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.

- 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 | | | | | | | | | | |
| <u>Pre</u> | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | | |
| Block 1 | | Glute Function Series Warm-Up | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | Banded Big Toe Work | 1 | Х | 20 EA | | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 20 EA | | | | | | |
| С | Level 1 Glute Iso Training Protocol | 1 | Х | 18m | Green/Blue | | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 10 EA | 1" Band | Hips Drive, Shoulders Follow | | | | |
| | Perform A-D as a Gl | lute Fui | ntion Wa | rm-Up S | eries Prior to | Training | | | | |
| Block 2 | (| Oxidat | ive Ene | rgy Sys | tem Trainin | g | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | 3-D Contralateral Circuit | 1 | Х | 25s | | Complete As Many Reps As Possible | | | | |
| | Perfo | rm A fo | or 1 Set (| @ 25s on | 10s off | | | | | |
| Block 3 | <u>Oxi</u> | idative | e Energ | y Syste | m Conditior | ning | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | Metabolic Injury Prevention Running | 2 | Х | 5m | | Jog, Shuffle R&L, Carioca R&L, Backpedal | | | | |
| | Perform A for 2 | Sets o | f 5 min; | 1:30 rest | between rou | nds | | | | |

| Triphasic Lacrosse Training Manual | | | | | | | | | |
|---|--|----------|----------|-----------|-------------------|------------------------------|--|--|--|
| Oxidative 4-Day Elite Training Block Week 3 - Tuesday | | | | | | | | | |
| <u>Pre</u> | Pre-Running, Multi-Dimensional Warm-Up | | | | | | | | |
| Block 1 | Glute Function Series Warm-Up | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Banded Big Toe Work | 1 | Х | 20 EA | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 20 EA | | | | | |
| С | Level 1 Glute Iso Training Protocol | 1 | Х | 18m | Green/Blue | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 10 EA | 1" Band | Hips Drive, Shoulders Follow | | | |
| | Perform A-D as a G | lute Fui | ntion Wa | arm-Up S | eries Prior to Ti | raining | | | |
| Block 2 | <u>Oxi</u> | idative | e Energ | y Syste | m Conditioni | ng | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Threshold Training | 4 | Х | 4m | | Running at Max Heart Rate | | | |
| | Perform A for 4 | l Sets o | f 4 min; | 2:30 rest | between roun | ds | | | |

| Triphasic Lacrosse Training Manual | | | | | | | | | | |
|--|---|----------|----------|-----------|----------------|------------------------------|--|--|--|--|
| | · | | | | | | | | | |
| Oxidative 4-Day Elite Training Block Week 3 - Thursday | | | | | | | | | | |
| <u>Pre</u> | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | | |
| Block 1 | Glute Function Series Warm-Up | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | Banded Big Toe Work | 1 | Х | 20 EA | | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 20 EA | | | | | | |
| С | Level 1 Glute Iso Training Protocol | 1 | Х | 18m | Green/Blue | | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 10 EA | 1" Band | Hips Drive, Shoulders Follow | | | | |
| | Perform A-D as a Gl | lute Fur | ntion Wa | rm-Up S | eries Prior to | Training | | | | |
| Block 2 | <u>(</u> | Oxidat | ive Ene | rgy Sys | tem Trainin | g | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | <u>Wall Sit</u> | 1 | Х | 5m | | 5 minute Isometric | | | | |
| В | DB Bench | 1 | Х | 5m | 25-30% | 5 minute Isometric | | | | |
| С | Supine Glute Ham Back | 1 | Х | 5m | 25-30% | 5 minute Isometric | | | | |
| D | <u>Left Leg Lunge</u> | 1 | Х | 5m | | 5 minute Isometric | | | | |
| E | <u>DB Prone Row</u> | 1 | Х | 5m | 25-30% | 5 minute Isometric | | | | |
| F | Right Leg Lunge | 1 | Х | 5m | | 5 minute Isometric | | | | |
| | Perform A-F for 5 | minute | es Each; | 3:00 Rest | t Between Exe | ercises | | | | |

| Triphasic Lacrosse Training Manual | | | | | | | | | |
|--|--|----------|----------|----------|----------------|------------------------------|--|--|--|
| Oxidative 4-Day Elite Training Block Week 3 - Friday | | | | | | | | | |
| <u>Pre</u> | Pre-Running, Multi-Dimensional Warm-Up | | | | | | | | |
| Block 1 | Glute Function Series Warm-Up | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Banded Big Toe Work | 1 | Х | 20 EA | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 20 EA | | | | | |
| С | Level 1 Glute Iso Training Protocol | 1 | Х | 18m | Green/Blue | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 10 EA | 1" Band | Hips Drive, Shoulders Follow | | | |
| | Perform A-D as a G | lute Fui | ntion Wa | arm-Up S | eries Prior to | Training | | | |
| Block 2 | <u>Oxi</u> | idative | e Energ | y Syste | m Condition | ing | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Cardiac Output | 1 | Х | 35m | | Heart Rate Between 135-155 | | | |
| | Perform A for 1 Set for 35m; Ca | an Be C | omplete | d Throug | gh Running, Bi | king, or an Elliptical | | | |

| | Triphasic Lacrosse Training Manual | | | | | | | | |
|--|---|---------|------------|-----------|----------------|--|--|--|--|
| Oxidative 4-Day Elite Training Block Week 4 - Monday | | | | | | | | | |
| <u>Pre</u> | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | |
| Block 1 | Glute Function Series Warm-Up | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Banded Big Toe Work | 1 | х | 35 EA | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 35 EA | | | | | |
| С | Level 2 Glute Iso Training Protocol | 1 | Х | 23m | Green/Blue | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 15 EA | 1" Band | Hips Drive, Shoulders Follow | | | |
| | Perform A-D as a Gl | ute Fu | ntion Wa | rm-Up S | eries Prior to | Training | | | |
| Block 2 | <u>(</u> | Oxidat | ive Ene | rgy Sys | tem Trainin | g | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | 3-D Contralateral Circuit | 1 | Х | 30s | | Complete As Many Reps As Possible | | | |
| | Perfo | rm A fo | or 1 Set (| @ 30s on | 10s off | | | | |
| Block 3 | <u>Oxi</u> | dative | e Energ | y Syste | m Conditior | ning | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Metabolic Injury Prevention Running | 3 | Х | 5m | | Jog, Shuffle R&L, Carioca R&L, Backpedal | | | |
| | Perform A for 3 | Sets o | f 5 min; | 1:30 rest | between rou | nds | | | |

| Triphasic Lacrosse Training Manual | | | | | | | | | |
|---|--|----------|----------|-----------|------------------|------------------------------|--|--|--|
| Oxidative 4-Day Elite Training Block Week 4 - Tuesday | | | | | | | | | |
| <u>Pre</u> | Pre-Running, Multi-Dimensional Warm-Up | | | | | | | | |
| Block 1 | Glute Function Series Warm-Up | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Banded Big Toe Work | 1 | Х | 35 EA | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 35 EA | | | | | |
| С | Level 2 Glute Iso Training Protocol | 1 | Х | 23m | Green/Blue | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 15 EA | 1" Band | Hips Drive, Shoulders Follow | | | |
| | Perform A-D as a G | lute Fui | ntion Wa | arm-Up S | eries Prior to T | raining | | | |
| Block 2 | <u>Oxi</u> | idative | e Energ | y Syste | m Conditioni | ng | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Threshold Training | 4 | Х | 6m | | Running at Max Heart Rate | | | |
| | Perform A for 4 | l Sets o | f 6 min; | 2:30 rest | between roun | ds | | | |

| | Triphasic Lacrosse Training Manual | | | | | | | | | |
|--|---|----------|----------|---------|----------------|------------------------------|--|--|--|--|
| Oxidative 4-Day Elite Training Block Week 4 - Thursday | | | | | | | | | | |
| <u>Pre</u> | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | | |
| Block 1 | Glute Function Series Warm-Up | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | Banded Big Toe Work | 1 | Х | 35 EA | | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 35 EA | | | | | | |
| С | Level 2 Glute Iso Training Protocol | 1 | Х | 23m | Green/Blue | | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 15 EA | 1" Band | Hips Drive, Shoulders Follow | | | | |
| | Perform A-D as a G | lute Fui | ntion Wa | rm-Up S | eries Prior to | Training | | | | |
| Block 2 | (| Oxidat | ive Ene | rgy Sys | tem Trainin | g | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | <u>Wall Sit</u> | 1 | Х | 5m | | 5 minute Isometric | | | | |
| В | DB Bench | 1 | Х | 5m | 25-30% | 5 minute Isometric | | | | |
| С | Supine Glute Ham Back | 1 | Х | 5m | 25-30% | 5 minute Isometric | | | | |
| D | <u>Left Leg Lunge</u> | 1 | Х | 5m | | 5 minute Isometric | | | | |
| E | DB Prone Row | 1 | Х | 5m | 25-30% | 5 minute Isometric | | | | |
| F | Right Leg Lunge | 1 | Х | 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 4 - Friday | | | | | | | | | |
| <u>Pre</u> | Pre-Running, Multi-Dimensional Warm-Up | | | | | | | | |
| Block 1 | Glute Function Series Warm-Up | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Banded Big Toe Work | 1 | Х | 35 EA | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 35 EA | | | | | |
| С | Level 2 Glute Iso Training Protocol | 1 | Х | 23m | Green/Blue | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 15 EA | 1" Band | Hips Drive, Shoulders Follow | | | |
| | Perform A-D as a G | lute Fui | ntion Wa | arm-Up S | eries Prior to | Fraining | | | |
| Block 2 | <u>Oxi</u> | idative | e Energ | y Syste | m Condition | ing | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Cardiac Output | 1 | Х | 45m | | Heart Rate Between 135-155 | | | |
| | Perform A for 1 Set for 45m; Ca | an Be C | omplete | d Throug | gh Running, Bil | king, 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.

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

| Triphasic Lacrosse Training Manual | | | | | | | | | |
|---|--|--------|------------|-----------|--------------|-------------------------|--|--|--|
| Ca | Cap. Strength 4-Day Elite Training Block Week 5 - Monday | | | | | | | | |
| <u>Pre</u> | <u>Pre-Training, Multi-Dimensional Warm-Up</u> | | | | | | | | |
| Block 1 | Lower Body Warm-up | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | <u>Back Squat</u> | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | |
| | Perform A as a | a Warm | n-Up for | Heavier S | Sets | | | | |
| 1:00 Minute Rest Between Sets | | | | | | | | | |
| Block 2 | | Lowe | Body S | Strengtl | <u>1</u> | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Back Squat | 15 | Х | 3 | 65% | | | | |
| В | Ankle Wipers | 7 | Х | 10 EA | | Max ROM, No Knee Mvmt | | | |
| С | Kneel. 3-Way Hip Flex | 7 | Х | 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 | <u>L</u> c | ower [| Oynami | c Stren | gth_ | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Staggered Stance RDL | 10 | Х | 3 EA | 55% | 3 Sec Ecc, Max Speed | | | |
| В | Glute Wind-Up | 5 | Х | 4 EA | | Wind-Up Around Glute | | | |
| | Perform A-B | | | | | | | | |
| | 25 Seconds Rest Between E | ercise | es; 0:45 s | seconds b | oetween Rour | nds | | | |
| Block 4 | <u> 1</u> | otal A | uxiliary | / Streng | <u>th</u> | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | <u>Chin-Up</u> | 3 | Х | 8 | | Add Wt. If Possible | | | |
| В | <u>DB Lateral Lunge</u> | 3 | Х | 8 EA | 65% | | | | |
| С | <u>Bench Glute</u> | 3 | Х | 10 EA | | | | | |
| | Perform A-C | | | | | | | | |
| | 25 Seconds | Rest B | etween | Exercises | 5 | | | | |
| Block 5 | <u> </u> | otal A | | / Streng | th | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | | Load | Notes | | | |
| Α | SE Glute Bar Lift | 3 | Х | 8 | 65% | | | | |
| В | JM DB Press | 3 | Х | 8 | 65% | | | | |
| С | Palloff Press | 3 | Х | 8 EA | | Athletic Stance | | | |
| | Perform A-C | | | | | | | | |
| | 25 Seconds | Rest B | etween _ | Exercises | <u> </u> | | | | |

| Triphasic Lacrosse Training Manual | | | | | | | | | |
|---|---|----------|------------|-----------|--------------|--------------------------------|--|--|--|
| Cap | Cap. Strength 4-Day Elite Training Block Week 5 - Wednesday | | | | | | | | |
| <u>Pre</u> | <u>Pre-Trainir</u> | ng, Mu | ılti-Dim | ension | al Warm-U | <u>)</u> | | | |
| Block 1 | Lower Body Warm-up | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | <u>Hex Bar Deadlift</u> | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | |
| Perform A as a Warm-Up for Heavier Sets | | | | | | | | | |
| | 1:00 Min | ute Res | st Betwe | en Sets | | | | | |
| Block 2 | | Lower | Body S | Strengtl | <u>1</u> | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | <u>Hex Bar Deadlift</u> | 15 | Х | 2 | 65% | | | | |
| В | <u>SL Squat</u> | 7 | Х | 10 EA | | Drive Knee FWD | | | |
| С | Common Lunge Matrix | 7 | Х | 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 | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | DB Incline Press | 10 | Х | 3 | 55% | 3 Sec Ecc, Max Speed | | | |
| В | <u>Cable Face Pull</u> | 5 | Х | 8 | | 1 Sec Iso | | | |
| | Perform A-B | | | | | | | | |
| | 25 Seconds Rest Between I | Exercise | es; 0:45 s | seconds k | oetween Roui | nds | | | |
| Block 4 | <u> </u> | otal A | uxiliary | / Streng | <u>th</u> | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | DB Rear Foot Elevated Split Squat | 3 | Х | 8 EA | 65% | | | | |
| В | Glute Ham Bar Lift | 3 | Х | 8 | 65% | | | | |
| С | <u>Bench Groin</u> | 3 | Х | 10 EA | | | | | |
| | Perform A-C | | | | | | | | |
| | 25 Seconds | | | | | | | | |
| Block 5 | <u> </u> | otal A | | / Streng | <u>th</u> | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | <u>DB Bent Over Row</u> | 3 | Х | 8 | 65% | | | | |
| В | Goblet Rotational Lunge | 3 | Х | 8 EA | 65% | | | | |
| С | Body Weight Plank | 3 | Х | 1:00 | | | | | |
| | Perform A-C | | | | | | | | |
| | 25 Seconds | Rest B | etween | Exercises | 5 | | | | |

| Triphasic Lacrosse Training Manual | | | | | | |
|--|--|----------------------------------|----------|---------|------------|-------|
| Cap. Strength 4-Day Elite Training Block Week 5 - Thursday | | | | | | |
| <u>Pre</u> | Pre-Running, Multi-Dimensional Warm-Up | | | | | |
| Block 1 | <u>Oxidativ</u> | e Ene | rgy Syst | tem Coı | nditioning | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes |
| Α | Threshold Training | 3 x 9m Running at Max Heart Rate | | | | |
| А | | | | | | |

| Triphasic Lacrosse Training Manual | | | | | | | | | | |
|--|--|----------|-----------------|-----------------|--------------|------------------------------------|--|--|--|--|
| C | Cap. Strength 4-Day Elite Training Block Week 5 - Friday | | | | | | | | | |
| <u>Pre</u> | <u>Pre-Trainir</u> | ng, Μι | ılti-Dim | ension | al Warm-U | <u>)</u> | | | | |
| Block 1 | | Upper | · Body \ | Narm-u | ıp | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | <u>Pull-Up</u> | 1,1,1 | Х | 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 | | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | <u>Pull-Up</u> | 15 | Х | 3 | | Add Wt. If Possible | | | | |
| В | <u>Plate A Raise</u> | 7 | Х | 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 | | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | <u>Back Squat</u> | 10 | Х | 3 | 55% | 3 Sec Ecc, Max Speed | | | | |
| В | Banded Lying Hip Flexor | 5 | Х | 10 EA | | 3 Sec Iso-10 EA Leg | | | | |
| | Perform A-B | | | | | | | | | |
| | 25 Seconds Rest Between I | Exercise | es; 0:45 s | seconds b | oetween Roui | nds | | | | |
| Block 4 | <u> </u> | otal A | <u>uxiliary</u> | / Streng | <u>th</u> | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | <u>RDL</u> | 3 | Х | 8 | 65% | | | | | |
| В | <u>DB Bench Press</u> | 3 | Х | 8 | 65% | Alternating Arms | | | | |
| С | 3 Way DB Raise | 3 | Х | 8 EA | | 8 Front, 8 Lateral, 8 Rev. Fly | | | | |
| | Perform A-C | | | | | | | | | |
| | 25 Seconds | | | | | | | | | |
| Block 5 | <u> </u> | otal A | | <u>/ Streng</u> | <u>th</u> | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | _ | Load | Notes | | | | |
| Α | DB Common Lunge Matrix | 3 | Х | 4 EA | 60% | | | | | |
| В | SL Glute Ham Bar Lift | 3 | Х | 8 EA | 65% | | | | | |
| С | Cable Walkout | 3 | Х | 3 EA | | Athletic Stance, 3 Steps Out, 3 EA | | | | |
| | Perform A-C | | | | | | | | | |
| | 25 Seconds | s Kest B | etween | Exercises | 5 | | | | | |

| | Triphasic Lacr | osse | e Trai | ining | Manua | al | | | |
|---|------------------------------|----------|-----------------|------------|------------|--|--|--|--|
| Ca | ap. Strength 4-Day Elite | | | | | | | | |
| <u>Pre</u> | <u>Pre-Trainir</u> | ng, Mu | <u>ılti-Dim</u> | ension | al Warm-U | <u>o</u> | | | |
| Block 1 | Lower Body Warm-up | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | <u>Back Squat</u> | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | |
| Perform A as a Warm-Up for Heavier Sets | | | | | | | | | |
| | 1:00 Min | ute Re | st Betwe | en Sets | | | | | |
| Block 2 | | Lowe | r Body S | Strengtl | <u>1</u> | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Back Squat | 15 | x | 2 | 70-80% | 7 sets @ 70%, 2 sets @ 72.5%, 2 sets @ 75%, 2 sets @ 77.5%, 2 sets @ 80% | | | |
| В | Ankle Wipers | 7 | Х | 10 EA | | Max ROM, No Knee Mvmt | | | |
| С | Kneel. 3-Way Hip Flex | 7 | Х | 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 I | Exercise | es; 1:15 r | minutes k | etween Rou | nds | | | |
| Block 3 | <u>L</u> (| ower [| Dynami | c Stren | gth_ | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Staggered Stance RDL | 10 | Х | 3 EA | 60% | 3 Sec Ecc, Max Speed | | | |
| В | Glute Wind-Up | 5 | Х | 4 EA | | Wind-Up Around Glute | | | |
| | Perform A-B | | | | | | | | |
| | 25 Seconds Rest Between I | | | | | nds | | | |
| Block 4 | <u> </u> | otal A | | / Streng | <u>th</u> | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | | Load | Notes | | | |
| Α | <u>Chin-Up</u> | 3 | Х | 8 | | Add Wt. If Possible | | | |
| В | DB Lateral Lunge | 3 | Х | 8 EA | 70% | | | | |
| С | Bench Glute | 3 | X | 12 EA | 1. | | | | |
| | Perform A-C | | | | | | | | |
| DI 1 - | 25 Seconds | | | | | | | | |
| Block 5 | | | | / Streng | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | | Load | Notes | | | |
| A | SE Glute Bar Lift | 3 | X | 8 | 70% | | | | |
| B C | JM DB Press Palloff Press | 3 | X X | 8 10 EA | 70% | Athletic Stance | | | |
| | Perform A-C | Ū | | | tc | Atmetic Statice | | | |
| | 25 Seconds | | | | | | | | |
| | 25 5600103 | , NCSL L | CLWCCII | LACI CISCS | , | | | | |

