3	x	10	1/2" Band	

Perform A & B Series Simultaneously for 3 Sets
1:00 Minute Rest Between Sets

Block 4 Upper Body Speed

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Bench Press	3	x	7s	65-80%	Reactive-AMAP/Push-Pull
B	One Arm Med Ball Pass	3	x	5 EA		Use Hips
C	Split Stance Cable Rotational Row	3	x	7s		Reactive-AMAP/Push-Pull-EA, Load Glute
D	Pull-Up	3	x	7s		Reactive-AMAP/Push-Pull
E	Banded Cuban Press	3	x	7s		Reactive-AMAP/Push-Pull-EA

Perform A-E Simultaneously for 3 Sets
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 5 Lower Auxiliary Speed

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Glute Ham Bar Lift	3	x	7s	65-80%	Reactive-AMAP/Push-Pull
B	Bench Groin	3	x	7s		Reactive-AMAP/Push-Pull-EA
C	DB Common Lunge Matrix	3	x	3 EA	65-80%	Reactive-AMAP/Push-Pull-EA
D	Contra. Glute Ham + DB Row	3	x	7s	Light	Reactive-AMAP/Push-Pull-EA

Perform A-C Simultaneously for 3 Sets
25 Seconds Rest Between Exercises

Triphasic Lacrosse Training Manual

Hybrid 2-Day Elite Training Block Week 45 - Wednesday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 **Lower Body Warm-up**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Safety Bar Split Squat	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Ankle Rocker Hops	3	x	6		Drive Knee FWD, Vertical Femur
Perform A & B Series Simultaneously for 3 Sets						
1:00 Minute Rest Between Sets						

Block 2 **Lower Body Speed**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Lunge OC Hops	3	x	5s		Reactive-AMAP/Push-Pull-EA
B	Hurdle Hop	3	x	4		Jump for Distance, Continuous
C	Speed Skater Jumps	3	x	3 EA		Pull-In, Explode Out Immediately
D	Accel. Band Jump	3	x	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	3	x	5s		Reactive-AMAP/Push-Pull-EA
F	Banded Speed Groin	3	x	5s		Reactive-AMAP/Push-Pull-EA
G	Glute Wind-Up to Jump	3	x	4 EA		Wind-Up Around Glute
Perform A-G Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds						

Block 3 **Upper Body Speed**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Chin-Up	3	x	5s	35-40%	Reactive-AMAP/Push-Pull
B	MB OH Slams	3	x	5		
C	Split Stance Cable Rotational Row	3	x	5s	Speed	Reactive-AMAP/Push-Pull
D	Banded Cuban Press	3	x	5s		Reactive-AMAP/Push-Pull-EA
Perform A-D Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds						

Block 4 **Lower Auxiliary Speed**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Switch Cycle Lunge	3	x	4 EA		Switch Legs in Air to Land in Start Pos.
B	Banded Paw Back	3	x	10s		Reactive-AMAP/Push-Pull-EA
C	Banded Speed Glute	3	x	10s		Reactive-AMAP/Push-Pull-EA
D	Banded Hip Flexor Pulls	3	x	10s		Reactive-AMAP/Push-Pull-EA
Perform A-D Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

4.31 Download (Week 46)

In-Season, the download week is now implemented on only a two-day basis. However, the goals remain to allow an athlete recovery time between intensive training blocks. Referring back to the GAS principles described in section one, it is during the recovery periods of training in which maximal adaptations occur. By allowing an athlete to recover from the previous, intense training phase, his body will improve to the greatest extent. The importance of these training weeks cannot be overlooked. Rest is a weapon and must be implemented at appropriate times within training. Both training and running days are completed in an oxidative fashion, with the implementation of the glute layering system and other circuit style methods.