| | Triphasic Lacrosse Training Manual | | | | | | | | |
|---|------------------------------------|---------|----------------|------------|--------------|--|--|--|--|
| Cap | . Strength 4-Day Elite Ti | | | | | | | | |
| <u>Pre</u> | <u>Pre-Trainir</u> | ıg, Μι | ılti-Dim | ension | al Warm-U | 2 | | | |
| Block 1 | | Lower | Body \ | Narm-u | p | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | <u>Hex Bar Deadlift</u> | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | |
| Perform A as a Warm-Up for Heavier Sets | | | | | | | | | |
| | 1:00 Min | ute Re | st Betwe | en Sets | | | | | |
| Block 2 | | Lowe | Body S | Strengtl | <u>1</u> | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| А | <u>Hex Bar Deadlift</u> | 15 | х | 2 | 70-80% | 7 sets @ 70%, 2 sets @ 72.5%, 2 sets @ 75%, 2 sets @ 77.5%, 2 sets @ 80% | | | |
| В | <u>SL Squat</u> | 7 | Х | 10 EA | | Drive Knee FWD | | | |
| С | Common Lunge Matrix | 7 | Х | 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 E | xercise | es; 1:15 r | ninutes k | oetween Roui | nds | | | |
| Block 3 | <u>U</u> | pper l | <u> Dynami</u> | c Stren | gth_ | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | DB Incline Press | 10 | Х | 3 | 60% | 3 Sec Ecc, Max Speed | | | |
| В | Cable Face Pull | 5 | X | 8 | | 1 Sec Iso | | | |
| | Perform A-B | | | | | | | | |
| | 25 Seconds Rest Between I | | | | | nds | | | |
| Block 4 | | | | / Streng | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | | Load | Notes | | | |
| A | DB Rear Foot Elevated Split Squat | 3 | Х | 8 EA | 70% | | | | |
| B C | Glute Ham Bar Lift Bench Groin | 3 | X X | 8 12 EA | 70% | | | | |
| C | Perform A-C | | | | tc | | | | |
| | 25 Seconds | | | | | | | | |
| Block 5 | | | | / Streng | | | | | |
| Order | <u>Exercise</u> | Sets | Reps/D | | Load | Notes | | | |
| A | DB Bent Over Row | 3 | Х | 8 | 70% | | | | |
| В | Goblet Rotational Lunge | 3 | Х | 8 EA | 70% | | | | |
| С | Body Weight Plank | 3 | Х | 1:15 | | | | | |
| | Perform A-C | | | | | | | | |
| | 25 Seconds | Rest B | etween | Exercises | 5 | | | | |

| Triphasic Lacrosse Training Manual | | | | | | | |
|--|---|----------|-----------------------------------|----------|------------------|--------------------------|--|
| Cap. Strength 4-Day Elite Training Block Week 6 - Thursday | | | | | | | |
| <u>Pre</u> | Pre-Running, Multi-Dimensional Warm-Up | | | | | | |
| Block 1 | <u>Glycolyt</u> | ic Ene | rgy Syst | tem Coi | nditioning | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | |
| Α | Lactic Capacity Training | 3 | 3 x 3x1:30 Sprinting at Max Speed | | | | |
| Pe | form A for 3 repetitions of 1:30 Sprint: 1:00 rest be | tween re | epetitions: | Complete | 3 Total Sets wit | n Rest 3:00 between Sets | |

| | Triphasic Lacr | osse | Trai | ining | Manua | ıl | |
|--|-------------------------------|----------|-----------------|-----------|--------------|------------------------------------|--|
| C | Cap. Strength 4-Day Elite | | | | | | |
| <u>Pre</u> | <u>Pre-Trainir</u> | ng, Μι | ılti-Dim | ension | al Warm-U | <u>)</u> | |
| Block 1 | | Upper | · Body \ | Narm-u | <u>ıp</u> | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | |
| Α | <u>Pull-Up</u> | 1,1,1 | Х | 5,3,3 | | Warm-Up | |
| | Perform A as a | | | | Sets | | |
| | 1:00 Min | ute Res | st Betwe | en Sets | | | |
| Block 2 Upper Body Strength | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | |
| Α | <u>Pull-Up</u> | 15 | Х | 3 | | Add Wt. If Possible | |
| В | <u>Plate A Raise</u> | 7 | Х | 8 | | 5 LB Plate | |
| | Perform A-B | | | | | | |
| 25 Seconds Rest Between Exercises; 1:00 minutes between Rounds | | | | | | | |
| Block 3 | <u>Lower Dynamic Strength</u> | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | |
| Α | <u>Back Squat</u> | 10 | Х | 3 | 60% | 3 Sec Ecc, Max Speed | |
| В | Banded Lying Hip Flexor | 5 | Х | 10 EA | | 3 Sec Iso-10 EA Leg | |
| | Perform A-B | | | | | | |
| | 25 Seconds Rest Between I | ercise | es; 0:45 s | seconds k | oetween Roui | nds | |
| Block 4 | <u>T</u> | otal A | <u>uxiliary</u> | / Streng | <u>th</u> | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | |
| Α | <u>RDL</u> | 3 | Х | 8 | 70% | | |
| В | <u>DB Bench Press</u> | 3 | Х | 8 | 70% | Alternating Arms | |
| С | 3 Way DB Raise | 3 | Х | 8 EA | | 8 Front, 8 Lateral, 8 Rev. Fly | |
| | Perform A-C | | | | | | |
| | 25 Seconds | | | | | | |
| Block 5 | <u> </u> | otal A | | / Streng | <u>th</u> | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | _ | Load | Notes | |
| Α | DB Common Lunge Matrix | 3 | Х | 4 EA | 65% | | |
| В | SL Glute Ham Bar Lift | 3 | Х | 8 EA | 70% | | |
| С | Cable Walkout | 3 | Х | 3 EA | | Athletic Stance, 3 Steps Out, 3 EA | |
| | Perform A-C | | | | | | |
| | 25 Seconds | s Rest B | etween | Exercises | 5 | | |

| | Triphasic Lacr | osse | Trai | ining | Manua | al | | | |
|---|--------------------------------------|-----------|------------|--------------|-------------------|--|--|--|--|
| Ca | p. Strength 4-Day Elite | | | | | | | | |
| <u>Pre</u> | <u>Pre-Trainir</u> | ng, Mu | ılti-Dim | ension | al Warm-U | <u>o</u> | | | |
| Block 1 | Lower Body Warm-up | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | <u>Back Squat</u> | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | |
| Perform A as a Warm-Up for Heavier Sets | | | | | | | | | |
| 1:00 Minute Rest Between Sets | | | | | | | | | |
| Block 2 | | Lowe | Body S | Strengtl | <u>n</u> | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| А | 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% | | | |
| В | Ankle Wipers | 7 | Х | 10 EA | | Max ROM, No Knee Mvmt | | | |
| С | Kneel. 3-Way Hip Flex | 7 | Х | 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 E | xercise | es; 1:15 r | minutes l | oetween Rou | nds | | | |
| Block 3 | <u>Lc</u> | ower [| Dynami | c Stren | gth_ | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Staggered Stance RDL | 10 | Х | 3 EA | 65% | 3 Sec Ecc, Max Speed | | | |
| В | Glute Wind-Up | 5 | Х | 4 EA | | Wind-Up Around Glute | | | |
| | Perform A-B | | | | | | | | |
| | 25 Seconds Rest Between I | | | | | nds | | | |
| Block 4 | <u> </u> | otal A | | / Streng | <u>th</u> | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | | Load | Notes | | | |
| Α | <u>Chin-Up</u> | 3 | Х | 8 | | Add Wt. If Possible | | | |
| В | DB Lateral Lunge | 3 | Х | 8 EA | 72.5% | | | | |
| С | Bench Glute | 3 | X | 15 EA | | | | | |
| | Perform A-C | | | | | | | | |
| Plack F | 25 Seconds | | | | | | | | |
| Block 5 | | | | / Streng | | Nets | | | |
| <u>Order</u> A | <u>Exercise</u> SE Glute Bar Lift | Sets 3 | Reps/D | uration 8 | Load 72.5% | Notes | | | |
| В | JM DB Press | 3 | X | 8 | 72.5% | | | | |
| C | Palloff Press | 3 | X | 12 EA | 72.370 | Athletic Stance | | | |
| - | Perform A-C | Simult | aneously | for 3 Se | ts | , | | | |
| | 25 Seconds | | | | | | | | |

| | Triphasic Lacr | osse | Trai | ining | Manua | ıl | | | |
|---|--|--------|----------------|-----------|----------------|--|--|--|--|
| Сар | . Strength 4-Day Elite Ti | | | | | | | | |
| <u>Pre</u> | <u>Pre-Trainir</u> | ıg, Μι | ılti-Dim | ension | al Warm-U | 2 | | | |
| Block 1 | | Lower | Body \ | Narm-u | p | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | <u>Hex Bar Deadlift</u> | 1,1,1 | Х | 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 | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| А | <u>Hex Bar Deadlift</u> | 15 | х | 1 | 82.5-92.5% | 7 sets @ 82.5%, 2 sets @ 85%, 2 sets @ 87.5%, 2 sets @ 90%, 2 sets @ 92.5% | | | |
| В | <u>SL Squat</u> | 7 | Х | 10 EA | | Drive Knee FWD | | | |
| С | Common Lunge Matrix | 7 | Х | 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 | <u>U</u> | pper l | <u> Dynami</u> | c Stren | gth | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | DB Incline Press | 10 | Х | 3 | 65% | 3 Sec Ecc, Max Speed | | | |
| В | Cable Face Pull | 5 | Х | 8 | | 1 Sec Iso | | | |
| | Perform A-B | | | | | | | | |
| 51 1 4 | 25 Seconds Rest Between I | | | | | nas | | | |
| Block 4 | | | | / Streng | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | | Load | Notes | | | |
| A B | DB Rear Foot Elevated Split Squat Glute Ham Bar Lift | 3 | X | 8 EA 8 | 72.5% 72.5% | | | | |
| С | Bench Groin | 3 | X X | 15 EA | 72.5% | | | | |
| | Perform A-C | | | _ | tc . | | | | |
| | 25 Seconds | | | | | | | | |
| Block 5 | | | | / Streng | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | DB Bent Over Row | 3 | Х | 8 | 72.5% | | | | |
| В | Goblet Rotational Lunge | 3 | Х | 8 EA | 72.5% | | | | |
| С | Body Weight Plank | 3 | Х | 1:30 | | | | | |
| | Perform A-C | | | | | | | | |
| | 25 Seconds | Rest B | etween | Exercises | 5 | | | | |

| | Triphasic Lacrosse Training Manual | | | | | |
|--|--|----------|------------|------------|------------------|--------------------------|
| Cap. Strength 4-Day Elite Training Block Week 7 - Thursday | | | | | | |
| <u>Pre</u> | Pre-Running, Multi-Dimensional Warm-Up | | | | | |
| Block 1 | <u>Glycolyt</u> | ic Ene | rgy Syst | tem Coı | nditioning | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes |
| Α | Lactic Capacity Training 3 x 3x2:00 Sprinting at Max Speed | | | | | |
| Pe | rform A for 3 repetitions of 2:00 Sprint; 1:00 rest be | etween r | epetitions | ; Complete | 3 Total Sets wit | n Rest 3:00 between Sets |

| | Triphasic Lacr | osse | e Tra | ining | Manua | nl . | | | |
|--|---------------------------|----------|----------|-----------------|------------|------------------------------------|--|--|--|
| C | Cap. Strength 4-Day Elite | e Tra | ainin | g Blo | ck Wee | k 7 - Friday | | | |
| <u>Pre</u> | <u>Pre-Trainir</u> | າg, Mເ | ılti-Dim | ension | al Warm-U | <u>o</u> | | | |
| Block 1 | | Upper | · Body \ | Warm-u | ıp | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | <u>Pull-Up</u> | 1,1,1 | Х | 5,3,3 | | Warm-Up | | | |
| Perform A as a Warm-Up for Heavier Sets | | | | | | | | | |
| | 1:00 Min | ute Re | st Betwe | en Sets | | | | | |
| Block 2 Upper Body Strength | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | <u>Pull-Up</u> | 15 | Х | 3 | | Add Wt. If Possible | | | |
| В | <u>Plate A Raise</u> | 7 | Х | 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 | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | <u>Back Squat</u> | 10 | Х | 3 | 65% | 3 Sec Ecc, Max Speed | | | |
| В | Banded Lying Hip Flexor | 5 | Х | 10 EA | | 3 Sec Iso-10 EA Leg | | | |
| | Perform A-B | | | | | | | | |
| | 25 Seconds Rest Between I | | | | | nds | | | |
| Block 4 | <u> </u> | otal A | | <u>/ Streng</u> | <u>gth</u> | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | RDL | 3 | Х | 8 | 72.5% | | | | |
| В | DB Bench Press | 3 | Х | 8 | 72.5% | Alternating Arms | | | |
| С | 3 Way DB Raise | 3 | Х | 8 EA | | 8 Front, 8 Lateral, 8 Rev. Fly | | | |
| | Perform A-C | | | | | | | | |
| | 25 Seconds | | | | | | | | |
| Block 5 | | | | <u>/ Streng</u> | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | | Load | Notes | | | |
| A | DB Common Lunge Matrix | 3 | Х | 4 EA | 70% | | | | |
| В | SL Glute Ham Bar Lift | 3 | X | 8 EA | 72.5% | All I i co | | | |
| С | Cable Walkout | 3 | X | 3 EA | <u> </u> | Athletic Stance, 3 Steps Out, 3 EA | | | |
| | Perform A-C | | | • | | | | | |
| | 25 Seconds | s kest E | etween | Exercises | 5 | | | | |

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.

- 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 | | | | | | | | |
| <u>Pre</u> | <u>Pre-T</u> | rainin | g, Mult | i-Dimeı | nsional War | m-Up | | | |
| Block 1 | ck 1 Glute Function Series Warm-Up | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Banded Big Toe Work | 1 | Х | 20 EA | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 20 EA | | | | | |
| С | Level 1 Glute Iso Training Protocol | 1 | Х | 18m | Green/Blue | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 10 EA | 1" Band | Hips Drive, Shoulders Follow | | | |
| | Perform A-D as a G | lute Fui | ntion Wa | rm-Up S | eries Prior to | Training | | | |
| Block 2 | <u>(</u> | Oxidat | ive Ene | rgy Sys | tem Trainin | g | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | 3-D Contralateral Circuit | 1 | Х | 20s | | Complete As Many Reps As Possible | | | |
| | Perfo | rm A fo | or 1 Set (| 20s on | 15s off | | | | |

| Triphasic Lacrosse Training Manual | | | | | | | | | |
|--|--|----------|----------|-----------|------------------|------------------------------|--|--|--|
| Download 3-Day Elite Training Block Week 8 - Wednesday | | | | | | | | | |
| <u>Pre</u> | Pre-Running, Multi-Dimensional Warm-Up | | | | | | | | |
| Block 1 | Glute Function Series Warm-Up | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Banded Big Toe Work | 1 | Х | 20 EA | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 20 EA | | | | | |
| С | Level 1 Glute Iso Training Protocol | 1 | Х | 18m | Green/Blue | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 10 EA | 1" Band | Hips Drive, Shoulders Follow | | | |
| | Perform A-D as a G | lute Fui | ntion Wa | arm-Up S | eries Prior to T | raining | | | |
| Block 2 | <u>Ox</u> i | idative | e Energ | y Syste | m Conditioni | ng | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Threshold Training | 2 | Х | 4m | | Running at Max Heart Rate | | | |
| | Perform A for 2 | 2 Sets o | f 4 min; | 2:30 rest | between roun | ds | | | |

| | Triphasic Lacrosse Training Manual | | | | | | | |
|--------------|---|----------|------------|----------|----------------|-----------------------------------|--|--|
| | Download 3-Day Elite Training Block Week 8 - Friday | | | | | | | |
| <u>Pre</u> | <u>Pre-T</u> | rainin | g, Mult | i-Dime | nsional War | m-Up | | |
| Block 1 | | Glute | Function | on Serie | es Warm-Up | 1 | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | |
| Α | Banded Big Toe Work | 1 | Х | 20 EA | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 20 EA | | | | |
| С | Level 1 Glute Iso Training Protocol | 1 | Х | 18m | Green/Blue | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 10 EA | 1" Band | Hips Drive, Shoulders Follow | | |
| | Perform A-D as a G | lute Fui | ntion Wa | rm-Up S | eries Prior to | Training | | |
| Block 2 | <u>(</u> | Oxidat | ive Ene | rgy Sys | tem Trainin | g | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | |
| Α | Metabolic Sandbell Circuit | 1 | Х | 25s | | Complete As Many Reps As Possible | | |
| | Perfo | rm A fo | or 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.

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

| | Triphasic Lac | cross | e Tra | nining | g Manua | al | | | | |
|---|-----------------------------|---|-----------|------------|-------------|---|--|--|--|--|
| | lity Strength 4-Day El | | | | | | | | | |
| <u>Pre</u> | <u>Pre-Trai</u> | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | |
| Block 1 | | Lowe | er Body | Warm- | up | | | | | |
| Order | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | Back Squat | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | |
| Perform A as a Warm-Up for Heavier Sets | | | | | | | | | | |
| | 1:00 N | ∕linute R | est Betw | een Sets | | | | | | |
| Block 2 | | Lowe | er Body | Streng | th_ | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | Back Squat | 10 | х | 2 | 82.5-87.5% | 5 sets @ 82.5%, 2 sets @ 85%, 2 sets @ 87.5% | | | | |
| В | Ankle Wipers | 5 | х | 15 EA | | Max ROM, No Knee Mvmt | | | | |
| С | Downhill Hip Flexor Stretch | 5 | Х | 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 | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | Staggered Stance RDL | 10 | х | 3 EA | 55% | 3 Sec Iso, Max Speed | | | | |
| В | Glute Wind-Up to Jump | 5 | Х | 4 EA | | Wind-Up Around Glute, SL Land | | | | |
| | Perform A | | | | | | | | | |
| | 25 Seconds Rest Betwee | n Exerci | ses; 0:45 | seconds | between Rou | ınds | | | | |
| Block 4 | | Total | Auxilia | ry Stren | igth_ | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | <u>Chin-Up</u> | 3 | Х | 6 | | 3 Sec Ecc, Add Wt. If Possible | | | | |
| В | <u>DB Lateral Lunge</u> | 3 | Х | 6 EA | 65% | 3 Sec Ecc, 6 EA Leg | | | | |
| С | Bench Glute | 3 | х | 8 EA | | Add Wt. | | | | |
| | Perform A | | | • | | | | | | |
| | 25 Secoi | | | n Exercise | | | | | | |
| Block 5 | | <u>Total</u> | Auxilia | ry Stren | <u>igth</u> | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | <u>SE Glute Bar Lift</u> | 3 | Х | 6 | 70% | | | | | |
| В | JM DB Press | 3 | Х | 6 | 70% | | | | | |
| С | Palloff Rotational Press | 3 | х | 6 EA | | 3 Sec Ecc, 6 EA | | | | |
| | Perform A | | | • | | | | | | |
| | 25 Secoi | nds Rest | Betweer | n Exercise | es | | | | | |