Goal Adaptations of Block:

- Allow supercompensation from previous training block
- Induce recovery
- Re-address glute function training
- Re-address oxidative performance quality
- Maximize physical preparedness for competition
- “Peak” athletes for competition

Triphasic Lacrosse Training Manual

Download 2-Day Elite Training Block Week 46 - Monday

Pre [Pre-Training, Multi-Dimensional Warm-Up](#)

Block 1 **Glute Function Series Warm-Up**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Banded Big Toe Work	1	x	20 EA		
B	Banded Other 4 Toe Work	1	x	20 EA		
C	Level 1 Glute Iso Training Protocol	1	x	18m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	10 EA	1" Band	Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2 **Oxidative Energy System Training**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	3-D Contralateral Circuit	1	x	20s		Complete As Many Reps As Possible

Perform A for 1 Set @ 20s on 15s off

Triphasic Lacrosse Training Manual

Download 2-Day Elite Training Block Week 46 - Wednesday

Pre [Pre-Training, Multi-Dimensional Warm-Up](#)

Block 1 **Glute Function Series Warm-Up**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	Banded Big Toe Work	1	x	20 EA	
B	Banded Other 4 Toe Work	1	x	20 EA	
C	Level 1 Glute Iso Training Protocol	1	x	18m	Green/Blue
D	Swiss Ball Hip Patterning	1	x	10 EA	1" Band Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2 **Oxidative Energy System Training**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>	<u>Load</u>	<u>Notes</u>
A	Metabolic Sandbell Circuit	1	x	20s	Complete As Many Reps As Possible

Perform A for 1 Set @ 20s on 10s off

4.32 Hybrid Training Block (Weeks 47-48)

In the hybrid training model, the six physical performance qualities are considered along with their residual training are considered in this weekly training model. Strength is trained early in the week, with speed being trained in the second training session to prepare athletes optimally to compete. Reactive training is completed on both days as the SSC and other neural factors now become the primary goal of training. As always, be adaptable and adjust programming as needed according to each of your athletes.

Goal Adaptations of Block:

- Maximize physical preparedness for competition
- Maintain each quality at optimal levels
- Maximize use of SSC
- Re-address power training block adaptations
- “Peak” athletes for competition

Triphasic Lacrosse Training Manual

Hybrid 2-Day Elite Training Block Week 47 - Monday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Lower Body Warm-up

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Hex Bar Deadlift	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Ankle Band Work	3	x	3x5s	1" Band	Reactive-AMAP/Push-Pull-EA

Perform A & B Series Simultaneously for 3 Sets
1:00 Minute Rest Between Sets

Block 2 Lower Body Speed

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Hex Bar Deadlift	3	x	7s	55-65%	Reactive-AMAP/Push-Pull, No Floor Touch
B	Hurdle Hop	3	x	4		Jump for Distance, Continuous
C	Wt. Squat Jump	3	x	4		Pull-In, Explode Out Immediately
D	Accel. Band Jump	3	x	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	3	x	7s		Reactive-AMAP/Push-Pull-EA
F	Kneel. 3-Way Hip Flex	3	x	5 EA		5-FWD,5-LT,5-RT, EA Leg
G	Bench Glute	3	x	7s		Reactive-AMAP/Push-Pull-EA

Perform A-G Simultaneously for 3 Sets
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 3 Upper Body Warm-up

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Bench Press	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Band Pull-Aparts	3	x	10	1/2" Band	

Perform A & B Series Simultaneously for 3 Sets
1:00 Minute Rest Between Sets

Block 4 Upper Body Speed

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Bench Press	2	x	7s	55-65%	Reactive-AMAP/Push-Pull
B	One Arm Med Ball Pass	2	x	5 EA		Use Hips
C	Split Stance Cable Rotational Row	2	x	7s		Reactive-AMAP/Push-Pull-EA, Load Glute
D	Pull-Up	2	x	7s		Reactive-AMAP/Push-Pull
E	Banded Cuban Press	2	x	7s		Reactive-AMAP/Push-Pull-EA

Perform A-E Simultaneously for 2 Sets
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 5 Lower Auxiliary Speed

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Glute Ham Bar Lift	2	x	7s	55-65%	Reactive-AMAP/Push-Pull
B	Bench Groin	2	x	7s		Reactive-AMAP/Push-Pull-EA
C	Common Lunge Matrix Plyo	2	x	3 EA	55-65%	Continuous, 3 EA Way, EA Leg
D	Contra. Glute Ham + DB Row	2	x	7s	Light	Reactive-AMAP/Push-Pull-EA

Perform A-C Simultaneously for 2 Sets
25 Seconds Rest Between Exercises

Triphasic Lacrosse Training Manual

Hybrid 2-Day Elite Training Block Week 47 - Wednesday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 **Lower Body Warm-up**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Safety Bar Split Squat	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Ankle Rocker Hops	3	x	6		Drive Knee FWD, Vertical Femur
Perform A & B Series Simultaneously for 3 Sets						
1:00 Minute Rest Between Sets						

Block 2 **Lower Body Speed**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Lunge OC Hops	3	x	5s		Reactive-AMAP/Push-Pull-EA
B	Hurdle Hop	3	x	4		Jump for Distance, Continuous
C	Speed Skater Jumps	3	x	3 EA		Pull-In, Explode Out Immediately
D	Accel. Band Jump	3	x	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	3	x	5s		Reactive-AMAP/Push-Pull-EA
F	Banded Speed Groin	3	x	5s		Reactive-AMAP/Push-Pull-EA
G	Glute Wind-Up to Jump	3	x	4 EA		Wind-Up Around Glute
Perform A-G Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds						

Block 3 **Upper Body Speed**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Chin-Up	2	x	5s	35-40%	Reactive-AMAP/Push-Pull
B	MB OH Slams	2	x	5		
C	Split Stance Cable Rotational Row	2	x	5s	Speed	Reactive-AMAP/Push-Pull
D	Banded Cuban Press	2	x	5s		Reactive-AMAP/Push-Pull-EA
Perform A-D Simultaneously for 2 Sets						
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds						

Block 4 **Lower Auxiliary Speed**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Switch Cycle Lunge	2	x	4 EA		Switch Legs in Air to Land in Start Pos.
B	Banded Paw Back	2	x	10s		Reactive-AMAP/Push-Pull-EA
C	Banded Speed Glute	2	x	10s		Reactive-AMAP/Push-Pull-EA
D	Banded Hip Flexor Pulls	2	x	10s		Reactive-AMAP/Push-Pull-EA
Perform A-D Simultaneously for 2 Sets						
25 Seconds Rest Between Exercises						

Triphasic Lacrosse Training Manual

Hybrid 2-Day Elite Training Block Week 48 - Monday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Lower Body Warm-up

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Hex Bar Deadlift	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Ankle Band Work	3	x	3x5s	1" Band	Reactive-AMAP/Push-Pull-EA

Perform A & B Series Simultaneously for 3 Sets
1:00 Minute Rest Between Sets

Block 2 Lower Body Speed

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Hex Bar Deadlift	3	x	7s	55-65%	Reactive-AMAP/Push-Pull, No Floor Touch
B	Hurdle Hop	3	x	4		Jump for Distance, Continuous
C	Wt. Squat Jump	3	x	4		Pull-In, Explode Out Immediately
D	Accel. Band Jump	3	x	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	3	x	7s		Reactive-AMAP/Push-Pull-EA
F	Kneel. 3-Way Hip Flex	3	x	5 EA		5-FWD,5-LT,5-RT, EA Leg
G	Bench Glute	3	x	7s		Reactive-AMAP/Push-Pull-EA

Perform A-G Simultaneously for 3 Sets
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 3 Upper Body Warm-up

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Bench Press	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Band Pull-Aparts	3	x	10	1/2" Band	

Perform A & B Series Simultaneously for 3 Sets
1:00 Minute Rest Between Sets

Block 4 Upper Body Speed

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Bench Press	2	x	7s	55-65%	Reactive-AMAP/Push-Pull
B	One Arm Med Ball Pass	2	x	5 EA		Use Hips
C	Split Stance Cable Rotational Row	2	x	7s		Reactive-AMAP/Push-Pull-EA, Load Glute
D	Pull-Up	2	x	7s		Reactive-AMAP/Push-Pull
E	Banded Cuban Press	2	x	7s		Reactive-AMAP/Push-Pull-EA

Perform A-E Simultaneously for 2 Sets
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 5 Lower Auxiliary Speed

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Glute Ham Bar Lift	2	x	7s	55-65%	Reactive-AMAP/Push-Pull
B	Bench Groin	2	x	7s		Reactive-AMAP/Push-Pull-EA
C	Common Lunge Matrix Plyo	2	x	3 EA	55-65%	Continuous, 3 EA Way, EA Leg
D	Contra. Glute Ham + DB Row	2	x	7s	Light	Reactive-AMAP/Push-Pull-EA

Perform A-C Simultaneously for 2 Sets
25 Seconds Rest Between Exercises

Triphasic Lacrosse Training Manual

Hybrid 2-Day Elite Training Block Week 48 - Wednesday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 **Lower Body Warm-up**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Safety Bar Split Squat	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Ankle Rocker Hops	3	x	6		Drive Knee FWD, Vertical Femur
Perform A & B Series Simultaneously for 3 Sets						
1:00 Minute Rest Between Sets						