| | Triphasic Lac | ross | e Tra | ining | Manua | al | | | | |
|---|--|---|---|---|--|---|--|--|--|--|
| Qualit | ty Strength 4-Day Elite | | | | | | | | | |
| <u>Pre</u> | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | | |
| Block 1 | Lower Body Warm-up | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets Reps/Duration Load Notes | | | | | | | | |
| Α | <u>Hex Bar Deadlift</u> | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | |
| | Perform A as | | | | Sets | | | | | |
| | 1:00 Mi | nute R | est Betw | een Sets | | | | | | |
| Block 2 | <u>Lower Body Strength</u> | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | Hex Bar Deadlift | 10 | х | 2 | 82.5-87.5% | 5 sets @ 82.5%, 2 sets @ 85%, 2 sets @ 87.5% | | | | |
| В | Toes Up-SL Squat | 5 | Х | 10 EA | | Drive Knee FWD, Keep Foot Tripod | | | | |
| С | JOP Matrix | 5 | Х | 3 EA | | Stick EA Rep, 3-FWD,3-LAT,3-ROT | | | | |
| | Perform A-C Simultaneously | y for 10 | Sets, Alt | ernating | Between A,B | & A,C | | | | |
| | 25 Seconds Rest Between | Exerci | ses; 1:15 | minutes | between Rou | unds | | | | |
| Block 3 | <u> </u> | Upper | Dynam | ic Strei | ngth_ | | | | | |
| | | | Reps/Duration | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Order A | <u>Exercise</u> <u>DB Incline Press</u> | Sets 10 | Reps/D x | uration 3 | Load 55% | Notes 3 Sec Iso, Max Speed | | | | |
| | DB Incline Press <u>Cable Face Pull</u> | 10 | X X | 3 6 | 55% | | | | | |
| Α | DB Incline Press Cable Face Pull Perform A-I | 10 5 3 Simul | x x taneousl | 3 6 y for 10 | 55% Sets | 3 Sec Iso, Max Speed 3 Sec Ecc | | | | |
| A | DB Incline Press <u>Cable Face Pull</u> | 10 5 3 Simul | x x taneousl | 3 6 y for 10 | 55% Sets | 3 Sec Iso, Max Speed 3 Sec Ecc | | | | |
| A | DB Incline Press Cable Face Pull Perform A-I 25 Seconds Rest Between | 10 5 3 Simul Exerci | x x taneousl ses; 0:45 | 3 6 y for 10 | 55% Sets between Rou | 3 Sec Iso, Max Speed 3 Sec Ecc | | | | |
| A B | DB Incline Press Cable Face Pull Perform A-I 25 Seconds Rest Between | 10 5 3 Simul Exerci | x x taneousl ses; 0:45 | 3 6 y for 10 seconds ry Stren | 55% Sets between Rou | 3 Sec Iso, Max Speed 3 Sec Ecc | | | | |
| A B | DB Incline Press Cable Face Pull Perform A-I 25 Seconds Rest Between | 10 5 3 Simul Exerci Total Sets 3 | x x taneousl ses; 0:45 Auxilia i | 3 6 y for 10 seconds ry Stren | 55% Sets between Rou | 3 Sec Iso, Max Speed 3 Sec Ecc unds | | | | |
| Block 4 Order A B | DB Incline Press Cable Face Pull Perform A-I 25 Seconds Rest Between Exercise | 10 5 3 Simul Exerci Total Sets 3 3 | x taneousl ses; 0:45 Auxilia Reps/D | 3 6 y for 10 seconds ry Stren uration 6 EA 6 | 55% Sets between Rougth Load | 3 Sec Iso, Max Speed 3 Sec Ecc unds Notes | | | | |
| Block 4 Order A | DB Incline Press Cable Face Pull Perform A-F 25 Seconds Rest Between Exercise DB Rear Foot Elevated Split Squat Glute Ham Bar Lift Bench Groin | 10 5 3 Simul Exerci Total Sets 3 3 3 | x taneousl ses; 0:45 Auxiliar Reps/D x x | 3 6 y for 10: seconds ry Stren uration 6 EA 6 8 EA | 55% Sets between Roungth Load 65% 65% | 3 Sec Iso, Max Speed 3 Sec Ecc unds Notes 3 Sec Ecc, 6 EA Leg | | | | |
| Block 4 Order A B | DB Incline Press Cable Face Pull Perform A-I 25 Seconds Rest Between Exercise DB Rear Foot Elevated Split Squat Glute Ham Bar Lift Bench Groin Perform A- | 10 5 3 Simul Exerci Total Sets 3 3 3 C Simul | x x taneousl ses; 0:45 Auxilia Reps/D x x x taneousl | 3 6 y for 10: seconds ry Stren uration 6 EA 6 8 EA ly for 3 S | 55% Sets between Round General Services Servic | 3 Sec Iso, Max Speed 3 Sec Ecc unds Notes 3 Sec Ecc, 6 EA Leg 3 Sec Ecc | | | | |
| Block 4 Order A B C | DB Incline Press Cable Face Pull Perform A-I 25 Seconds Rest Between Exercise DB Rear Foot Elevated Split Squat Glute Ham Bar Lift Bench Groin Perform A- 25 Seconds | 10 5 3 Simul Exerci Total Sets 3 3 C Simul | x x taneousl ses; 0:45 Auxilial Reps/D x x x ltaneous | 3 6 y for 10 seconds ry Stren uration 6 EA 6 8 EA ly for 3 Seconds | 55% Sets between Rounds agth Load 65% 65% sets | 3 Sec Iso, Max Speed 3 Sec Ecc unds Notes 3 Sec Ecc, 6 EA Leg 3 Sec Ecc | | | | |
| Block 4 Order A B | DB Incline Press Cable Face Pull Perform A-I 25 Seconds Rest Between Exercise DB Rear Foot Elevated Split Squat Glute Ham Bar Lift Bench Groin Perform A- 25 Seconds | 10 5 3 Simul Exerci Total Sets 3 3 C Simul | x x taneousl ses; 0:45 Auxilial Reps/D x x x ltaneous | 3 6 y for 10: seconds ry Stren uration 6 EA 6 8 EA ly for 3 S | 55% Sets between Rounds agth Load 65% 65% sets | 3 Sec Iso, Max Speed 3 Sec Ecc unds Notes 3 Sec Ecc, 6 EA Leg 3 Sec Ecc | | | | |
| Block 4 Order A B C | DB Incline Press Cable Face Pull Perform A-F 25 Seconds Rest Between Exercise DB Rear Foot Elevated Split Squat Glute Ham Bar Lift Bench Groin Perform A- 25 Second Exercise | 10 5 3 Simul Exerci Total Sets 3 3 3 C Simul ds Rest Total Sets | x x taneousl ses; 0:45 Auxilial Reps/D x x x ltaneous | 3 6 y for 10: seconds ry Stren uration 6 EA 6 8 EA ly for 3 S n Exercise ry Stren | 55% Sets between Rounds agth Load 65% 65% sets | 3 Sec Iso, Max Speed 3 Sec Ecc unds Notes 3 Sec Ecc, 6 EA Leg 3 Sec Ecc | | | | |
| Block 4 Order A B C Block 5 Order A | DB Incline Press Cable Face Pull Perform A-I 25 Seconds Rest Between Exercise DB Rear Foot Elevated Split Squat Glute Ham Bar Lift Bench Groin Perform A- 25 Second Exercise DB Bent Over Row | 10 5 3 Simul Exerci Total Sets 3 3 3 C Simul ds Rest Total Sets 3 | x taneousl ses; 0:45 Auxilial Reps/D x x x Itaneous Between | 3 6 y for 10: seconds ry Stren uration 6 EA 6 8 EA ly for 3 S n Exercise ry Stren | 55% Sets between Roungth Load 65% 65% eets ees | 3 Sec Iso, Max Speed 3 Sec Ecc unds Notes 3 Sec Ecc, 6 EA Leg 3 Sec Ecc Add Wt. | | | | |
| Block 4 Order A B C Block 5 Order A B B C | DB Incline Press Cable Face Pull Perform A-I 25 Seconds Rest Between Exercise DB Rear Foot Elevated Split Squat Glute Ham Bar Lift Bench Groin Perform A- 25 Second Exercise DB Bent Over Row Goblet Rotational Lunge | 10 5 3 Simul Exerci Total Sets 3 3 C Simul ds Rest Total Sets 3 3 | x x taneousl ses; 0:45 Auxilia Reps/D x x x ltaneous Betweer Auxilia Reps/D | 3 6 y for 10 seconds ry Stren uration 6 EA 6 8 EA ly for 3 S n Exercise ry Stren uration 6 EA 6 EA | 55% Sets between Round G5% G5% G5% Gets eets ees Ggth Load Load | 3 Sec Iso, Max Speed 3 Sec Ecc unds Notes 3 Sec Ecc, 6 EA Leg 3 Sec Ecc Add Wt. | | | | |
| Block 4 Order A B C Block 5 Order A | DB Incline Press Cable Face Pull Perform A-I 25 Seconds Rest Between Exercise DB Rear Foot Elevated Split Squat Glute Ham Bar Lift Bench Groin Perform A- 25 Second Exercise DB Bent Over Row Goblet Rotational Lunge Cable Rotational Pull to Press | 10 5 3 Simul Exerci Total Sets 3 3 3 C Simul ds Rest Total Sets 3 3 3 C Simul | x x taneousl ses; 0:45 Auxilian Reps/D x x x ltaneous Between Auxilian Reps/D x x x x x x x x x x x x x x x x x x x | 3 6 y for 10 seconds ry Stren uration 6 EA 6 8 EA ly for 3 S n Exercise ry Stren uration 6 EA 6 EA 6 EA | 55% Sets 5 between Round 65% 65% 65% Load 65% 65% 65% 65% | 3 Sec Iso, Max Speed 3 Sec Ecc unds Notes 3 Sec Ecc, 6 EA Leg 3 Sec Ecc Add Wt. | | | | |
| Block 4 Order A B C Block 5 Order A B B C | DB Incline Press Cable Face Pull Perform A-I 25 Seconds Rest Between Exercise DB Rear Foot Elevated Split Squat Glute Ham Bar Lift Bench Groin Perform A- 25 Second Exercise DB Bent Over Row Goblet Rotational Lunge | 10 5 Simul Exerci Total Sets 3 3 C Simu ds Rest Total Sets 3 3 C Simu Cs Rest Cs Simu Cs Sets 3 Cs Simu Cs Sets 3 Cs Simu | x x taneousl ses; 0:45 Auxilian Reps/D x x ltaneous Between Auxilian Reps/D x x x ltaneous | 3 6 y for 10 seconds ry Stren uration 6 EA 6 8 EA ly for 3 Seconds ry Stren uration 6 EA 6 EA 6 EA ly for 3 Seconds 6 EA 1 | 55% Sets between Round 65% 65% Gets es Load 65% 65% 65% Load 65% 65% 65% | 3 Sec Iso, Max Speed 3 Sec Ecc Inds Notes 3 Sec Ecc, 6 EA Leg 3 Sec Ecc Add Wt. Notes 3 Sec Ecc, 6 EA Leg | | | | |

| | Tuinhaaia Laa | | a Tualia | | ام | | | | |
|--------------|---|---------|-----------------|----------------|-------------------------|--|--|--|--|
| | Triphasic Lac | | | | | | | | |
| Qua | llity Strength 4-Day Elite | e Tra | aining B | ock Wee | ek 9 - Thursday | | | | |
| <u>Pre</u> | Pre-Running, Multi-Dimensional Warm-Up | | | | | | | | |
| Block 1 | ATP/Cr-P Energy System Conditioning | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/Duratio | n Load | Notes | | | | |
| Α | <u> 5 Yard Square Drill</u> | 1 | x 4 E/ | ı | Sprint All Directions | | | | |
| | Perform A for 8 Total repe | titions | ; Rest 45 secor | ds between rep | petitions | | | | |
| Block 2 | ATP/Cr-P Energy System Conditioning | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/Duratio | n Load | Notes | | | | |
| Α | 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 | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/Duratio | n Load | Notes | | | | |
| Α | 7 Second Sprint | 12 | x 7s | | Sprint Maximal Distance | | | | |
| | Perform A for 12 Total repetitions; Rest 40 seconds between repetitions | | | | | | | | |

| | Triphasic La | cross | e Tra | ining | g Manua | al | | | | |
|--------------|---|-------------------------------|-----------------|------------|-------------|------------------------------------|--|--|--|--|
| Qua | ality Strength 4-Day | Elite ⁻ | Train | ing B | lock W | eek 9 - Friday | | | | |
| <u>Pre</u> | re <u>Pre-Training, Multi-Dimensional Warm-Up</u> | | | | | | | | | |
| Block 1 | Upper Body Warm-up | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets Reps/Duration Load Notes | | | | | | | | |
| Α | <u>Pull-Up</u> | 1,1,1 | Х | 5,3,3 | | Warm-Up | | | | |
| | | A as a War | | | Sets | | | | | |
| | 1:00 | Minute R | est Betw | een Sets | | | | | | |
| Block 2 | Upper Body Strength | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | s Reps/Duration | | Load | Notes | | | | |
| Α | <u>Pull-Up</u> | 10 | Х | 3 | | Add Wt. | | | | |
| В | TRX Y Raise | 5 | Х | 8 | | | | | | |
| | | A-B Simul | | | | | | | | |
| | 25 Seconds Rest Betwe | een Exerci | ses; 1:00 | minutes | between Rou | ınds | | | | |
| Block 3 | | Lower | Dynam | ic Strer | <u>ngth</u> | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/Duration | | Load | Notes | | | | |
| Α | Back Squat | 10 | Х | 3 | 55% | 3 Sec Iso, Max Speed | | | | |
| В | Standing Hip Flexor | 5 | Х | 8 EA | | | | | | |
| | | A-B Simul | | | | | | | | |
| | 25 Seconds Rest Betw | | | | | ınds | | | | |
| Block 4 | | <u>Total</u> | Auxilia | ry Stren | gth_ | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | <u>RDL</u> | 3 | Х | 6 | 70% | | | | | |
| В | <u>DB Bench Press</u> | 3 | Х | 6 EA | 70% | Single Arm | | | | |
| С | Band Pull Apart | 3 | Х | 10 | | Thumbs Out | | | | |
| | | n A-C Simu | | • | | | | | | |
| | 25 Sec | onds Rest | | | | | | | | |
| Block 5 | Total Auxiliary Strength | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | DB Common Lunge Matrix | 3 | Х | 3 EA | 70% | | | | | |
| В | SL Glute Ham Bar Lift | 3 | Х | 6 EA | 65% | 3 Sec Ecc, 6 EA Leg | | | | |
| С | <u>Cable Walkout</u> | 3 | Х | 4 EA | | Athletic Stance, 3 Steps Out, 4 EA | | | | |
| | | n A-C Simu | | • | | | | | | |
| | 25 Sec | onds Rest | Betweer | n Exercise | es | | | | | |

| | Triphasic Lac | ross | e Tra | ining | g Manua | al | | | | |
|---|--|--|--|---|--|---|--|--|--|--|
| Qual | lity Strength 4-Day Elit | e Tr | ainin | g Blo | ock Wee | k 10 - Monday | | | | |
| <u>Pre</u> | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | | |
| Block 1 | Lower Body Warm-up | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets Reps/Duration Load Notes | | | | | | | | |
| Α | Back Squat | 1,1,1 | -,-,- | | 50-80% | Warm-Up | | | | |
| | Perform A a | | | | Sets | | | | | |
| | 1:00 M | inute Re | est Betw | een Sets | | | | | | |
| Block 2 | Lower Body Strength | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | Back Squat | 10 | x | 1 | 87.5-92.5% | 5 sets @ 87.5%, 2 sets @ 90%, 2 sets @ 92.5% | | | | |
| В | Ankle Wipers | 5 | Х | 15 EA | | Max ROM, No Knee Mvmt | | | | |
| С | <u>Downhill Hip Flexor Stretch</u> | 5 | Х | 6 EA | | 3 Sec Iso, 6 EA Leg | | | | |
| | Perform A-C Simultaneousl | y for 10 | Sets, Alt | ernating | Between A,B | & A,C | | | | |
| | 25 Seconds Rest Between | า Exerci | ses; 1:15 | minutes | between Rou | ınds | | | | |
| Block 3 | | Lower | Dynam | ic Strei | ngth_ | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | Staggered Stance RDL | 10 | Х | 3 EA | 60% | 3 Sec Iso, Max Speed | | | | |
| В | Glute Wind-Up to Jump | 5 | Х | 4 EA | | Wind-Up Around Glute, SL Land | | | | |
| | Perform A- | | | | | | | | | |
| | 25 Seconds Rest Between | າ Exerci | ses; 0:45 | seconds | between Rou | nds | | | | |
| Block 4 | | | | | | | | | | |
| PIOCK 4 | | lotal. | <u> Auxilia</u> i | ry Stren | gth_ | | | | | |
| Order | <u>Exercise</u> | Sets | Auxilia Reps/D | | gth Load | Notes | | | | |
| | <u>Chin-Up</u> | Sets 3 | | uration 6 | | Notes 3 Sec Ecc, Add Wt. If Possible | | | | |
| Order A B | Chin-Up DB Lateral Lunge | Sets 3 3 | Reps/D | uration 6 6 EA | | | | | | |
| Order A | Chin-Up DB Lateral Lunge Bench Glute | Sets | Reps/D X X | uration 6 6 EA 10 EA | Load 70% | 3 Sec Ecc, Add Wt. If Possible | | | | |
| Order A B | Chin-Up DB Lateral Lunge Bench Glute Perform A | Sets 3 3 3 -C Simu | x x x x ltaneous | uration 6 6 EA 10 EA ly for 3 S | Load 70% ets | 3 Sec Ecc, Add Wt. If Possible 3 Sec Ecc, 6 EA Leg | | | | |
| Order A B C | Chin-Up DB Lateral Lunge Bench Glute | Sets 3 3 -C Simu ds Rest | x x x x ltaneous | 6 6 EA 10 EA ly for 3 S | Load 70% ets | 3 Sec Ecc, Add Wt. If Possible 3 Sec Ecc, 6 EA Leg | | | | |
| Order A B | Chin-Up DB Lateral Lunge Bench Glute Perform A | Sets 3 3 -C Simu ds Rest | x x x x ltaneous Betweer | uration 6 6 EA 10 EA ly for 3 S Exercise ry Stren | Load 70% ets | 3 Sec Ecc, Add Wt. If Possible 3 Sec Ecc, 6 EA Leg | | | | |
| Order A B C | Chin-Up DB Lateral Lunge Bench Glute Perform A | Sets 3 3 -C Simu ds Rest | x x x x ltaneous | uration 6 6 EA 10 EA ly for 3 S Exercise ry Stren | Load 70% ets | 3 Sec Ecc, Add Wt. If Possible 3 Sec Ecc, 6 EA Leg | | | | |
| Order A B C | Chin-Up DB Lateral Lunge Bench Glute Perform A 25 Secon Exercise SE Glute Bar Lift | Sets 3 3 -C Simu ds Rest Total | x x x x ltaneous Betweer | uration 6 6 EA 10 EA ly for 3 S Exercise ry Stren | Load 70% ets es | 3 Sec Ecc, Add Wt. If Possible 3 Sec Ecc, 6 EA Leg Add Wt. | | | | |
| Order A B C Block 5 Order A B B B B B B B B B B B B B B B B B B | Chin-Up DB Lateral Lunge Bench Glute Perform A 25 Secon Exercise | Sets 3 3 -C Simu ds Rest Total Sets 3 3 | Reps/D x x x taneous Between Auxilian | uration 6 6 EA 10 EA ly for 3 S Exercise ry Stren uration 6 6 | Load 70% ets es gth Load | 3 Sec Ecc, Add Wt. If Possible 3 Sec Ecc, 6 EA Leg Add Wt. | | | | |
| Order A B C Block 5 Order A | Chin-Up DB Lateral Lunge Bench Glute Perform A 25 Secon Exercise SE Glute Bar Lift JM DB Press Palloff Rotational Press | Sets 3 3 3 -C Simu ds Rest Total Sets 3 3 3 3 3 3 3 | Reps/D x x x ltaneous Between Auxilian Reps/D x x x | uration 6 6 EA 10 EA ly for 3 S Exercise ry Stren uration 6 6 8 EA | Load 70% ets es gth Load 75% 75% | 3 Sec Ecc, Add Wt. If Possible 3 Sec Ecc, 6 EA Leg Add Wt. | | | | |
| Order A B C Block 5 Order A B | Chin-Up DB Lateral Lunge Bench Glute Perform A 25 Secon Exercise SE Glute Bar Lift JM DB Press | Sets 3 3 3 -C Simu ds Rest Total Sets 3 3 3 -C Simu C Simu | Reps/D x x x ltaneous Between Auxilian Reps/D x x x ltaneous | uration 6 6 EA 10 EA ly for 3 S Exercise ry Stren uration 6 6 8 EA ly for 3 S | Load 70% ets es gth Load 75% 75% ets | 3 Sec Ecc, Add Wt. If Possible 3 Sec Ecc, 6 EA Leg Add Wt. Notes | | | | |