Block 2 **Lower Body Speed**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Lunge OC Hops	3	x	5s		Reactive-AMAP/Push-Pull-EA
B	Hurdle Hop	3	x	4		Jump for Distance, Continuous
C	Speed Skater Jumps	3	x	3 EA		Pull-In, Explode Out Immediately
D	Accel. Band Jump	3	x	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	3	x	5s		Reactive-AMAP/Push-Pull-EA
F	Banded Speed Groin	3	x	5s		Reactive-AMAP/Push-Pull-EA
G	Glute Wind-Up to Jump	3	x	4 EA		Wind-Up Around Glute
Perform A-G Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds						

Block 3 **Upper Body Speed**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Chin-Up	2	x	5s	35-40%	Reactive-AMAP/Push-Pull
B	MB OH Slams	2	x	5		
C	Split Stance Cable Rotational Row	2	x	5s	Speed	Reactive-AMAP/Push-Pull
D	Banded Cuban Press	2	x	5s		Reactive-AMAP/Push-Pull-EA
Perform A-D Simultaneously for 2 Sets						
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds						

Block 4 **Lower Auxiliary Speed**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Switch Cycle Lunge	2	x	4 EA		Switch Legs in Air to Land in Start Pos.
B	Banded Paw Back	2	x	10s		Reactive-AMAP/Push-Pull-EA
C	Banded Speed Glute	2	x	10s		Reactive-AMAP/Push-Pull-EA
D	Banded Hip Flexor Pulls	2	x	10s		Reactive-AMAP/Push-Pull-EA
Perform A-D Simultaneously for 2 Sets						
25 Seconds Rest Between Exercises						

4.33 Download (Week 49)

In-Season, the download week is now implemented on only a two-day basis. However, the goals remain to allow an athlete recovery time between intensive training blocks. Referring back to the GAS principles described in section one, it is during the recovery periods of training in which maximal adaptations occur. By allowing an athlete to recover from the previous, intense training phase, his body will improve to the greatest extent. The importance of these training weeks cannot be overlooked. Rest is a weapon and must be implemented at appropriate times within training. Both training and running days are completed in an oxidative fashion, with the implementation of the glute layering system and other circuit style methods.

Goal Adaptations of Block:

- Allow supercompensation from previous training block
- Induce recovery
- Re-address glute function training
- Re-address oxidative performance quality
- Maximize physical preparedness for competition
- “Peak” athletes for competition

Triphasic Lacrosse Training Manual

Download 2-Day Elite Training Block Week 49 - Monday

Pre [Pre-Training, Multi-Dimensional Warm-Up](#)

Block 1 **Glute Function Series Warm-Up**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Banded Big Toe Work	1	x	20 EA		
B	Banded Other 4 Toe Work	1	x	20 EA		
C	Level 1 Glute Iso Training Protocol	1	x	18m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	10 EA	1" Band	Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2 **Oxidative Energy System Training**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	3-D Contralateral Circuit	1	x	15s		Complete As Many Reps As Possible

Perform A for 1 Set @ 15s on 15s off

Triphasic Lacrosse Training Manual

Download 2-Day Elite Training Block Week 49 - Wednesday

Pre [Pre-Training, Multi-Dimensional Warm-Up](#)

Block 1 **Glute Function Series Warm-Up**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Banded Big Toe Work	1	x	20 EA		
B	Banded Other 4 Toe Work	1	x	20 EA		
C	Level 1 Glute Iso Training Protocol	1	x	18m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	10 EA	1" Band	Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2 **Regeneration Training Series**

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Foam Roller Regen. Circuit	1	x	Ind.		
B	Band Mobility Series	1	x	Ind.		

Perform A and/or B as Desired per Individual Athlete

4.34 Hybrid Training Block (Weeks 50-51)

In the hybrid training model, the six physical performance qualities are considered along with their residual training are considered in this weekly training model. Strength is trained early in the week, with speed being trained in the second training session to prepare athletes optimally to compete. Reactive training is completed on both days as the SSC and other neural factors now become the primary goal of training. As always, be adaptable and adjust programming as needed according to each of your athletes. Volume is typically reduced while intensity of the lift remains. This allows an athlete to “taper” while maintaining a high-level of CNS output, ultimately peaking for NCAA tournament time.

Goal Adaptations of Block:

- Maximize physical preparedness for competition
- Maintain each quality at optimal levels
- Maximize use of SSC
- Re-address power training block adaptations
- “Peak” athletes for competition

Triphasic Lacrosse Training Manual

Hybrid 2-Day Elite Training Block Week 50 - Monday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Lower Body Warm-up

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Hex Bar Deadlift	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Ankle Band Work	3	x	3x5s	1" Band	Reactive-AMAP/Push-Pull-EA

Perform A & B Series Simultaneously for 3 Sets
1:00 Minute Rest Between Sets

Block 2 Lower Body Speed

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Hex Bar Deadlift	2	x	7s	55-65%	Reactive-AMAP/Push-Pull, No Floor Touch
B	Hurdle Hop	2	x	4		Jump for Distance, Continuous
C	Wt. Squat Jump	2	x	4		Pull-In, Explode Out Immediately
D	Accel. Band Jump	2	x	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	2	x	7s		Reactive-AMAP/Push-Pull-EA
F	Kneel. 3-Way Hip Flex	2	x	5 EA		5-FWD,5-LT,5-RT, EA Leg
G	Bench Glute	2	x	7s		Reactive-AMAP/Push-Pull-EA

Perform A-G Simultaneously for 2 Sets
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 3 Upper Body Warm-up

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Bench Press	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Band Pull-Aparts	3	x	10	1/2" Band	

Perform A & B Series Simultaneously for 3 Sets
1:00 Minute Rest Between Sets

Block 4 Upper Body Speed

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Bench Press	2	x	7s	55-65%	Reactive-AMAP/Push-Pull
B	One Arm Med Ball Pass	2	x	5 EA		Use Hips
C	Split Stance Cable Rotational Row	2	x	7s		Reactive-AMAP/Push-Pull-EA, Load Glute
D	Pull-Up	2	x	7s		Reactive-AMAP/Push-Pull
E	Banded Cuban Press	2	x	7s		Reactive-AMAP/Push-Pull-EA

Perform A-E Simultaneously for 2 Sets
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 5 Lower Auxiliary Speed

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Glute Ham Bar Lift	1	x	7s	55-65%	Reactive-AMAP/Push-Pull
B	Bench Groin	1	x	7s		Reactive-AMAP/Push-Pull-EA
C	Common Lunge Matrix Plyo	1	x	3 EA	55-65%	Continuous, 3 EA Way, EA Leg
D	Contra. Glute Ham + DB Row	1	x	7s	Light	Reactive-AMAP/Push-Pull-EA

Perform A-C Simultaneously for 1 Set
25 Seconds Rest Between Exercises

Triphasic Lacrosse Training Manual

Hybrid 2-Day Elite Training Block Week 50 - Wednesday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Lower Body Warm-up

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Safety Bar Split Squat	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Ankle Rocker Hops	3	x	6		Drive Knee FWD, Vertical Femur
Perform A & B Series Simultaneously for 3 Sets						
1:00 Minute Rest Between Sets						

Block 2 Lower Body Speed

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Lunge OC Hops	2	x	5s		Reactive-AMAP/Push-Pull-EA
B	Hurdle Hop	2	x	4		Jump for Distance, Continuous
C	Speed Skater Jumps	2	x	3 EA		Pull-In, Explode Out Immediately
D	Accel. Band Jump	2	x	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	2	x	5s		Reactive-AMAP/Push-Pull-EA
F	Banded Speed Groin	2	x	5s		Reactive-AMAP/Push-Pull-EA
G	Glute Wind-Up to Jump	2	x	4 EA		Wind-Up Around Glute
Perform A-G Simultaneously for 2 Sets						
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds						

Block 3 Upper Body Speed

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Chin-Up	2	x	5s	35-40%	Reactive-AMAP/Push-Pull
B	MB OH Slams	2	x	5		
C	Split Stance Cable Rotational Row	2	x	5s	Speed	Reactive-AMAP/Push-Pull
D	Banded Cuban Press	2	x	5s		Reactive-AMAP/Push-Pull-EA
Perform A-D Simultaneously for 2 Sets						
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds						