| ()uality | v Strength 4-Day Flite | Trai | ning | Bloc | k Week | 10 - Wednesday | | | |
|--|--|----------|-----------|-----------|-------------|---|--|--|--|
| Quality Strength 4-Day Elite Training Block Week 10 - Wednesd 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 a | as a War | m-Up fo | r Heavier | Sets | · · | | | |
| | | | | een Sets | | | | | |
| Block 2 Lower Body Strength | | | | | | | | | |
| Order | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| А | Hex Bar Deadlift | 10 | х | 1 | 87.5-92.5% | 5 sets @ 87.5%, 2 sets @ 90%, 2 sets @ 92.5% | | | |
| B | Toes Up-SL Squat | 5 | х | 10 EA | | Drive Knee FWD, Keep Foot Tripo | | | |
| С | JOP Matrix | 5 | X | 3 EA | | Stick EA Rep, 3-FWD,3-LAT,3-RO | | | |
| | Perform A-C Simultaneous | | | _ | Retween A F | • 1 | | | |
| | 25 Seconds Rest Betwee | • | | | | - | | | |
| Block 3 | | Upper | Dynan | nic Stre | ngth | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | DB Incline Press | 10 | Х | 3 | 60% | 3 Sec Iso, Max Speed | | | |
| В | Cable Face Pull | 5 | Х | 6 | | 3 Sec Ecc | | | |
| | Perform A | -B Simul | taneous | ly for 10 | Sets | | | | |
| | 25 Seconds Rest Betwee | n Exerci | ses; 0:45 | seconds | between Ro | unds | | | |
| Block 4 | | Total | Auxilia | ry Strer | igth_ | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | DB Rear Foot Elevated Split Squat | 3 | Х | 6 EA | 70% | 3 Sec Ecc, 6 EA Leg | | | |
| В | Glute Ham Bar Lift | 3 | Х | 6 | 70% | 3 Sec Ecc | | | |
| С | Bench Groin | 3 | Х | 10 EA | | Add Wt. | | | |
| | Perform A | | | • | | | | | |
| | 25 Seco | | | n Exercis | | | | | |
| Block 5 | Total Auxiliary Strength | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | DB Bent Over Row | 3 | Х | 6 EA | 70% | | | | |
| В | Goblet Rotational Lunge | 3 | Х | 6 EA | 70% | 3 Sec Ecc, 6 EA Leg | | | |
| С | Cable Rotational Pull to Press | 3 | Х | 6 EA | | Low to High, Violent Hip Drive | | | |
| | Perform A | | | | | | | | |

| | Triphasic Lacrosse Training Manual | | | | | | | | | |
|---|------------------------------------|----------|-----------|---------|---------------|-------------------------|--|--|--|--|
| Quality Strength 4-Day Elite Training Block Week 10 - Thursday | | | | | | | | | | |
| Pre-Running, Multi-Dimensional Warm-Up | | | | | | | | | | |
| Block 1 ATP/Cr-P Energy System Conditioning | | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | 5 Yard Square Drill | 1 | Х | 5 EA | | Sprint All Directions | | | | |
| Perform A for 10 Total repetitions; Rest 45 seconds between repetitions | | | | | | | | | | |
| Block 2 | ATP/C | r-P Er | nergy Sy | rstem C | Conditioning | (| | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | Crease Running | 1 | Х | 5 EA | | Focus on Body Angle | | | | |
| | Perform A for 10 Total repe | etitions | ; Rest 45 | second | between rep | etitions | | | | |
| Block 3 | ATP/C | r-P Er | nergy Sy | rstem C | Conditioning | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | 7 Second Sprint | 14 | Х | 7s | | Sprint Maximal Distance | | | | |
| | Perform A for 14 Total repe | etitions | ; Rest 40 | seconds | s between rep | etitions | | | | |

| | Triphasic L | across | e Tra | nining | g Manu | al | | | | |
|--------------|------------------------|------------------------|--------------------------|----------------|------------|------------------------------------|--|--|--|--|
| Qua | lity Strength 4-Day | Elite T | raini | ng Bl | ock We | eek 10 - Friday | | | | |
| <u>Pre</u> | <u>Pre-Ti</u> | raining, M | l <mark>ulti-D</mark> ii | <u>mensior</u> | nal Warm-L | <u>Jp</u> | | | | |
| Block 1 | | Upper Body Warm-up | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | <u>Pull-Up</u> | 1,1,1 | Х | 5,3,3 | | Warm-Up | | | | |
| | | A as a War | | | Sets | | | | | |
| | 1:0 | 0 Minute R | est Betw | een Sets | | | | | | |
| Block 2 | | Uppe | er Body | Strengt | th_ | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | <u>Pull-Up</u> | 10 | Х | 2 | | Add Wt. | | | | |
| В | TRX Y Raise | 5 | Х | 8 | | | | | | |
| | | n A-B Simul | | | | | | | | |
| | 25 Seconds Rest Betv | veen Exerci | ses; 1:00 | minutes | between Ro | unds | | | | |
| Block 3 | | Lower Dynamic Strength | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | Back Squat | 10 | Х | 3 | 60% | 3 Sec Iso, Max Speed | | | | |
| В | Standing Hip Flexor | 5 | Х | 8 EA | | | | | | |
| | | n A-B Simul | | , | | | | | | |
| | 25 Seconds Rest Betv | veen Exerci | ses; 0:45 | seconds | between Ro | unds | | | | |
| Block 4 | | <u>Total</u> | Auxilia | ry Stren | gth_ | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | <u>RDL</u> | 3 | Х | 6 | 75% | | | | | |
| В | <u>DB Bench Press</u> | 3 | Х | 6 EA | 75% | Single Arm | | | | |
| С | <u>Band Pull Apart</u> | 3 | Х | 10 | | Thumbs Out | | | | |
| | | m A-C Simu | | • | | | | | | |
| | 25 Se | conds Rest | Betwee | n Exercise | es | | | | | |
| Block 5 | | <u>Total</u> | Auxilia | ry Stren | gth_ | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | DB Common Lunge Matrix | 3 | Х | 3 EA | 75% | | | | | |
| В | SL Glute Ham Bar Lift | 3 | Х | 6 EA | 70% | 3 Sec Ecc, 6 EA Leg | | | | |
| С | <u>Cable Walkout</u> | 3 | Х | 4 EA | | Athletic Stance, 3 Steps Out, 4 EA | | | | |
| | | m A-C Simu | | • | | | | | | |
| | 25 Se | conds Rest | Betwee | n Exercise | es | | | | | |

| leii() | ty Strength 4-Day E | lita Tr | ainin | og Blo | sck Wa | ak 11 - Monday | |
|--------------|-----------------------------|--------------|----------------|-----------|-------------|--|--|
| Pre | | | | | nal Warm-l | | |
| Block 1 | <u>-110-1110</u> | | | Warm- | | <u> </u> | |
| Order | Exercise | Sets | Reps/D | | Load | Notes | |
| A | Back Squat | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | |
| | | A as a War | | , , | | waiiii-op | |
| | | Minute R | | | 3013 | | |
| Block 2 | | Lowe | er Body | Streng | th | | |
| Order | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | |
| А | Back Squat | 10 | х | 1 | 90-95% | 5 sets @ 90%, 2 sets @ 92.59 2 sets @ 95% | |
| В | Ankle Wipers | 5 | х | 15 EA | | Max ROM, No Knee Mvmt | |
| С | Downhill Hip Flexor Stretch | 5 | Х | 6 EA | | 3 Sec Iso, 6 EA Leg | |
| | Perform A-C Simultaneo | usly for 10 | Sets, Al | ternating | Between A, | 3 & A,C | |
| | 25 Seconds Rest Betwe | een Exerci | ses; 1:15 | minutes | between Ro | unds | |
| Block 3 | ck 3 Lower Dynamic Strength | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | |
| Α | Staggered Stance RDL | 10 | Х | 3 EA | 65% | 3 Sec Iso, Max Speed | |
| В | Glute Wind-Up to Jump | 5 | Х | 4 EA | | Wind-Up Around Glute, SL La | |
| | | A-B Simul | | • | | | |
| | 25 Seconds Rest Betw | een Exerci | ses; 0:45 | seconds | between Ro | unds | |
| Block 4 | | <u>Total</u> | | ry Stren | <u>igth</u> | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | |
| Α | <u>Chin-Up</u> | 3 | Х | 6 | | 3 Sec Ecc, Add Wt. If Possibl | |
| В | DB Lateral Lunge | 3 | Х | 6 EA | 72.5% | 3 Sec Ecc, 6 EA Leg | |
| С | <u>Bench Glute</u> | 3 | Х | 12 EA | | Add Wt. | |
| | | n A-C Simu | | | | | |
| | 25 Sec | onds Rest | | | | | |
| Block 5 | | <u>Total</u> | <u>Auxilia</u> | ry Stren | igth_ | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | |
| Α | <u>SE Glute Bar Lift</u> | 3 | Х | 6 | 77.5% | | |
| В | JM DB Press | 3 | Х | 6 | 77.5% | | |
| С | Palloff Rotational Press | 3 | Х | 10 EA | | 3 Sec Ecc, 10 EA | |
| | Perform | | | | | | |

| - Ouallu | v Strength 4-Day Elite | Trai | ning | Bloc | k Week | k 11 - Wednesday | | | |
|---|---------------------------------------|---|----------------|-------------|------------|---|--|--|--|
| Pre | | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | |
| Block 1 | | _ | | Warm- | | | | | |
| Order | Exercise | Sets | Reps/D | | Load | Notes | | | |
| A | Hex Bar Deadlift | 1,1,1 | х | 5,3,3 | 50-80% | Warm-Up | | | |
| • | Perform A a | as a War | m-Up fo | r Heavier | Sets | | | | |
| | 1:00 N | ∕linute R | est Betw | een Sets | | | | | |
| Block 2 | | Low | er Body | Streng | th | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| | Hex Bar Deadlift | 10 | х | 1 | 90-95% | 5 sets @ 90%, 2 sets @ 92.5%, | | | |
| A B | Toes Up-SL Squat | 5 | | 10 EA | | 2 sets @ 95% Drive Knee FWD, Keep Foot Tripo | | | |
| С | JOP Matrix | 5 | X | 3 EA | | Stick EA Rep, 3-FWD,3-LAT,3-RO | | | |
| C | Perform A-C Simultaneous | | | _ | Potygon A | • - | | | |
| | | • | | | | | | | |
| 25 Seconds Rest Between Exercises; 1:15 minutes between Rounds Block 3 Upper Dynamic Strength | | | | | | | | | |
| Order | Exercise | Sets | | uration | Load | Notes | | | |
| A | DB Incline Press | 10 | Х | 3 | 65% | 3 Sec Iso, Max Speed | | | |
| В | Cable Face Pull | 5 | х | 6 | | 3 Sec Ecc | | | |
| • | Perform A | -B Simul | taneous | ly for 10 | Sets | | | | |
| | 25 Seconds Rest Betwee | n Exerci | ses; 0:45 | seconds | between Ro | ounds | | | |
| Block 4 | | Total | Auxilia | ry Stren | igth_ | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | DB Rear Foot Elevated Split Squat | 3 | Х | 6 EA | 72.5% | 3 Sec Ecc, 6 EA Leg | | | |
| В | Glute Ham Bar Lift | 3 | Х | 6 | 75% | 3 Sec Ecc | | | |
| С | Bench Groin | 3 | Х | 12 EA | | Add Wt. | | | |
| | Perform A | | | | | | | | |
| | 25 Seco | | | n Exercis | | | | | |
| Block 5 | | <u>Total</u> | <u>Auxilia</u> | ry Stren | igth_ | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | DB Bent Over Row | 3 | Х | 6 EA | 75% | | | | |
| В | Goblet Rotational Lunge | 3 | Х | 6 EA | 72.5% | 3 Sec Ecc, 6 EA Leg | | | |
| С | <u>Cable Rotational Pull to Press</u> | 3 | Х | 8 EA | | Low to High, Violent Hip Drive | | | |
| | | | 1. | sly for 3 S | | | | | |

| | Triphasic Lacrosse Training Manual | | | | | | | | | |
|--|---|----------|-----------|---------|---------------|-------------------------|--|--|--|--|
| Quality Strength 4-Day Elite Training Block Week 11 - Thursday | | | | | | | | | | |
| <u>Pre</u> | Pre-Runi | ning, I | Multi-Di | imensi | onal Warm- | Up | | | | |
| Block 1 ATP/Cr-P Energy System Conditioning | | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/Du | uration | Load | Notes | | | | |
| Α | 5 Yard Square Drill | 1 | Х | 6 EA | | Sprint All Directions | | | | |
| | Perform A for 12 Total repetitions; Rest 45 seconds between repetitions | | | | | | | | | |
| Block 2 | ATP/C | r-P Er | ergy Sy | stem C | Conditioning | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/Du | uration | Load | Notes | | | | |
| Α | Crease Running | 1 | Х | 6 EA | | Focus on Body Angle | | | | |
| | Perform A for 12 Total repe | etitions | ; Rest 45 | seconds | s between rep | etitions | | | | |
| Block 3 | ATP/C | r-P Er | ergy Sy | stem C | Conditioning | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/Du | uration | Load | Notes | | | | |
| Α | 10 Second Sprint | 12 | Х | 10s | | Sprint Maximal Distance | | | | |
| | Perform A for 12 Total repe | etitions | ; Rest 40 | seconds | s between rep | etitions | | | | |

| | Triphasic L | across | e Tra | nining | g Manu | al | | | | |
|--------------|------------------------|------------------------|-----------|----------------|------------|------------------------------------|--|--|--|--|
| Qua | lity Strength 4-Day | Elite T | raini | ng Bl | ock We | eek 11 - Friday | | | | |
| <u>Pre</u> | <u>Pre-Ti</u> | raining, M | ulti-Di | <u>mensior</u> | nal Warm-L | <u>Jp</u> | | | | |
| Block 1 | | Upper Body Warm-up | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | <u>Pull-Up</u> | 1,1,1 | Х | 5,3,3 | | Warm-Up | | | | |
| | Perform | A as a War | m-Up fo | r Heavier | Sets | | | | | |
| | 1:0 | 0 Minute R | est Betw | een Sets | | | | | | |
| Block 2 | | Uppe | er Body | Strengt | t <u>h</u> | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | <u>Pull-Up</u> | 10 | Х | 2 | | Add Wt. | | | | |
| В | TRX Y Raise | 5 | Х | 8 | | | | | | |
| | Perforn | n A-B Simul | taneousl | y for 10 S | Sets | | | | | |
| | 25 Seconds Rest Betv | veen Exerci | ses; 1:00 | minutes | between Ro | unds | | | | |
| Block 3 | | Lower Dynamic Strength | | | | | | | | |
| Order | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | Back Squat | 10 | Х | 3 | 60% | 3 Sec Iso, Max Speed | | | | |
| В | Standing Hip Flexor | 5 | Х | 8 EA | | | | | | |
| | | n A-B Simul | | | | | | | | |
| | 25 Seconds Rest Betv | veen Exerci | ses; 0:45 | seconds | between Ro | unds | | | | |
| Block 4 | | Total | Auxilia | ry Stren | gth | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | <u>RDL</u> | 3 | Х | 6 | 75% | | | | | |
| В | DB Bench Press | 3 | Х | 6 EA | 75% | Single Arm | | | | |
| С | Band Pull Apart | 3 | Х | 10 | | Thumbs Out | | | | |
| | Perfor | m A-C Simu | ltaneous | ly for 3 S | ets | | | | | |
| | 25 Se | conds Rest | Betweer | n Exercise | es | | | | | |
| Block 5 | | Total | Auxilia | ry Stren | gth_ | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | DB Common Lunge Matrix | 3 | Х | 3 EA | 75% | | | | | |
| В | SL Glute Ham Bar Lift | 3 | Х | 6 EA | 70% | 3 Sec Ecc, 6 EA Leg | | | | |
| С | <u>Cable Walkout</u> | 3 | Х | 4 EA | | Athletic Stance, 3 Steps Out, 4 EA | | | | |
| | | m A-C Simu | | • | | | | | | |
| | 25 Se | conds Rest | Between | n Exercise | es | | | | | |

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 | | | | | | | | |
| <u>Pre</u> | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | |
| Block 1 | | Glute | Function | on Serie | es Warm-Up | 1 | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Banded Big Toe Work | 1 | х | 20 EA | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 20 EA | | | | | |
| С | Level 1 Glute Iso Training Protocol | 1 | Х | 18m | Green/Blue | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 10 EA | 1" Band | Hips Drive, Shoulders Follow | | | |
| | Perform A-D as a Gl | lute Fui | ntion Wa | rm-Up S | eries Prior to | Training | | | |
| Block 2 | <u>(</u> | Oxidat | ive Ene | rgy Sys | tem Trainin | g | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | 3-D Contralateral Circuit | 1 | Х | 25s | | Complete As Many Reps As Possible | | | |
| | Perfo | rm A fo | or 1 Set (| @ 25s on | 10s off | | | | |
| Block 3 | <u>Oxi</u> | idative | e Energ | y Syste | m Conditior | ning | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Metabolic Injury Prevention Running | 2 | Х | 5m | | Jog, Shuffle R&L, Carioca R&L, Backpedal | | | |
| | Perform A for 2 | 2 Sets o | f 5 min; | 1:30 rest | : between rou | nds | | | |

| | Triphasic Lacrosse Training Manual | | | | | | | | |
|--|--|----------|----------|-----------|----------------|------------------------------|--|--|--|
| Oxidative 4-Day Elite Training Block Week 12 - Tuesday | | | | | | | | | |
| <u>Pre</u> | Pre-Running, Multi-Dimensional Warm-Up | | | | | | | | |
| Block 1 | Glute Function Series Warm-Up | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Banded Big Toe Work | 1 | Х | 20 EA | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 20 EA | | | | | |
| С | Level 1 Glute Iso Training Protocol | 1 | Х | 18m | Green/Blue | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 10 EA | 1" Band | Hips Drive, Shoulders Follow | | | |
| | Perform A-D as a G | lute Fui | ntion Wa | ırm-Up S | eries Prior to | Training | | | |
| Block 2 | <u>Ox</u> | idative | e Energ | y Syste | m Conditior | ning | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Threshold Training | 4 | Х | 4m | | Running at Max Heart Rate | | | |
| | Perform A for 4 | l Sets o | f 4 min; | 2:30 rest | between rou | nds | | | |