Block 4 Lower Auxiliary Speed

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Switch Cycle Lunge	1	x	4 EA		Switch Legs in Air to Land in Start Pos.
B	Banded Paw Back	1	x	10s		Reactive-AMAP/Push-Pull-EA
C	Banded Speed Glute	1	x	10s		Reactive-AMAP/Push-Pull-EA
D	Banded Hip Flexor Pulls	1	x	10s		Reactive-AMAP/Push-Pull-EA
Perform A-D Simultaneously for 1 Set						
25 Seconds Rest Between Exercises						

Triphasic Lacrosse Training Manual

Hybrid 2-Day Elite Training Block Week 51 - Monday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Lower Body Warm-up

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Hex Bar Deadlift	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Ankle Band Work	3	x	3x5s	1" Band	Reactive-AMAP/Push-Pull-EA
Perform A & B Series Simultaneously for 3 Sets						
1:00 Minute Rest Between Sets						

Block 2 Lower Body Speed

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Hex Bar Deadlift	2	x	7s	55-65%	Reactive-AMAP/Push-Pull, No Floor Touch
B	Hurdle Hop	2	x	4		Jump for Distance, Continuous
C	Wt. Squat Jump	2	x	4		Pull-In, Explode Out Immediately
D	Accel. Band Jump	2	x	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	2	x	7s		Reactive-AMAP/Push-Pull-EA
F	Kneel. 3-Way Hip Flex	2	x	5 EA		5-FWD,5-LT,5-RT, EA Leg
G	Bench Glute	2	x	7s		Reactive-AMAP/Push-Pull-EA
Perform A-G Simultaneously for 2 Sets						
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds						

Block 3 Upper Body Warm-up

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Bench Press	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Band Pull-Aparts	3	x	10	1/2" Band	
Perform A & B Series Simultaneously for 3 Sets						
1:00 Minute Rest Between Sets						

Block 4 Upper Body Speed

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Bench Press	2	x	7s	55-65%	Reactive-AMAP/Push-Pull
B	One Arm Med Ball Pass	2	x	5 EA		Use Hips
C	Split Stance Cable Rotational Row	2	x	7s		Reactive-AMAP/Push-Pull-EA, Load Glute
D	Pull-Up	2	x	7s		Reactive-AMAP/Push-Pull
E	Banded Cuban Press	2	x	7s		Reactive-AMAP/Push-Pull-EA
Perform A-E Simultaneously for 2 Sets						
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds						

Block 5 Lower Auxiliary Speed

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Glute Ham Bar Lift	1	x	7s	55-65%	Reactive-AMAP/Push-Pull
B	Bench Groin	1	x	7s		Reactive-AMAP/Push-Pull-EA
C	Common Lunge Matrix Plyo	1	x	3 EA	55-65%	Continuous, 3 EA Way, EA Leg
D	Contra. Glute Ham + DB Row	1	x	7s	Light	Reactive-AMAP/Push-Pull-EA
Perform A-C Simultaneously for 1 Set						
25 Seconds Rest Between Exercises						

Triphasic Lacrosse Training Manual

Hybrid 2-Day Elite Training Block Week 51 - Wednesday

Pre Pre-Training, Multi-Dimensional Warm-Up

Block 1 Lower Body Warm-up

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Safety Bar Split Squat	1,1,1	x	5,3,3	50-80%	Warm-Up
B	Ankle Rocker Hops	3	x	6		Drive Knee FWD, Vertical Femur

Perform A & B Series Simultaneously for 3 Sets
1:00 Minute Rest Between Sets

Block 2 Lower Body Speed

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Lunge OC Hops	2	x	5s		Reactive-AMAP/Push-Pull-EA
B	Hurdle Hop	2	x	4		Jump for Distance, Continuous
C	Speed Skater Jumps	2	x	3 EA		Pull-In, Explode Out Immediately
D	Accel. Band Jump	2	x	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	2	x	5s		Reactive-AMAP/Push-Pull-EA
F	Banded Speed Groin	2	x	5s		Reactive-AMAP/Push-Pull-EA
G	Glute Wind-Up to Jump	2	x	4 EA		Wind-Up Around Glute

Perform A-G Simultaneously for 2 Sets
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 3 Upper Body Speed

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Chin-Up	2	x	5s	35-40%	Reactive-AMAP/Push-Pull
B	MB OH Slams	2	x	5		
C	Split Stance Cable Rotational Row	2	x	5s	Speed	Reactive-AMAP/Push-Pull
D	Banded Cuban Press	2	x	5s		Reactive-AMAP/Push-Pull-EA