| | Triphasic Lacrosse Training Manual | | | | | | | | | |
|--------------|---|----------|----------|----------|----------------|------------------------------|--|--|--|--|
| · | Oxidative 4-Day Elite Training Block Week 12 - Thursday | | | | | | | | | |
| <u>Pre</u> | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | | |
| Block 1 | Glute Function Series Warm-Up | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | Banded Big Toe Work | 1 | х | 20 EA | | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 20 EA | | | | | | |
| С | Level 1 Glute Iso Training Protocol | 1 | Х | 18m | Green/Blue | | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 10 EA | 1" Band | Hips Drive, Shoulders Follow | | | | |
| | Perform A-D as a G | lute Fur | ntion Wa | rm-Up S | eries Prior to | Training | | | | |
| Block 2 | <u>(</u> | Oxidat | ive Ene | rgy Sys | tem Trainin | g | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | <u>Wall Sit</u> | 1 | Х | 5m | | 5 minute Isometric | | | | |
| В | DB Bench | 1 | Х | 5m | 25-30% | 5 minute Isometric | | | | |
| С | Supine Glute Ham Back | 1 | Х | 5m | 25-30% | 5 minute Isometric | | | | |
| D | <u>Left Leg Lunge</u> | 1 | Х | 5m | | 5 minute Isometric | | | | |
| E | <u>DB Prone Row</u> | 1 | Х | 5m | 25-30% | 5 minute Isometric | | | | |
| F | Right Leg Lunge | 1 | Х | 5m | | 5 minute Isometric | | | | |
| | Perform A-F for 5 | minute | es Each; | 3:00 Res | t Between Exe | ercises | | | | |

| | Triphasic Lacrosse Training Manual | | | | | | | | |
|--------------|---|---------|------------|-----------|----------------|--|--|--|--|
| (| Oxidative 4-Day Elite Training Block Week 12 - Friday | | | | | | | | |
| <u>Pre</u> | Pre-T | rainin | g, Mult | i-Dime | nsional War | m-Up | | | |
| Block 1 | | Glute | Function | on Serie | s Warm-Up | <u>.</u> | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Banded Big Toe Work | 1 | Х | 20 EA | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 20 EA | | | | | |
| С | Level 1 Glute Iso Training Protocol | 1 | Х | 18m | Green/Blue | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 10 EA | 1" Band | Hips Drive, Shoulders Follow | | | |
| | Perform A-D as a Gl | ute Fu | ntion Wa | ırm-Up S | eries Prior to | Training | | | |
| Block 2 | <u>(</u> | Oxidat | ive Ene | rgy Sys | tem Trainin | g | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | 3-D Contralateral Circuit | 1 | Х | 25s | | Complete As Many Reps As Possible | | | |
| | Perfo | rm A fo | or 1 Set (| ම 25s on | 10s off | | | | |
| Block 3 | <u>Oxi</u> | dative | e Energ | y Systei | m Condition | ning | | | |
| Α | Metabolic Injury Prevention Running | 2 | Х | 6m | | Jog, Shuffle R&L, Carioca R&L, Backpedal | | | |
| | Perform A for 2 | Sets o | f 6 min; | 1:30 rest | between rou | nds | | | |

| | Triphasic Lacrosse Training Manual | | | | | | | | | |
|---|---|-------------------------------|------------|-----------|----------------|--|--|--|--|--|
| Oxidative 4-Day Elite Training Block Week 13 - Monday | | | | | | | | | | |
| <u>Pre</u> | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | | |
| Block 1 | | Glute Function Series Warm-Up | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | Banded Big Toe Work | 1 | х | 35 EA | | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 35 EA | | | | | | |
| С | Level 2 Glute Iso Training Protocol | 1 | Х | 23m | Green/Blue | | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 15 EA | 1" Band | Hips Drive, Shoulders Follow | | | | |
| | Perform A-D as a G | lute Fui | ntion Wa | arm-Up S | eries Prior to | Training | | | | |
| Block 2 | <u>(</u> | Oxidat | ive Ene | rgy Sys | tem Trainin | g | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | 3-D Contralateral Circuit | 1 | Х | 30s | | Complete As Many Reps As Possible | | | | |
| | Perfo | rm A fo | or 1 Set (| @ 30s on | 10s off | | | | | |
| Block 3 | Oxi | idative | e Energ | y Syste | m Conditior | ning | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | Metabolic Injury Prevention Running | 3 | Х | 5m | | Jog, Shuffle R&L, Carioca R&L, Backpedal | | | | |
| | Perform A for 3 | Sets o | f 5 min; | 1:30 rest | between rou | nds | | | | |

| | Triphasic L | .acr | osse | Trair | ning Mai | nual | | | |
|--|--|----------|----------|-----------|----------------|------------------------------|--|--|--|
| Oxidative 4-Day Elite Training Block Week 13 - Tuesday | | | | | | | | | |
| <u>Pre</u> | Pre-Running, Multi-Dimensional Warm-Up | | | | | | | | |
| Block 1 | Glute Function Series Warm-Up | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Banded Big Toe Work | 1 | Х | 35 EA | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 35 EA | | | | | |
| С | Level 2 Glute Iso Training Protocol | 1 | Х | 23m | Green/Blue | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 15 EA | 1" Band | Hips Drive, Shoulders Follow | | | |
| | Perform A-D as a G | lute Fu | ntion Wa | arm-Up S | eries Prior to | Training | | | |
| Block 2 | <u>Ox</u> | idativ | e Energ | y Syste | m Condition | ing | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Threshold Training | 4 | Х | 6m | | Running at Max Heart Rate | | | |
| | Perform A for 4 | 1 Sets o | f 6 min; | 2:30 rest | between rou | nds | | | |

| | Triphasic Lacrosse Training Manual | | | | | | | | | |
|---|--|----------|----------|----------|----------------|------------------------------|--|--|--|--|
| Oxidative 4-Day Elite Training Block Week 13 - Thursday | | | | | | | | | | |
| <u>Pre</u> | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | | |
| Block 1 | Glute Function Series Warm-Up | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | Banded Big Toe Work | 1 | Х | 35 EA | | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 35 EA | | | | | | |
| С | Level 2 Glute Iso Training Protocol | 1 | Х | 23m | Green/Blue | | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 15 EA | 1" Band | Hips Drive, Shoulders Follow | | | | |
| | Perform A-D as a G | lute Fur | ntion Wa | ırm-Up S | eries Prior to | Training | | | | |
| Block 2 | <u>(</u> | Oxidat | ive Ene | rgy Sys | tem Trainin | g | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | <u>Wall Sit</u> | 1 | Х | 5m | | 5 minute Isometric | | | | |
| В | <u>DB Bench</u> | 1 | Х | 5m | 25-30% | 5 minute Isometric | | | | |
| С | Supine Glute Ham Back | 1 | Х | 5m | 25-30% | 5 minute Isometric | | | | |
| D | <u>Left Leg Lunge</u> | 1 | Х | 5m | | 5 minute Isometric | | | | |
| E | DB Prone Row | 1 | Х | 5m | 25-30% | 5 minute Isometric | | | | |

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

5m

5 minute Isometric

F

Right Leg Lunge

| | Triphasic Lacrosse Training Manual | | | | | | | | | |
|---|---|--|------------|----------|----------------|--|--|--|--|--|
| Oxidative 4-Day Elite Training Block Week 13 - Friday | | | | | | | | | | |
| <u>Pre</u> | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | | |
| Block 1 | | Glute Function Series Warm-Up | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | Banded Big Toe Work | 1 | Х | 35 EA | | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 35 EA | | | | | | |
| С | Level 2 Glute Iso Training Protocol | 1 | Х | 23m | Green/Blue | | | | | |
| D | Swiss Ball Hip Patterning | 1 x 15 EA 1" Band Hips Drive, Shoulders Follow | | | | | | | | |
| | Perform A-D as a Gl | ute Fu | ntion Wa | ırm-Up S | eries Prior to | Training | | | | |
| Block 2 | <u>(</u> | Oxidat | ive Ene | rgy Sys | tem Trainin | g | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | 3-D Contralateral Circuit | 1 | Х | 30s | | Complete As Many Reps As Possible | | | | |
| | Perfo | rm A fo | or 1 Set (| ҈ 30s on | 10s off | | | | | |
| Block 3 | <u>Oxi</u> | dative | e Energ | y Syste | m Condition | ing | | | | |
| Α | Metabolic Injury Prevention Running | 3 | Х | 6m | | Jog, Shuffle R&L, Carioca R&L, Backpedal | | | | |
| | 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 | | | | | | | | | | |
| <u>Pre</u> | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | | |
| Block 1 | | Glute | Function | on Serie | es Warm-Up | <u>)</u> | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | Banded Big Toe Work | 1 | Х | 50 EA | | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 50 EA | | | | | | |
| С | Level 3 Glute Iso Training Protocol | 1 | Х | 26m | Green/Blue | | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 20 EA | 1" Band | Hips Drive, Shoulders Follow | | | | |
| | Perform A-D as a Gl | ute Fu | ntion Wa | rm-Up S | eries Prior to | Training | | | | |
| Block 2 | <u>(</u> | Oxidat | ive Ene | rgy Sys | tem Trainin | g | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | 3-D Contralateral Circuit | 1 | Х | 35s | | Complete As Many Reps As Possible | | | | |
| | Perfo | rm A fo | or 1 Set (| @ 35s on | 10s off | | | | | |
| Block 3 | <u>Oxi</u> | dative | e Energ | y Syste | m Conditior | ning | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | Metabolic Injury Prevention Running | 4 | Х | 4m | | Jog, Shuffle R&L, Carioca R&L, Backpedal | | | | |
| | Perform A for 4 | Sets o | f 4 min; | 1:00 rest | between rou | nds | | | | |

| Triphasic Lacrosse Training Manual | | | | | | | | | |
|--|--|----------|----------|-----------|----------------|------------------------------|--|--|--|
| Oxidative 4-Day Elite Training Block Week 14 - Tuesday | | | | | | | | | |
| <u>Pre</u> | Pre-Running, Multi-Dimensional Warm-Up | | | | | | | | |
| Block 1 | Glute Function Series Warm-Up | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Banded Big Toe Work | 1 | Х | 50 EA | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 50 EA | | | | | |
| С | Level 3 Glute Iso Training Protocol | 1 | Х | 26m | Green/Blue | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 20 EA | 1" Band | Hips Drive, Shoulders Follow | | | |
| | Perform A-D as a G | lute Fui | ntion Wa | ırm-Up S | eries Prior to | Training | | | |
| Block 2 | <u>Ox</u> | idative | e Energ | y Syste | m Conditior | ning | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Threshold Training | 3 | Х | 9m | | Running at Max Heart Rate | | | |
| | Perform A for 3 | 3 Sets o | f 9 min; | 2:30 rest | between rou | nds | | | |

| | Triphasic Lacrosse Training Manual | | | | | | | | | |
|---|---|----------|----------|---------|----------------|------------------------------|--|--|--|--|
| Oxidative 4-Day Elite Training Block Week 14 - Thursday | | | | | | | | | | |
| <u>Pre</u> | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | | |
| Block 1 | Glute Function Series Warm-Up | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | Banded Big Toe Work | 1 | Х | 50 EA | | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 50 EA | | | | | | |
| С | Level 3 Glute Iso Training Protocol | 1 | Х | 26m | Green/Blue | | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 20 EA | 1" Band | Hips Drive, Shoulders Follow | | | | |
| | Perform A-D as a G | lute Fui | ntion Wa | rm-Up S | eries Prior to | Training | | | | |
| Block 2 | <u>(</u> | Oxidat | ive Ene | rgy Sys | tem Trainin | g | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | <u>Wall Sit</u> | 1 | Х | 5m | 25-30% | 5 minute Isometric | | | | |
| В | DB Bench | 1 | Х | 5m | 25-30% | 5 minute Isometric | | | | |
| С | Supine Glute Ham Back | 1 | Х | 5m | 25-30% | 5 minute Isometric | | | | |
| D | <u>Left Leg Lunge</u> | 1 | Х | 5m | 25-30% | 5 minute Isometric | | | | |
| E | <u>DB Prone Row</u> | 1 | Х | 5m | 25-30% | 5 minute Isometric | | | | |
| F | Right Leg Lunge | 1 | Х | 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 | | | | | | | | | | |
| <u>Pre</u> | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | | |
| Block 1 | | Glute | Function | on Serie | s Warm-Up | 1 | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | Banded Big Toe Work | 1 | Х | 50 EA | | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 50 EA | | | | | | |
| С | Level 3 Glute Iso Training Protocol | 1 | Х | 26m | Green/Blue | | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 20 EA | 1" Band | Hips Drive, Shoulders Follow | | | | |
| | Perform A-D as a Gl | ute Fu | ntion Wa | rm-Up S | eries Prior to | Training | | | | |
| Block 2 | <u>(</u> | Oxidat | ive Ene | rgy Sys | tem Trainin | g | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | 3-D Contralateral Circuit | 1 | Х | 35s | | Complete As Many Reps As Possible | | | | |
| | Perfo | rm A fo | or 1 Set (| @ 35s on | 10s off | | | | | |
| Block 3 | <u>Oxi</u> | dative | e Energ | y Systei | m Condition | ning | | | | |
| Α | Metabolic Injury Prevention Running | 4 | Х | 5m | | Jog, Shuffle R&L, Carioca R&L, Backpedal | | | | |
| | Perform A for 4 | Sets o | f 5 min; | 1:00 rest | between rou | nds | | | | |

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 L | .acro | osse ' | Train | ing Mai | nual | | | |
|--|---|--|---|--|--|---|--|--|--|
| Glycolytic 4-Day Elite Training Block Week 15 - Monday | | | | | | | | | |
| <u>Pre</u> | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | |
| Block 1 | | Glute | Functio | on Serie | s Warm-Up | 1 | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Banded Big Toe Work | 1 | Х | 50 EA | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 50 EA | | | | | |
| С | Level 4 Glute Iso Training Protocol | 1 | Х | 14m | Green/Blue | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 20 EA | 1" Band | Hips Drive, Shoulders Follow | | | |
| | Perform A-D as a G | lute Fur | ntion Wa | rm-Up S | eries Prior to | Training | | | |
| Block 2 | | Slycoly | tic Ene | rgy Sys | tem Trainin | g | | | |
| | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| <u>Order</u> A | <u>Exercise</u> <u>DB Bench - Left Arm</u> | Sets 3 | Reps/D X | uration 30s | Load 65-70% | Notes 30 second Isometric, 10 second Rest | | | |
| | | | - · · | | | | | | |
| A | DB Bench - Left Arm | 3 | Х | 30s | 65-70% | 30 second Isometric, 10 second Rest | | | |
| A B | <u>DB Bench - Left Arm</u> <u>DB Split Squat - Right Leg</u> | 3 | X X | 30s 30s | 65-70% 65-70% | 30 second Isometric, 10 second Rest 30 second Isometric, 10 second Rest | | | |
| A B C D | DB Bench - Left Arm DB Split Squat - Right Leg DB Bench - Right Arm DB Split Squat - Left Leg SL Glute Bar Lift - Right Leg | 3 3 3 3 | X X X | 30s 30s 30s 30s 30s | 65-70% 65-70% 65-70% | 30 second Isometric, 10 second Rest 30 second Isometric, 10 second Rest 30 second Isometric, 10 second Rest | | | |
| A B C D E | DB Bench - Left Arm DB Split Squat - Right Leg DB Bench - Right Arm DB Split Squat - Left Leg SL Glute Bar Lift - Right Leg DB Bent Over Row - Left Arm | 3 3 3 3 3 | x x x x | 30s 30s 30s 30s | 65-70% 65-70% 65-70% 65-70% | 30 second Isometric, 10 second Rest | | | |
| A B C D E F | DB Bench - Left Arm DB Split Squat - Right Leg DB Bench - Right Arm DB Split Squat - Left Leg SL Glute Bar Lift - Right Leg | 3 3 3 3 3 3 | x x x x | 30s 30s 30s 30s 30s | 65-70% 65-70% 65-70% 65-70% 65-70% | 30 second Isometric, 10 second Rest | | | |
| A B C D E | DB Bench - Left Arm DB Split Squat - Right Leg DB Bench - Right Arm DB Split Squat - Left Leg SL Glute Bar Lift - Right Leg DB Bent Over Row - Left Arm | 3 3 3 3 3 3 3 | x x x x x | 30s 30s 30s 30s 30s 30s | 65-70% 65-70% 65-70% 65-70% 65-70% 65-70% | 30 second Isometric, 10 second Rest | | | |
| A B C D E F | DB Bench - Left Arm DB Split Squat - Right Leg DB Bench - Right Arm DB Split Squat - Left Leg SL Glute Bar Lift - Right Leg DB Bent Over Row - Left Arm SL Glute Bar Lift - Left Leg | 3 3 3 3 3 3 3 3 | x x x x x | 30s 30s 30s 30s 30s 30s 30s | 65-70% 65-70% 65-70% 65-70% 65-70% 65-70% 65-70% | 30 second Isometric, 10 second Rest | | | |
| A B C D E F G H | DB Bench - Left Arm DB Split Squat - Right Leg DB Bench - Right Arm DB Split Squat - Left Leg SL Glute Bar Lift - Right Leg DB Bent Over Row - Left Arm SL Glute Bar Lift - Left Leg DB Bent Over Row - Right Arm DB Shoulder Press - Both Arms Pull-Up - Both Arms | 3 3 3 3 3 3 3 3 3 | x x x x x x | 30s 30s 30s 30s 30s 30s 30s 30s 30s 30s | 65-70% 65-70% 65-70% 65-70% 65-70% 65-70% 65-70% | 30 second Isometric, 10 second Rest | | | |
| A B C D E F G H | DB Bench - Left Arm DB Split Squat - Right Leg DB Bench - Right Arm DB Split Squat - Left Leg SL Glute Bar Lift - Right Leg DB Bent Over Row - Left Arm SL Glute Bar Lift - Left Leg DB Bent Over Row - Right Arm DB Shoulder Press - Both Arms Pull-Up - Both Arms Swiss Ball Leg Curl - Both Legs | 3 3 3 3 3 3 3 3 3 3 | x x x x x x x | 30s 30s 30s 30s 30s 30s 30s 30s 30s 30s | 65-70% 65-70% 65-70% 65-70% 65-70% 65-70% 65-70% 65-70% | 30 second Isometric, 10 second Rest | | | |
| A B C D E F G H | DB Bench - Left Arm DB Split Squat - Right Leg DB Bench - Right Arm DB Split Squat - Left Leg SL Glute Bar Lift - Right Leg DB Bent Over Row - Left Arm SL Glute Bar Lift - Left Leg DB Bent Over Row - Right Arm DB Shoulder Press - Both Arms Pull-Up - Both Arms | 3 3 3 3 3 3 3 3 3 | x x x x x x x x | 30s 30s 30s 30s 30s 30s 30s 30s 30s 30s | 65-70% 65-70% 65-70% 65-70% 65-70% 65-70% 65-70% 65-70% 65-70% | 30 second Isometric, 10 second Rest | | | |
| B C D E F G H | DB Bench - Left Arm DB Split Squat - Right Leg DB Bench - Right Arm DB Split Squat - Left Leg SL Glute Bar Lift - Right Leg DB Bent Over Row - Left Arm SL Glute Bar Lift - Left Leg DB Bent Over Row - Right Arm DB Shoulder Press - Both Arms Pull-Up - Both Arms Swiss Ball Leg Curl - Both Legs Inverted Row - Both Arms | 3 3 3 3 3 3 3 3 3 3 3 3 | x x x x x x x x x | 30s 30s 30s 30s 30s 30s 30s 30s 30s 30s | 65-70% 65-70% 65-70% 65-70% 65-70% 65-70% 65-70% 65-70% 65-70% 65-70% | 30 second Isometric, 10 second Rest | | | |

Glycolytic Energy System Conditioning

Load

Notes

Sprint, Shuffle R&L, Carioca R&L; 1 EA Rep

Sets Reps/Duration

Perform A for 10 Sets of 20 sec; 1:00 rest between rounds; Cover as Much Distance as Possible in Each Repetition

10

Block 3

Order

Exercise

| Triphasic Lacrosse Training Manual | | | | | | | | | |
|--|---|----------|------------|------------|----------------|---------------------------------------|--|--|--|
| | Glycolytic 4-Day Elite Training Block Week 15 - Wednesday | | | | | | | | |
| <u>Pre</u> | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | |
| Block 1 | Glute Function Series Warm-Up | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Banded Big Toe Work | 1 | Х | 50 EA | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 50 EA | | | | | |
| С | Level 4 Glute Iso Training Protocol | 1 | Х | 14m | Green/Blue | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 20 EA | 1" Band | Hips Drive, Shoulders Follow | | | |
| | Perform A-D as a G | lute Fur | ntion Wa | arm-Up S | eries Prior to | Training | | | |
| Block 2 | | Glycoly | tic Ene | ergy Sys | tem Trainin | g | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | DB Step Up | AMAP | Х | 10 EA | 50-60% | As Many Sets As Possible in 5 minutes | | | |
| В | Bench Press | AMAP | х | 10 | 50-60% | As Many Sets As Possible in 5 minutes | | | |
| | Perform A-B Simultaneously for 10 |) Repet | itions Ea | ch for As | Many Sets A | s Possible in 5 minutes | | | |
| | No Rest Between B | Exercise | es; 2:30 r | minutes l | oetween Next | Round | | | |
| Block 3 | | Slycoly | tic Ene | ergy Sys | tem Trainin | g | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | <u>RDL</u> | AMAP | Х | 10 | 50-60% | As Many Sets As Possible in 5 minutes | | | |
| В | <u>Lat Pull Down</u> | AMAP | Х | 10 | 50-60% | As Many Sets As Possible in 5 minutes | | | |
| | Perform A-B Simultaneously for 10 |) Repet | itions Ea | ch for As | Many Sets A | s Possible in 5 minutes | | | |
| | No Rest Between E | Exercise | es; 2:30 r | minutes l | oetween Next | Round | | | |
| Block 4 | <u>(</u> | Slycoly | tic Ene | ergy Sys | tem Trainin | g | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | DB Split Squat | AMAP | Х | 10 EA | 50-60% | As Many Sets As Possible in 5 minutes | | | |
| В | Bent Over Row | AMAP | Х | 10 | 50-60% | As Many Sets As Possible in 5 minutes | | | |
| | Perform A-B Simultaneously for 10 |) Repet | itions Ea | ch for As | Many Sets A | s Possible in 5 minutes | | | |
| | No Rest Between I | ercise | es; 2:30 r | ninutes l | oetween Next | Round | | | |
| Block 5 | <u>(</u> | Slycoly | tic Ene | ergy Sys | tem Trainin | g | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | DB Lateral Lunge | AMAP | Х | 10 EA | 50-60% | As Many Sets As Possible in 5 minutes | | | |
| В | TRX Inverted Row | AMAP | Х | 10 | 50-60% | As Many Sets As Possible in 5 minutes | | | |
| | Perform A-B Simultaneously for 10 |) Repet | itions Ea | nch for As | Many Sets A | s 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 | | | | | | | | | | |
| <u>Pre</u> | <u>Pre-R</u> | unnin | g, Mult | i-Dime | nsional War | <u>m-Up</u> | | | | |
| Block 1 | Glute Function Series Warm-Up | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | Banded Big Toe Work | 1 | Х | 50 EA | | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 50 EA | | | | | | |
| С | Level 4 Glute Iso Training Protocol | 1 | Х | 14m | Green/Blue | | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 20 EA | 1" Band | Hips Drive, Shoulders Follow | | | | |
| | Perform A-D as a G | lute Fur | ntion Wa | rm-Up S | eries Prior to | Training | | | | |
| Block 2 | <u>Gly</u> | colyti | c Energ | y Syste | m Conditior | ning | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | Lactic Capacity Training | 3 | Х | 3x1:30 | | Sprinting at Max Speed | | | | |
| Pe | erform A for 3 repetitions of 1:30 Sprint; 1:00 | rest bet | ween rep | etitions; Co | omplete 3 Total S | Sets with Rest 3:00 between Sets | | | | |

| | Triphasic L | acro | osse | Train | ing Mai | nual | | | | | |
|--|---|---|---------------------------------------|--|--|--|--|--|--|--|--|
| Glycolytic 4-Day Elite Training Block Week 15 - Friday | | | | | | | | | | | |
| <u>Pre</u> | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | | | |
| Block 1 | | Glute | Functio | on Serie | s Warm-Up | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | | |
| Α | Banded Big Toe Work | 1 | Х | 50 EA | | | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 50 EA | | | | | | | |
| С | <u>Level 4 Glute Iso Training Protocol</u> | 1 | Х | 14m | Green/Blue | | | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 20 EA | 1" Band | Hips Drive, Shoulders Follow | | | | | |
| | Perform A-D as a Glute Funtion Warm-Up Series Prior to Training | | | | | | | | | | |
| Block 2 | (| Glycoly | tic Ene | | | | | | | | |
| | | | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | | Load | Notes | | | | | |
| <u>Order</u> A | <u>Exercise</u> <u>DB Bench - Left Arm</u> | Sets 3 | Reps/D | | | | | | | | |
| | | | | uration | Load | Notes | | | | | |
| A | DB Bench - Left Arm | 3 | Х | uration 30s | Load 45-50% | Notes 30 second Oscillatory, 10 Second Rest | | | | | |
| A B | <u>DB Bench - Left Arm</u> <u>DB Split Squat - Right Leg</u> | 3 | X | uration 30s 30s | Load 45-50% 45-50% | Notes 30 second Oscillatory, 10 Second Rest 30 second Oscillatory, 10 Second Rest | | | | | |
| A B C D | DB Bench - Left Arm DB Split Squat - Right Leg DB Bench - Right Arm | 3 3 3 3 3 | X X X | 30s 30s 30s 30s | Load 45-50% 45-50% 45-50% | Notes 30 second Oscillatory, 10 Second Rest 30 second Oscillatory, 10 Second Rest 30 second Oscillatory, 10 Second Rest | | | | | |
| A B C D | DB Bench - Left Arm DB Split Squat - Right Leg DB Bench - Right Arm DB Split Squat - Left Leg SL Glute Bar Lift - Right Leg DB Bent Over Row - Left Arm | 3 3 3 3 3 3 | X X X | 30s 30s 30s 30s 30s | Load 45-50% 45-50% 45-50% 45-50% | Notes 30 second Oscillatory, 10 Second Rest | | | | | |
| A B C D E | DB Bench - Left Arm DB Split Squat - Right Leg DB Bench - Right Arm DB Split Squat - Left Leg SL Glute Bar Lift - Right Leg DB Bent Over Row - Left Arm SL Glute Bar Lift - Left Leg | 3 3 3 3 3 3 3 | x x x x | 30s 30s 30s 30s 30s 30s | Load 45-50% 45-50% 45-50% 45-50% 45-50% | Notes 30 second Oscillatory, 10 Second Rest | | | | | |
| A B C D E | DB Bench - Left Arm DB Split Squat - Right Leg DB Bench - Right Arm DB Split Squat - Left Leg SL Glute Bar Lift - Right Leg DB Bent Over Row - Left Arm | 3 3 3 3 3 3 | X X X X X | 30s 30s 30s 30s 30s 30s 30s | Load 45-50% 45-50% 45-50% 45-50% 45-50% | Notes 30 second Oscillatory, 10 Second Rest | | | | | |
| A B C D E | DB Bench - Left Arm DB Split Squat - Right Leg DB Bench - Right Arm DB Split Squat - Left Leg SL Glute Bar Lift - Right Leg DB Bent Over Row - Left Arm SL Glute Bar Lift - Left Leg DB Bent Over Row - Right Arm DB Shoulder Press - Both Arms | 3 3 3 3 3 3 3 3 3 | x x x x x x | 30s 30s 30s 30s 30s 30s 30s 30s 30s 30s | Load 45-50% 45-50% 45-50% 45-50% 45-50% 45-50% 45-50% 45-50% | Notes 30 second Oscillatory, 10 Second Rest | | | | | |
| A B C D E F G H I | DB Bench - Left Arm DB Split Squat - Right Leg DB Bench - Right Arm DB Split Squat - Left Leg SL Glute Bar Lift - Right Leg DB Bent Over Row - Left Arm SL Glute Bar Lift - Left Leg DB Bent Over Row - Right Arm DB Shoulder Press - Both Arms Pull-Up - Both Arms | 3 3 3 3 3 3 3 3 3 3 | x x x x x x x | 30s 30s 30s 30s 30s 30s 30s 30s 30s 30s | Load 45-50% 45-50% 45-50% 45-50% 45-50% 45-50% 45-50% 45-50% 45-50% | Notes 30 second Oscillatory, 10 Second Rest | | | | | |
| A B C D E F G H I J | DB Bench - Left Arm DB Split Squat - Right Leg DB Bench - Right Arm DB Split Squat - Left Leg SL Glute Bar Lift - Right Leg DB Bent Over Row - Left Arm SL Glute Bar Lift - Left Leg DB Bent Over Row - Right Arm DB Shoulder Press - Both Arms Pull-Up - Both Arms Swiss Ball Leg Curl - Both Legs | 3 3 3 3 3 3 3 3 3 3 3 3 | x x x x x x x x x x x x x x x x x x x | 30s 30s 30s 30s 30s 30s 30s 30s 30s 30s | Load 45-50% 45-50% 45-50% 45-50% 45-50% 45-50% 45-50% 45-50% 45-50% | Notes 30 second Oscillatory, 10 Second Rest | | | | | |
| A B C D E F G H I | DB Bench - Left Arm DB Split Squat - Right Leg DB Bench - Right Arm DB Split Squat - Left Leg SL Glute Bar Lift - Right Leg DB Bent Over Row - Left Arm SL Glute Bar Lift - Left Leg DB Bent Over Row - Right Arm DB Shoulder Press - Both Arms Pull-Up - Both Arms Swiss Ball Leg Curl - Both Legs Inverted Row - Both Arms | 3 3 3 3 3 3 3 3 3 3 3 3 3 | x x x x x x x x x x x x x x x x x x x | 30s 30s 30s 30s 30s 30s 30s 30s 30s 30s | Load 45-50% 45-50% 45-50% 45-50% 45-50% 45-50% 45-50% 45-50% 45-50% 45-50% 45-50% 45-50% | Notes 30 second Oscillatory, 10 Second Rest | | | | | |

10 Seconds Rest Between Exercises; 2:30 minutes between Rounds

Sets Reps/Duration

Perform A for 10 Sets of 25 sec; 1:00 rest between rounds; Cover as Much Distance as Possible in Each Repetition

10

Glycolytic Energy System Conditioning

25s

Load

Notes

Sprint, Shuffle R&L, Carioca R&L; 1 EA Rep

Block 3

Order

Exercise

| | Triphasic Lacrosse Training Manual | | | | | | | | | |
|--|---------------------------------------|----------|-----------|-----------|------------------|-------------------------------------|--|--|--|--|
| Glycolytic 4-Day Elite Training Block Week 16 - Monday | | | | | | | | | | |
| Pre | | | | | nsional Warı | | | | | |
| Block 1 | | | | | es Warm-Up | - | | | | |
| Order | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | Banded Big Toe Work | 1 | Х | 50 EA | | | | | | |
| В | Banded Other 4 Toe Work | 1 | х | 50 EA | | | | | | |
| С | Level 5 Glute Iso Training Protocol | 1 | Х | 14m | Green/Blue | | | | | |
| D | Swiss Ball Hip Patterning | 1 | х | 20 EA | 1" Band | Hips Drive, Shoulders Follow | | | | |
| | Perform A-D as a G | lute Fui | ntion Wa | rm-Up S | eries Prior to T | raining | | | | |
| Block 2 Glycolytic Energy System Training | | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | DB Bench - Left Arm | 3 | Х | 30s | 65-70% | 30 second Isometric, 10 second Rest | | | | |
| В | DB Split Squat - Right Leg | 3 | Х | 30s | 65-70% | 30 second Isometric, 10 second Rest | | | | |
| С | DB Bench - Right Arm | 3 | Х | 30s | 65-70% | 30 second Isometric, 10 second Rest | | | | |
| D | DB Split Squat - Left Leg | 3 | Х | 30s | 65-70% | 30 second Isometric, 10 second Rest | | | | |
| E | SL Glute Bar Lift - Right Leg | 3 | Х | 30s | 65-70% | 30 second Isometric, 10 second Rest | | | | |
| F | DB Bent Over Row - Left Arm | 3 | Х | 30s | 65-70% | 30 second Isometric, 10 second Rest | | | | |
| G | SL Glute Bar Lift - Left Leg | 3 | Х | 30s | 65-70% | 30 second Isometric, 10 second Rest | | | | |
| Н | DB Bent Over Row - Right Arm | 3 | Х | 30s | 65-70% | 30 second Isometric, 10 second Rest | | | | |
| I | DB Shoulder Press - Both Arms | 3 | Х | 30s | 65-70% | 30 second Isometric, 10 second Rest | | | | |
| J | <u>Pull-Up - Both Arms</u> | 3 | Х | 30s | 65-70% | 30 second Isometric, 10 second Rest | | | | |
| K | Swiss Ball Leg Curl - Both Legs | 3 | Х | 30s | 65-70% | 30 second Isometric, 10 second Rest | | | | |
| L | <u>Inverted Row - Both Arms</u> | 3 | Х | 30s | 65-70% | 30 second Isometric, 10 second Rest | | | | |
| | Perfo | rm A-L | Simultan | eously fo | or 3 Sets | | | | | |
| | 10 Seconds Rest Bet | ween E | xercises; | 2:30 mii | nutes between | Rounds | | | | |
| Block 3 | Glv | colyti | c Energ | v Syste | m Condition | ing | | | | |
| | Glycolytic Energy System Conditioning | | | | | | | | | |

Sets Reps/Duration

Perform A for 12 Sets of 20 sec; 1:00 rest between rounds; Cover as Much Distance as Possible in Each Repetition