Perform A-D Simultaneously for 2 Sets
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 4 Lower Auxiliary Speed

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Switch Cycle Lunge	1	x	4 EA		Switch Legs in Air to Land in Start Pos.
B	Banded Paw Back	1	x	10s		Reactive-AMAP/Push-Pull-EA
C	Banded Speed Glute	1	x	10s		Reactive-AMAP/Push-Pull-EA
D	Banded Hip Flexor Pulls	1	x	10s		Reactive-AMAP/Push-Pull-EA

Perform A-D Simultaneously for 1 Set
25 Seconds Rest Between Exercises

4.35 Download (Week 52)

Only four teams are still competing in collegiate lacrosse at this point in the annual calendar. In order to compete at optimal levels after a long, taxing season, athletes must be allowed to recover from their previous two weeks of hybrid training. At this point in the year all six physical performance qualities residuals have been considered throughout the entire in-season training program. At this point in the year, no more adaptations will be realized by an athlete through training. Athletes will receive their neural training through practice entirely at this point. Recovery protocols should be implemented in training to ensure each and every athlete feels their absolute best. This allows optimal physical preparedness for the potential, and hopefully, two game weekend which is the quest of every team starting back in week one of this annual plan.

Goal Adaptations of Block:

- Allow supercompensation from previous training block
- Induce recovery
- Maximize physical preparedness for final four weekend
- “Peak” athletes for final four weekend

Triphasic Lacrosse Training Manual

Download 2-Day Elite Training Block Week 52 - Monday

Pre [Pre-Training, Multi-Dimensional Warm-Up](#)

Block 1 **Glute Function Series Warm-Up**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Banded Big Toe Work	1	x	20 EA		
B	Banded Other 4 Toe Work	1	x	20 EA		
C	Level 1 Glute Iso Training Protocol	1	x	18m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x	10 EA	1" Band	Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2 **Oxidative Energy System Training**

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	3-D Contralateral Circuit	1	x	15s		Complete As Many Reps As Possible

Perform A for 1 Set @ 15s on 15s off

Triphasic Lacrosse Training Manual

Download 2-Day Elite Training Block Week 52 - Wednesday

Pre [Pre-Training, Multi-Dimensional Warm-Up](#)

Block 1 **Glute Function Series Warm-Up**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Banded Big Toe Work	1	x 20 EA		
B	Banded Other 4 Toe Work	1	x 20 EA		
C	Level 1 Glute Iso Training Protocol	1	x 18m	Green/Blue	
D	Swiss Ball Hip Patterning	1	x 10 EA	1" Band	Hips Drive, Shoulders Follow

Perform A-D as a Glute Function Warm-Up Series Prior to Training

Block 2 **Regeneration Training Series**

Order	Exercise	Sets	Reps/Duration	Load	Notes
A	Foam Roller Regen. Circuit	1	x Ind.		
B	Band Mobility Series	1	x Ind.		

Perform A and/or B as Desired per Individual Athlete

4.36 Conclusion of the Triphasic Lacrosse Training Model

All coaches have the goal of winning the championship of their leagues at the start of each and every year. The training and conditioning of a team plays a large role in this goal. Only when stress is applied to each of the six physical performance qualities appropriately, along with injury reduction training and maximized transfer of training is elite-level lacrosse performance possible. If a program does not consider each of these primary principles athletes are likely to break down at some point. Injured athletes, regardless of their skill level, are not able to assist with the ultimate goal of winning a championship.

The Triphasic Lacrosse Training Model considers each of these training principles and applies them in a systematic training program. This program begins with the consideration of the requirements of lacrosse specifically. The Triphasic Lacrosse Training Model then improves every athlete's energy systems to the fullest extent, according to his individual needs in the sport. After an athlete has improved his ability to complete repeat-sprint efforts, he is then trained to improve his general strength levels. These increased force producing abilities are then translated to each of the three muscle action phases in order to maximize the power and efficiency of the SSC. Athletes are then trained in specific power production and speed to maximize RFD, which allows transfer of training to be realized to the highest possible extent. Finally, in-season training is programmed with each of the physical performance qualities and their residual training effects in mind, along with the neural preparation of athletes for competition.

Only when each of these factors are considered, implemented, and executed appropriately is optimal performance possible for an elite-level athlete throughout the duration of the grueling, physical lacrosse season.