12

20s

Load

Notes

Sprint, Shuffle R&L, Carioca R&L; 1 EA Rep

Order

Exercise

| 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 Beform 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 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 Perform A-B Simultaneously for 10 Repetitions Each for 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 | | Triphasic Lacrosse Training Manual | | | | | | | | |
|--|--------------|---|----------------|------------|------------|----------------|---------------------------------------|--|--|--|
| Block 1 Solute Function Series Warm-Up | | Glycolytic 4-Day Elite Training Block Week 16 - Wednesday | | | | | | | | |
| Sets Reps/Duration Load Notes | <u>Pre</u> | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | |
| A Banded Big Toe Work B Banded Other 4 Toe Work C Level 5 Glute Iso Training Protocol D Swiss Ball Hip Patterning 1 x 20 EA 1" Band Hips Drive, Shoulders Follow Perform A-D as a Glute Funtion Warm-Up Series Prior to Training Block 2 Glycolytic Energy System Training Order Exercise Sets Reps/Duration Load Notes Bench Press AMAP x 10 EA 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 minute 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 Perform A-B Simultaneously for 10 Repetitions Each for As Many Sets As Possible in 5 minutes 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 50-60% 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 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 50-60% 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 A DB Lateral Lunge 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 Possi | Block 1 | | Glute | Function | on Serie | es Warm-Up | <u>1</u> | | | |
| B Banded Other 4 Toe Work C Level 5 Glute Iso Training Protocol D Swiss Ball Hip Patterning 1 X 20 EA 1" Band Hips Drive, Shoulders Follow Perform A-D as a Glute Funtion Warm-Up Series Prior to Training Block 2 Glycolytic Energy System Training Grder Exercise Sets Reps/Duration Load Notes A DB Step Up AMAP X 10 EA 50-60% As Many Sets As Possible in 5 minute B Bench Press AMAP X 10 50-60% As Many Sets As Possible in 5 minute Perform A-B Simultaneously for 10 Repetitions Each for As Many Sets As Possible in 5 minute B Corder Exercise Sets Reps/Duration Load Notes 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 minute B Lat Pull Down AMAP X 10 50-60% As Many Sets As Possible in 5 minute 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 No Rest Between Exercises; 2:30 minutes between Next Round Block 4 Glycolytic Energy System Training Order Exercise Sets Reps/Duration Load Notes 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 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 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 50-60% As Many Sets As Possible in 5 minutes No Rest Between Exercises; 2:30 minutes between Next Round | <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| 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 Funtion Warm-Up Series Prior to Training Glycolytic Energy System Training Ferrors A-D as a Glute Funtion Warm-Up Series Prior to Training Glycolytic Energy System Training Ferrors A-D B Step Up AMAP x 10 EA 50-60% As Many Sets As Possible in 5 minutes B Bench Press AMAP x 10 EA 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 ROLL 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 50-60% As Many Sets As Possible in 5 minutes Bench Over Row AMAP x 10 50-60% As Many Sets As Possible in 5 minutes Bench Over Row AMAP x 10 50-60% As Many Sets As Possible in 5 minutes Bench 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 Perform A-B Simultaneously for 10 Repetitions Each for As Many Sets As Possible in 5 minutes Body Amap Sets As Possible in 5 minutes Amap Sets As Possible in 5 minutes Perform A-B Simultaneously for 10 Repetitions Each for As Many Sets As Possible in 5 minutes Body Amap Sets As Possible in 5 minut | Α | Banded Big Toe Work | 1 | Х | 50 EA | | | | | |
| D Swiss Ball Hip Patterning 1 x 20 EA 1" Band Hips Drive, Shoulders Follow Perform A-D as a Glute Funtion 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 EA 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 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 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 No Rest Between Exercises; 2:30 minutes between Next Round Block 5 Glycolytic Energy System Training Order Exercise Sets Reps/Duration Load Notes No Rest Between Exercises; 2:30 minutes between Next Round Block 5 Glycolytic Energy System Training Order Exercise Sets Reps/Duration Load Notes No Rest Between Exercises; 2:30 minutes between Next Round Block 5 Glycolytic Energy System Training Order Exercise Sets Reps/Duration Load Notes No Rest Between Exercises; 2:30 minutes between Next Round | В | Banded Other 4 Toe Work | 1 | Х | 50 EA | | | | | |
| Perform A-D as a Glute Funtion Warm-Up Series Prior to Training | С | Level 5 Glute Iso Training Protocol | 1 | х | 14m | Green/Blue | | | | |
| Block 2 Glycolytic Energy System Training | D | Swiss Ball Hip Patterning | 1 | х | 20 EA | 1" Band | Hips Drive, Shoulders Follow | | | |
| OrderExerciseSetsReps/DurationLoadNotesADB Step UpAMAPx10 EA50-60%As Many Sets As Possible in 5 minuteBBench PressAMAPx1050-60%As Many Sets As Possible in 5 minutesPerform A-B Simultaneously for 10 Repetitions Each for As Many Sets As Possible in 5 minutesNo Rest Between Exercises; 2:30 minutes between Next RoundBlock 3Glycolytic Energy System TrainingOrderExerciseSetsReps/DurationLoadNotesARDLAMAPx1050-60%As Many Sets As Possible in 5 minuteBLat Pull DownAMAPx1050-60%As Many Sets As Possible in 5 minutePerform A-B Simultaneously for 10 Repetitions Each for As Many Sets As Possible in 5 minutesBlock 4Glycolytic Energy System TrainingOrderExerciseSetsReps/DurationLoadNotesADB Split SquatAMAPx10 EA50-60%As Many Sets As Possible in 5 minuteBBent Over RowAMAPx10 EA50-60%As Many Sets As Possible in 5 minutesNo Rest Between Exercises; 2:30 minutes between Next RoundBlock 5Glycolytic Energy System TrainingOrderExerciseSetsReps/DurationLoadNotesADB Lateral LungeAMAPx10 EA50-60%As Many Sets As Possible in 5 minuteBTRX Inverted Row< | | Perform A-D as a G | lute Fui | ntion Wa | rm-Up S | eries Prior to | Training | | | |
| 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 50-60% As Many Sets As Possible in 5 minutes 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 No Rest Between Exercises; 2:30 minutes between Next Round Block 5 Glycolytic Energy System Training Order Exercise Sets Reps/Duration Sech 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 AMAP X 10 50-60% As Many Sets As Possible in 5 minutes A DB Lateral Lunge AMAP X 10 50-60% As Many Sets As Possible in 5 minutes A DB Lateral Lunge AMAP X 10 50-60% As Many Sets As Possible in 5 minutes A DB Lateral Lunge AMAP X 10 50-60% As Many Sets As Possible in 5 minutes A DB Lateral Lunge AMAP X 10 50-60% As Many Sets As Possible in 5 minutes | Block 2 | | Glycoly | tic Ene | rgy Sys | tem Trainin | g | | | |
| Block 3 Service Sets Reps/Duration Load Notes Rorest Between Exercises; 2:30 minutes between Next Round Block 3 Glycolytic Energy System Training Order Exercise Sets Reps/Duration Load Notes Rorest 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 Block 4 Block 4 Glycolytic Energy System Training Order Exercise Sets Reps/Duration Load Notes Rorest 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 Perform A-B Simultaneously for 10 Repetitions Each for 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 Bent Over Row AMAP x 10 EA 50-60% 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 Biock 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 Biock 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 Biock 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 | <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| 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 EA 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 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 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 | Α | DB Step Up | AMAP | Х | 10 EA | 50-60% | As Many Sets As Possible in 5 minutes | | | |
| Block 3 Glycolytic Energy System Training | В | Bench Press | AMAP | Х | 10 | 50-60% | As Many Sets As Possible in 5 minutes | | | |
| Block 3 Sets Reps/Duration Load Notes | | Perform A-B Simultaneously for 10 |) Repet | itions Ea | ch for As | Many Sets A | s Possible in 5 minutes | | | |
| OrderExerciseSetsReps/DurationLoadNotesARDLAMAPx1050-60%As Many Sets As Possible in 5 minuteBLat Pull DownAMAPx1050-60%As Many Sets As Possible in 5 minutePerform A-B Simultaneously for 10 Repetitions Each for As Many Sets As Possible in 5 minutesNo Rest Between Exercises; 2:30 minutes between Next RoundBlock 4Glycolytic Energy System TrainingOrderExerciseSetsReps/DurationLoadNotesADB Split SquatAMAPx10 EA50-60%As Many Sets As Possible in 5 minuteBBent Over RowAMAPx1050-60%As Many Sets As Possible in 5 minutesPerform A-B Simultaneously for 10 Repetitions Each for As Many Sets As Possible in 5 minutesNo Rest Between Exercises; 2:30 minutes between Next RoundBlock 5Glycolytic Energy System TrainingOrderExerciseSetsReps/DurationLoadNotesADB Lateral LungeAMAPx10 EA50-60%As Many Sets As Possible in 5 minutesBTRX Inverted RowAMAPx10 EA50-60%As Many Sets As Possible in 5 minutesPerform A-B Simultaneously for 10 Repetitions Each for As Many Sets As Possible in 5 minutes | | No Rest Between I | Exercise | es; 2:30 r | ninutes k | oetween Next | Round | | | |
| 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 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 CORDER 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 EA 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 Perform A-B Simultaneously for 10 Repetitions Each for As Many Sets As Possible in 5 minutes | Block 3 | <u>(</u> | Slycoly | tic Ene | rgy Sys | tem Trainin | g | | | |
| 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 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 Perform A-B Simultaneously for 10 Repetitions Each for As Many Sets As Possible in 5 minutes 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 | <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| 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 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 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 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 | Α | <u>RDL</u> | AMAP | Х | 10 | 50-60% | As Many Sets As Possible in 5 minutes | | | |
| No Rest Between Exercises; 2:30 minutes between Next Round 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 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 | В | | | | | | As Many Sets As Possible in 5 minutes | | | |
| Block 4OrderExerciseSetsReps/DurationLoadNotesADB Split SquatAMAPx10 EA50-60%As Many Sets As Possible in 5 minuteBBent Over RowAMAPx1050-60%As Many Sets As Possible in 5 minutePerform A-B Simultaneously for 10 Repetitions Each for As Many Sets As Possible in 5 minutesNo Rest Between Exercises; 2:30 minutes between Next RoundBlock 5Glycolytic Energy System TrainingOrderExerciseSetsReps/DurationLoadNotesADB Lateral LungeAMAPx10 EA50-60%As Many Sets As Possible in 5 minuteBTRX Inverted RowAMAPx1050-60%As Many Sets As Possible in 5 minutePerform A-B Simultaneously for 10 Repetitions Each for As Many Sets As Possible in 5 minutes | | Perform A-B Simultaneously for 10 | Contract Repet | itions Ea | ich for As | Many Sets A | s Possible in 5 minutes | | | |
| OrderExerciseSetsReps/DurationLoadNotesADB Split SquatAMAPx10 EA50-60%As Many Sets As Possible in 5 minuteBBent Over RowAMAPx1050-60%As Many Sets As Possible in 5 minutesPerform A-B Simultaneously for 10 Repetitions Each for As Many Sets As Possible in 5 minutesNo Rest Between Exercises; 2:30 minutes between Next RoundBlock 5Glycolytic Energy System TrainingOrderExerciseSetsReps/DurationLoadNotesADB Lateral LungeAMAPx10 EA50-60%As Many Sets As Possible in 5 minutesBTRX Inverted RowAMAPx1050-60%As Many Sets As Possible in 5 minutesPerform A-B Simultaneously for 10 Repetitions Each for As Many Sets As Possible in 5 minutes | | No Rest Between I | Exercise | es; 2:30 r | ninutes k | oetween Next | Round | | | |
| A DB Split Squat AMAP x 10 EA 50-60% As Many Sets As Possible in 5 minute B Bent Over Row AMAP x 10 50-60% As Many Sets As Possible in 5 minute 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 | Block 4 | <u>(</u> | Slycoly | tic Ene | rgy Sys | tem Trainin | g | | | |
| B Bent Over Row AMAP x 10 50-60% As Many Sets As Possible in 5 minute 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 | <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| 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 | Α | DB Split Squat | AMAP | Х | 10 EA | 50-60% | As Many Sets As Possible in 5 minutes | | | |
| No Rest Between Exercises; 2:30 minutes between Next Round Block 5 Glycolytic Energy System Training | В | | | | _ | | As Many Sets As Possible in 5 minutes | | | |
| 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 minute B TRX Inverted Row AMAP x 10 50-60% As Many Sets As Possible in 5 minute Perform A-B Simultaneously for 10 Repetitions Each for As Many Sets As Possible in 5 minutes | | • | | | | | | | | |
| Order Exercise Sets Reps/Duration Load Notes A DB Lateral Lunge AMAP x 10 EA 50-60% As Many Sets As Possible in 5 minute 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 I | ercise | es; 2:30 r | ninutes k | oetween Next | Round | | | |
| A DB Lateral Lunge AMAP x 10 EA 50-60% As Many Sets As Possible in 5 minute B TRX Inverted Row AMAP x 10 50-60% As Many Sets As Possible in 5 minute Perform A-B Simultaneously for 10 Repetitions Each for As Many Sets As Possible in 5 minutes | Block 5 | <u>(</u> | Slycoly | tic Ene | rgy Sys | tem Trainin | g | | | |
| 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 | <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Perform A-B Simultaneously for 10 Repetitions Each for As Many Sets As Possible in 5 minutes | Α | DB Lateral Lunge | AMAP | Х | 10 EA | 50-60% | As Many Sets As Possible in 5 minutes | | | |
| , , , | В | | | | | | As Many Sets As Possible in 5 minutes | | | |
| | | Perform A-B Simultaneously for 1 |) Repet | itions Ea | ich for As | Many Sets A | s Possible in 5 minutes | | | |
| No Rest Between Exercises; 2:30 minutes between Next Round | | No Rest Between I | xercise | es; 2:30 r | ninutes k | oetween Next | Round | | | |

| Triphasic Lacrosse Training Manual | | | | | | | | |
|--|---|----------|----------|--------------|-------------------|----------------------------------|--|--|
| Glycolytic 6-Day Elite Training Block Week 16 - Thursday | | | | | | | | |
| <u>Pre</u> | Pre Pre-Running, Multi-Dimensional Warm-Up | | | | | | | |
| Block 1 | Glute Function Series Warm-Up | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | |
| Α | Banded Big Toe Work | 1 | Х | 50 EA | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 50 EA | | | | |
| С | Level 5 Glute Iso Training Protocol | 1 | Х | 14m | Green/Blue | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 20 EA | 1" Band | Hips Drive, Shoulders Follow | | |
| | Perform A-D as a G | lute Fui | ntion Wa | arm-Up S | eries Prior to | Training | | |
| Block 2 | <u>Gly</u> | colyti | c Energ | y Syste | m Conditior | ning | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | |
| Α | Lactic Capacity Training | 3 | Х | 3x2:00 | | Sprinting at Max Speed | | |
| Pe | erform A for 3 repetitions of 2:00 Sprint; 1:00 | rest bet | ween rep | etitions; Co | omplete 3 Total S | Sets with Rest 3:00 between Sets | | |

| Triphasic Lacrosse Training Manual | | | | | | | | | | | |
|--|---|----------|-----------|-----------|----------------|---------------------------------------|--|--|--|--|--|
| Glycolytic 4-Day Elite Training Block Week 16 - Friday | | | | | | | | | | | |
| Pre | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | | | |
| Block 1 | Glute Function Series Warm-Up | | | | | | | | | | |
| Order | <u>Exercise</u> | Sets | Reps/D | | Load | Notes | | | | | |
| Α | Banded Big Toe Work | 1 | Х | 50 EA | | | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 50 EA | | | | | | | |
| С | Level 5 Glute Iso Training Protocol | 1 | Х | 14m | Green/Blue | | | | | | |
| D | Swiss Ball Hip Patterning | 1 | х | 20 EA | 1" Band | Hips Drive, Shoulders Follow | | | | | |
| _ | Perform A-D as a G | lute Fui | ntion Wa | rm-Up S | eries Prior to | Training | | | | | |
| Block 2 | <u>(</u> | Glycoly | tic Ene | rgy Sys | tem Trainin | g | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | | |
| Α | DB Bench - Left Arm | 3 | Х | 30s | 45-50% | 30 second Oscillatory, 10 Second Rest | | | | | |
| В | DB Split Squat - Right Leg | 3 | Х | 30s | 45-50% | 30 second Oscillatory, 10 Second Rest | | | | | |
| С | DB Bench - Right Arm | 3 | Х | 30s | 45-50% | 30 second Oscillatory, 10 Second Rest | | | | | |
| D | DB Split Squat - Left Leg | 3 | Х | 30s | 45-50% | 30 second Oscillatory, 10 Second Rest | | | | | |
| E | SL Glute Bar Lift - Right Leg | 3 | Х | 30s | 45-50% | 30 second Oscillatory, 10 Second Rest | | | | | |
| F | DB Bent Over Row - Left Arm | 3 | Х | 30s | 45-50% | 30 second Oscillatory, 10 Second Rest | | | | | |
| G | SL Glute Bar Lift - Left Leg | 3 | Х | 30s | 45-50% | 30 second Oscillatory, 10 Second Rest | | | | | |
| Н | DB Bent Over Row - Right Arm | 3 | Х | 30s | 45-50% | 30 second Oscillatory, 10 Second Rest | | | | | |
| I | DB Shoulder Press - Both Arms | 3 | Х | 30s | 45-50% | 30 second Oscillatory, 10 Second Rest | | | | | |
| J | <u>Pull-Up - Both Arms</u> | 3 | Х | 30s | 45-50% | 30 second Oscillatory, 10 Second Rest | | | | | |
| K | Swiss Ball Leg Curl - Both Legs | 3 | Х | 30s | 45-50% | 30 second Oscillatory, 10 Second Rest | | | | | |
| L | <u>Inverted Row - Both Arms</u> | 3 | Х | 30s | 45-50% | 30 second Oscillatory, 10 Second Rest | | | | | |
| | Perfo | rm A-L | Simultan | eously fo | or 3 Sets | | | | | | |
| | 10 Seconds Rest Bet | ween E | xercises; | 2:30 mii | nutes betweer | n Rounds | | | | | |
| Block 3 | Gly | colyti | c Energ | y Syste | m Condition | ning | | | | | |
| | Glycolytic Energy System Conditioning | | | | | | | | | | |

Sets Reps/Duration

Perform A for 12 Sets of 25 sec; 1:00 rest between rounds; Cover as Much Distance as Possible in Each Repetition

25s

12

Load

Notes

Sprint, Shuffle R&L, Carioca R&L; 1 EA Rep

Block 3 Order

Exercise

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

| T:1: | | | T . | • • • | 1 | | | | | | | | | |
|---|---|---|--|---|---|--|--|--|--|--|--|--|--|--|
| | | | | | | | | | | | | | | |
| - | | | | | | | | | | | | | | |
| <u>Pre</u> | <u>-Trainiı</u> | ng, Mul | <u>ti-Dime</u> | ensional Wa | <u>rm-Up</u> | | | | | | | | | |
| | | Speed/ | Agility 7 | <u>Training</u> | | | | | | | | | | |
| <u>Exercise</u> | Sets | Reps/Duration | | Load | Notes | | | | | | | | | |
| Flying 50's | 1 | Х | 6 | | 20-10-20, Bound-Sprint | | | | | | | | | |
| · | | | | | | | | | | | | | | |
| Block 2 Order Exercise Sets Reps/Duration Load Notes | | | | | | | | | | | | | | |
| <u>Exercise</u> | | | | Load | Notes | | | | | | | | | |
| | | Х | | 50-80% | Warm-Up | | | | | | | | | |
| <u> </u> | | | - | value for 2 Cata | Max ROM, No Knee Mvmt | | | | | | | | | |
| Perforn | | | | | | | | | | | | | | |
| | 1.00 10111 | | | | | | | | | | | | | |
| | 10. | | | | | | | | | | | | | |
| | | | | | Notes | | | | | | | | | |
| | | | | 85-87.5% | 7 Sec Ecc-Partner Help Jump High, Continuous | | | | | | | | | |
| | | | 4 | | Pull-In, Pause at Bottom | | | | | | | | | |
| Accel. Band Jump Pause | 3 | X | 4 | | Pull-In, Pause at Bottom | | | | | | | | | |
| Manual 4-Way Neck | 3 | Х | 1 EA | Partner Push | 7 Sec Ecc-EA | | | | | | | | | |
| Partner Bench Glute | 3 | х | 1 EA | Partner Push | 7 Sec Ecc-EA | | | | | | | | | |
| Ant. Tib Band | 3 | Х | 2 EA | 1" Band | 3 Sec Ecc-2 EA | | | | | | | | | |
| | | | | | | | | | | | | | | |
| 25 Seconds Rest E | Between | Exercises | s; 2:00 m | inutes betwee | en Rounds | | | | | | | | | |
| | | Upper | Body W | /arm-up | | | | | | | | | | |
| <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | | | | | | |
| Bench Press | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | | | | | | |
| - | _ | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| | 1:00 Mir | | | | | | | | | | | | | |
| | 1- | | | rength_ | Block 5 Upper Body Strength | | | | | | | | | |
| <u>Exercise</u> | | | | | | | | | | | | | | |
| | Sets | | uration | Load | Notes | | | | | | | | | |
| Bench Press | 3 | Х | 1,1 | 85-87.5% | 7 Sec Ecc-Partner Help | | | | | | | | | |
| Bench Press Speed Bench Press | 3 | X | 1,1 5 | 85-87.5% 30-35% | 7 Sec Ecc-Partner Help Push-Pull, Full ROM | | | | | | | | | |
| Bench Press Speed Bench Press DB Incline Press | 3 3 3 | X X X | 1,1 5 5 | 85-87.5% | 7 Sec Ecc-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM | | | | | | | | | |
| Bench Press Speed Bench Press DB Incline Press Rack Band Push-Up | 3 | X | 1,1 5 | 85-87.5% 30-35% | 7 Sec Ecc-Partner Help Push-Pull, Full ROM | | | | | | | | | |
| Bench Press Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press | 3 3 3 3 3 | x x x x | 1,1 5 5 5 10 | 85-87.5% 30-35% 35-40% Green | 7 Sec Ecc-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM | | | | | | | | | |
| Bench Press Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press | 3 3 3 3 3 form A-E | x x x x x | 1,1 5 5 5 10 neously f | 85-87.5% 30-35% 35-40% Green For 3 Sets | 7 Sec Ecc-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM Pull-In, Pause at Bottom | | | | | | | | | |
| Bench Press Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press Per | 3 3 3 3 3 3 form A-E | x x x x x Simulta | 1,1 5 5 5 10 neously f | 85-87.5% 30-35% 35-40% Green for 3 Sets inutes betwee | 7 Sec Ecc-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM Pull-In, Pause at Bottom | | | | | | | | | |
| Bench Press Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press Per 25 Seconds Rest E | 3 3 3 3 3 form A-E | x x x x x Simulta | 1,1 5 5 5 10 neously f s; 2:00 m | 85-87.5% 30-35% 35-40% Green for 3 Sets inutes betwee Strength | 7 Sec Ecc-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM Pull-In, Pause at Bottom en Rounds | | | | | | | | | |
| Bench Press Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press Per | 3 3 3 3 3 3 form A-E | x x x x x Simulta | 1,1 5 5 5 10 neously f | 85-87.5% 30-35% 35-40% Green for 3 Sets inutes betwee | 7 Sec Ecc-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM Pull-In, Pause at Bottom | | | | | | | | | |
| Bench Press Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press Per 25 Seconds Rest E | 3 3 3 3 3 form A-E | x x x x x Simulta Exercises otal Au Reps/D | 1,1 5 5 5 10 neously f s; 2:00 mi | 85-87.5% 30-35% 35-40% Green for 3 Sets inutes betwee Strength Load | 7 Sec Ecc-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM Pull-in, Pause at Bottom en Rounds Notes | | | | | | | | | |
| Bench Press Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press Per 25 Seconds Rest E Exercise SL Glute Ham Bar Lift | 3 3 3 3 3 form A-E setween Sets 3 | x x x x Simulta Exercises Total Au Reps/D | 1,1 5 5 5 10 neously f s; 2:00 m uxiliary suration 1 EA | 85-87.5% 30-35% 35-40% Green for 3 Sets inutes betwee Strength Load 82.5-85% | 7 Sec Ecc-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM Pull-In, Pause at Bottom en Rounds Notes 7 Sec Ecc-EA, 2 Up-1 Down | | | | | | | | | |
| Bench Press Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press Per 25 Seconds Rest E Exercise SL Glute Ham Bar Lift Pull-Up Partner Bench Groin Per | 3 3 3 3 3 form A-E setween 2 Sets 3 3 3 form A-C | x x x x x Simulta Exercises Total Au Reps/D x x x Simulta | 1,1 5 5 5 10 neously fixiliary suration 1 EA 1 EA neously fixiliary suration | 85-87.5% 30-35% 35-40% Green for 3 Sets inutes betwee Strength Load 82.5-85% Partner Pull Partner Push for 3 Sets | 7 Sec Ecc-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM Pull-In, Pause at Bottom en Rounds Notes 7 Sec Ecc-EA, 2 Up-1 Down 7 Sec Ecc | | | | | | | | | |
| Bench Press Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press Per 25 Seconds Rest E Exercise SL Glute Ham Bar Lift Pull-Up Partner Bench Groin Per | 3 3 3 3 3 form A-E setween 2 Sets 3 3 3 form A-C | x x x x x Simulta Exercises Total Au Reps/D x x x Simulta | 1,1 5 5 5 10 neously f s; 2:00 m uxiliary s uration 1 EA 1 EA | 85-87.5% 30-35% 35-40% Green for 3 Sets inutes betwee Strength Load 82.5-85% Partner Pull Partner Push for 3 Sets | 7 Sec Ecc-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM Pull-In, Pause at Bottom en Rounds Notes 7 Sec Ecc-EA, 2 Up-1 Down 7 Sec Ecc | | | | | | | | | |
| Bench Press Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press Per 25 Seconds Rest E Exercise SL Glute Ham Bar Lift Pull-Up Partner Bench Groin Per | 3 3 3 3 3 form A-E Setween Sets 3 3 form A-C Second | x x x x x Simulta Exercises Total Au Reps/D x x x Simulta s Rest Be | 1,1 5 5 10 neously fixiliary suration 1 EA 1 EA neously fixiliary suration | 85-87.5% 30-35% 35-40% Green for 3 Sets inutes betwee Strength Load 82.5-85% Partner Pull Partner Push for 3 Sets | 7 Sec Ecc-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM Pull-In, Pause at Bottom en Rounds Notes 7 Sec Ecc-EA, 2 Up-1 Down 7 Sec Ecc | | | | | | | | | |
| Bench Press Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press Per 25 Seconds Rest E Exercise SL Glute Ham Bar Lift Pull-Up Partner Bench Groin Per | 3 3 3 3 3 form A-E Setween Sets 3 3 form A-C Second | x x x x x Simulta Exercises Total Au Reps/D x x x Simulta s Rest Be | 1,1 5 5 5 10 neously fixiliary suration 1 EA 1 EA neously fixiliary suration | 85-87.5% 30-35% 35-40% Green for 3 Sets inutes betwee Strength Load 82.5-85% Partner Pull Partner Push for 3 Sets xercises | 7 Sec Ecc-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM Pull-In, Pause at Bottom en Rounds Notes 7 Sec Ecc-EA, 2 Up-1 Down 7 Sec Ecc | | | | | | | | | |
| Bench Press Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press Per 25 Seconds Rest E Exercise SL Glute Ham Bar Lift Pull-Up Partner Bench Groin Per 25 | 3 3 3 3 5 6etween Sets 3 3 3 5 Form A-C | x x x x Simulta Exercises Otal Au Reps/D x x x Simulta s Rest Be Total Au | 1,1 5 5 5 10 neously fixiliary suration 1 EA 1 EA neously fixiliary suration | 85-87.5% 30-35% 35-40% Green for 3 Sets inutes betwee Strength Load 82.5-85% Partner Pull Partner Push for 3 Sets exercises Strength | 7 Sec Ecc-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM Pull-In, Pause at Bottom en Rounds Notes 7 Sec Ecc-EA, 2 Up-1 Down 7 Sec Ecc 7 Sec Ecc-EA | | | | | | | | | |
| Bench Press Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press Per 25 Seconds Rest E Exercise SL Glute Ham Bar Lift Pull-Up Partner Bench Groin Per 25 Exercise DB Common Lunge Matrix DB Bent Over Row | 3 3 3 3 3 6orm A-E 8etween Sets 3 3 6orm A-C 6 Second Sets 3 3 3 3 6 3 | x x x x x Simulta Exercises Total Au Reps/D x x Simulta s Rest Be Total Au Reps/D | 1,1 5 5 10 neously f s; 2:00 m uration 1 EA 1 EA neously f tween Exiting suration 1 EA 1 EA neously f | 85-87.5% 30-35% 35-40% Green for 3 Sets inutes betwee Strength Load 82.5-85% Partner Pull Partner Push for 3 Sets xercises Strength Load 82.5-85% 82.5-85% | 7 Sec Ecc-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM Pull-In, Pause at Bottom en Rounds Notes 7 Sec Ecc-EA, 2 Up-1 Down 7 Sec Ecc 7 Sec Ecc-EA | | | | | | | | | |
| Bench Press Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press Per 25 Seconds Rest E Exercise SL Glute Ham Bar Lift Pull-Up Partner Bench Groin Per 25 Exercise DB Common Lunge Matrix DB Bent Over Row Partner Band Abs | 3 3 3 3 3 6orm A-E 8etween Sets 3 3 6orm A-C 6 Second 7 Sets 3 3 3 3 3 3 3 3 3 | x x x x x Simulta Exercises Total Au x x x x x x x x x x x x x x x x x x x | 1,1 5 5 10 neously f s; 2:00 m uration 1 EA 1 EA neously f tween Extraction 1 EA 1 EA neously f tween Extraction 1 EA 1 EA 1 EA 1 EA 8 | 85-87.5% 30-35% 35-40% Green for 3 Sets inutes betwee Strength Load 82.5-85% Partner Pull Partner Push for 3 Sets xercises Strength Load 82.5-85% | 7 Sec Ecc-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM Pull-In, Pause at Bottom Pull-In, Pause at Bottom Pull-In Rounds Notes 7 Sec Ecc-EA, 2 Up-1 Down 7 Sec Ecc 7 Sec Ecc-EA | | | | | | | | | |
| | Exercise Flying 50's Exercise Safety Bar Split Squat Ankle Wipers Perform Exercise Safety Bar Split Squat Hurdle Hop Wt. Squat Jump Pause Accel. Band Jump Pause Manual 4-Way Neck Partner Bench Glute Ant. Tib Band Per 25 Seconds Rest B Exercise Bench Press Band Pull-Aparts Perform | Exercise Sets Flying 50's 1 1:30 Min Exercise Sets Safety Bar Split Squat 1,1,1 Ankle Wipers 3 Perform A & B S 1:00 Mir Exercise Sets Safety Bar Split Squat 1,00 Mir Exercise Sets Safety Bar Split Squat 3 Hurdle Hop 3 Wt. Squat Jump Pause 3 Accel. Band Jump Pause 3 Accel. Band Jump Pause 3 Accel. Band Jump Pause 3 Partner Bench Glute 3 Ant. Tib Band 3 Perform A-G 25 Seconds Rest Between Exercise Sets Bench Press 1,1,1 Band Pull-Aparts 3 Perform A & B S 1:00 Mir | Exercise Sets Reps/D Exercise Sets Reps/D Flying 50's 1 x 1:30 Minute Rest Lower Sexercise Sets Reps/D Exercise Sets Reps/D Safety Bar Split Squat 1,1,1 x Ankle Wipers 3 x Perform A & B Series Sim 1:00 Minute Rest Lower Sexercise Sets Reps/D Safety Bar Split Squat 1,00 Minute Rest Lower Sexercise Sets Reps/D Safety Bar Split Squat 3 x Hurdle Hop 3 x Mt. Squat Jump Pause 3 x Accel. Band Jump Pause 3 x Manual 4-Way Neck 3 x Partner Bench Glute 3 x Ant. Tib Band 3 x Perform A-G Simulta 25 Seconds Rest Between Exercises Upper Exercise Sets Reps/D Bench Press 1,1,1 x Band Pull-Aparts 3 x Perform A & B Series Sim 1:00 Minute Rest Upper | Pre-Training Blo Pre-Training, Multi-Dime Speed/Agility Exercise Flying 50's 1 x 6 1:30 Minute Rest Between Lower Body W Exercise Sets Reps/Duration Safety Bar Split Squat 1,1,1 x 5,3,3 Ankle Wipers 3 x 10 EA Perform A & B Series Simultaneou 1:00 Minute Rest Between Lower Body St Exercise Sets Reps/Duration Safety Bar Split Squat 1:00 Minute Rest Between Lower Body St Exercise Sets Reps/Duration Safety Bar Split Squat 4 Ut. Squat Jump Pause Accel. Band Jump Pause Accel. Band Jump Pause Accel. Band Jump Pause Accel. Band Jump Pause Ant. Tib Band Perform A-G Simultaneously 25 Seconds Rest Between Exercises; 2:00 m Upper Body W Exercise Sets Reps/Duration Bench Press 1,1,1 x 5,3,3 Band Pull-Aparts 3 x 10 Perform A & B Series Simultaneously Perform A & B Series Simultaneously 1:00 Minute Rest Between 1:00 Minute Rest Between | Flying 50's 1 x 6 1:30 Minute Rest Between Reps Lower Body Warm-up Exercise Sets Reps/Duration Load Safety Bar Split Squat 1,1,1 x 5,3,3 50-80% Ankle Wipers 3 x 10 EA Perform A & B Series Simultaneously for 3 Sets 1:00 Minute Rest Between Sets Lower Body Strength Exercise Sets Reps/Duration Load Safety Bar Split Squat 3 x 1,1-Clu 85-87.5% Hurdle Hop 3 x 4 Wt. Squat Jump Pause 3 x 4 Accel. Band Jump Pause 3 x 4 Accel. Band Jump Pause 3 x 4 Manual 4-Way Neck 3 x 1 EA Partner Push Partner Bench Glute 3 x 1 EA Partner Push Ant. Tib Band 3 x 2 EA 1" Band Perform A-G Simultaneously for 3 Sets 25 Seconds Rest Between Exercises; 2:00 minutes between Exercises; 2:00 minutes between Exercises Upper Body Warm-up Exercise Sets Reps/Duration Load Bench Press 1,1,1,1 x 5,3,3 50-80% Band Pull-Aparts 3 x 10 1/2" Band Perform A & B Series Simultaneously for 3 Sets | | | | | | | | | |

| Triphasic Lacrosse Training Manual | | | | | | | | | | |
|---|-----------------------------------|-----------|-----------|---------------|-----------------|--|--|--|--|--|
| Ecc | centric 6-Day Elite | Traii | ning | Blocl | k Week | 17 - Wednesday | | | | |
| <u>Pre</u> | Pre- | Traini | ng, Mul | ti-Dime | ensional Wa | ırm-Up | | | | |
| Block 1 | | | Speed/ | Agility | Training | | | | | |
| Order | <u>Exercise</u> | Sets | Reps/D | | Load | Notes | | | | |
| Α | <u>Pro-Agility</u> | 1 | Х | 3 EA | | 5-10-5 | | | | |
| 1:30 Minute Rest Between Reps | | | | | | | | | | |
| Block 2 Lower Body Warm-up | | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | <u>Hex Bar Deadlift</u> | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | |
| Perform A as a Warm-Up for Heavier Sets | | | | | | | | | | |
| | 1 | :00 Mir | nute Rest | Betwee | n Sets | | | | | |
| Block 3 | | | Lower | Body St | trength_ | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | <u>Hex Bar Deadlift</u> | 6 | Х | 5s | 85-90% | Max Reps, No Floor Touch | | | | |
| В | Toe Out-Common Lunge Matrix | 6 | Х | 3 EA | | Rapid Decel, 3-FWD,3-LAT,3-ROT, EA Leg | | | | |
| | | | | | for 6 Sets | _ | | | | |
| | 25 Seconds Rest Be | | | | | en Rounds | | | | |
| Block 4 | | | | | <u>/arm-up</u> | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | | Load | Notes | | | | |
| Α | Bench Press | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | |
| В | Mini-Band Scap Wall Walks | 3 | Х | 10 EA | Green | | | | | |
| | | | | | usly for 3 Sets | | | | | |
| DI 1.5 | | :UU IVIII | nute Rest | | | | | | | |
| Block 5 | | Ta . | | | trength | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration 5s | Load | Notes | | | | |
| A B | Bench Press One Arm Med Ball Pass | 3 | X | 5 EA | 85-90% | Max Reps Use Hips | | | | |
| С | Delt Bent Over OH Rebound Drop | 3 | X X | 5 EA | | оѕе пірѕ | | | | |
| | | _ | | _ | for 3 Sets | | | | | |
| | 25 Seconds Rest Be | | | | | en Rounds | | | | |
| Block 6 | 25 Seconds Nest Be | | | | Strength | en nounus | | | | |
| Order | <u>Exercise</u> | Sets | | uration | Load | Notes | | | | |
| A A | Split Squat | 3 | х | 5s | 80-85% | OC-D+1, EA | | | | |
| В | DB Incline Press | 3 | X | 5s | 80-85% | OC-D+1 | | | | |
| C | DB RDL | 3 | х | 5s | 80-85% | OC-D+1 | | | | |
| D | Hip Flex Prone | 3 | х | 5s | | Reactive-AMAP/Push-Pull-EA | | | | |
| | Perfo | rm A-D | Simulta | neously | for 3 Sets | | | | | |
| | 25 \$ | Second | s Rest Be | tween E | xercises | | | | | |
| Block 7 | | ٦ | Total Aเ | ıxiliary | Strength | | | | | |
| Order | <u>Exercise</u> | Sets | Reps/D | | Load | Notes | | | | |
| A | DB Step Up | 3 | Х | 5s | 80-85% | Bottom 1/2, EA | | | | |
| В | Contra. Glute Ham + DB Row | 3 | х | 5s | Light | OC-D+1, EA | | | | |
| С | Glute Ham Hyper | 3 | Х | 5s | | OC-D+1 | | | | |
| D | Stiff Leg Ankle Hops | 4 | Х | 5s | | Max Reps, No Heel Touch | | | | |
| | | | | | for 3 Sets | | | | | |
| | 25 9 | Second | s Rest Be | tween E | xercises | | | | | |
| | | | | | | | | | | |

| Triphasic Lacrosse Training Manual | | | | | | | | | |
|---|--|---------|-----------|---------|--------------|--------------------------------------|--|--|--|
| Eccentric 4-Day Elite Training Block Week 17 - Thursday | | | | | | | | | |
| <u>Pre</u> | Pre-Running, Multi-Dimensional Warm-Up | | | | | | | | |
| Block 1 | Acceleration Technique Training | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | <u>Wall Drill</u> | 4 | Х | 4 EA | | Drive Hips FWD, Leg in Piston Motion | | | |
| | 1: | 00 Min | ute Rest | Betweer | n Reps | | | | |
| Block 2 | | Acce | eration | Techni | ique Trainin | g | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Band Resisted March | 6 | Х | 10Y | | Drive Hips FWD, Maintain Angle | | | |
| 1:00 Minute Rest Between Sets | | | | | | | | | |
| Block 3 | | Accel | eration | Techn | ique Trainin | g | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | <u>Tall-Fall Burst</u> | 4 | 4 x 10Y | | | Drive Hips FWD, Maintain Angle | | | |
| | 1 | :00 Mir | iute Rest | Betwee | n Sets | | | | |
| Block 4 | <u>Ch</u> | ange c | of Direc | tion Te | chnique Tra | <u>ining</u> | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | <u>Decel Drill</u> | 4 | Х | 4 EA | | Decel Every 5 yards, 4 EA Leg | | | |
| | 1 | :00 Mir | iute Rest | Betwee | n Sets | | | | |
| Block 5 | <u>Ch</u> | ange c | of Direc | tion Te | chnique Tra | ining | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | <u>Shuffle Decel Drill</u> | 4 | Х | 4 EA | | Decel Every 5 yards, 4 EA Leg | | | |
| | 1 | :00 Mir | iute Rest | Betwee | n Sets | | | | |
| Block 6 | <u>A</u> | ΓP/Cr- | P Energ | y Syste | m Conditio | ning | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | <u>Box Drill</u> | 1 | Х | 4 EA | | Shuffle-Sprint-Shuffle | | | |
| | 1 | :00 Mir | iute Rest | Betwee | n Sets | | | | |

| | Triphasic L | acro | sse | Γrain | ing Mar | nual | | | |
|--------------------------------|--|----------|-----------|-------------------|---------------|----------------------------|--|--|--|
| | Eccentric 6-Day Elite | | | | | | | | |
| <u>Pre</u> | <u>Pre-Tı</u> | raining | g, Multi | -Dimen | sional Warr | <u>n-Up</u> | | | |
| Block 1 Speed/Agility Training | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Stairs + Turn & Sprint | 1 | Х | 3 EA | | 15 Yard Stairs + 15 Sprint | | | |
| 1:30 Minute Rest Between Reps | | | | | | | | | |
| Block 2 | Lower Body Warm-up | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Safety Bar Split Squat | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | |
| В | Elev. Ankle Raise | 3 | Х | 10 EA | | Maintain Arch | | | |
| | | | | | ly for 3 Sets | | | | |
| | 1:0 | | | etween : | | | | | |
| Block 3 | | <u>L</u> | | ody Str | ength_ | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | <u>Safety Bar Split Squat</u> | 4 | Х | 1,1-Clu | 80-85% | 10 Sec Ecc-Partner Help | | | |
| В | <u> Lateral Hurdle Hop</u> | 4 | Х | 3 EA | | Jump High, Continuous | | | |
| С | Resisted Speed Skater Jumps | 4 | Х | 3 EA | | Pull-In, Pause | | | |
| D | Band Assisted Shuffle | 4 | Х | 1 EA | | 5 Yards EA | | | |
| E | Manual 4-Way Neck | 4 | Х | 2 EA | Partner Push | 5 Sec Ecc-2 EA | | | |
| F | Partner Bench Groin | 4 | Х | 2 EA | Partner Push | 5 Sec Ecc-2 EA | | | |
| G | Ankle Band Work | 4 | X | 2 EA eously fo | 1" Band | 5 Sec Ecc-2 EA | | | |
| | 25 Seconds Rest Betw | | | | | Dounds | | | |
| Disal. 4 | 25 Seconds Rest Betw | | | | | Rounds | | | |
| Block 4 | | | | ody Str | _ | | | | |
| <u>Order</u> | Exercise China Lin | Sets | | uration | Load | Notes | | | |
| A B | <u>Chin-Up</u> SA Band Straight Arm Lat Pull-Down | 4 | X X | 1 4 EA | Partner Pull | 10 Sec Ecc | | | |
| С | SA Cable Straight Arm Lat Pull-Down | 4 | X | 4 EA | | Speed Power | | | |
| D | MB OH Slams | 4 | X | 5 | | i owei | | | |
| E | Banded Cuban Press | 4 | X | 2 EA | | 5 Sec Ecc-2 EA | | | |
| - | | | | eously fo | r 4 Sets | | | | |
| | | | | ween Exe | | | | | |
| Block 5 | | | | | trength | | | | |
| Order | <u>Exercise</u> | Sets | | uration | Load | Notes | | | |
| A | SL Reverse Hyper | 3 | Х | 2 EA | Partner Push | 5 Sec Ecc-2 EA | | | |
| В | <u>Partner Bench Glute</u> | 3 | Х | 2 EA | Partner Push | 5 Sec Ecc-2 EA | | | |
| С | SWB Twist Down | 3 | Х | 2 EA | | 5 Sec Ecc-2 EA | | | |
| | | | | eously fo | | | | | |
| | 25 Se | conds F | Rest Betv | ween Exe | ercises | | | | |

| | = | | | | | | | |
|---|---|--|---|--|--|---|--|--|
| Fo | Triphasio centric 6-Day Eli ⁻ | | | | | | | |
| Pre | | | | | ensional Wa | | | |
| | <u>PIR</u> | | | | | пп-ор | | |
| Block 1 | F | | | | Training | Notes | | |
| <u>Order</u> | <u>Exercise</u> | Sets | | uration | Load | Notes | | |
| Α | Flying 50's | 1 1:30 Min | X | 6 Dotwoor | . Dons | 20-10-20, Bound-Sprint | | |
| Dlask 2 | | | | | | | | |
| Block 2 Lower Body Warm-up Order Exercise Sets Reps/Duration Load Notes | | | | | | | | |
| Order A | Exercise | Sets | | | Load | Notes | | |
| A B | Safety Bar Split Squat Ankle Wipers | 1,1,1 | X X | 5,3,3 10 EA | 50-80% | Warm-Up | | |
| В | | _ | | _ | usly for 3 Sets | Max ROM, No Knee Mvmt | | |
| | Periorii | 1:00 Mir | | | | | | |
| Dlask 2 | | 1.00 10111 | | | | | | |
| Block 3 | | lo . | | Body St | | | | |
| Order A | Exercise Safety Par Split Squat | Sets | • | uration | Load | Notes 7 See Fee Partner Help | | |
| A B | Safety Bar Split Squat Hurdle Hop | 3 | X X | 1,1-Clu 4 | 85-87.5% | 7 Sec Ecc-Partner Help Jump High, Continuous | | |
| С | 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 | Х | 2 EA | 1" Band | 3 Sec Ecc-2 EA | | |
| • | Per | form A-G | Simulta | neously | for 3 Sets | | | |
| | 25 Seconds Rest E | | | | | n Rounds | | |
| Block 4 | | | | • | arm-up | | | |
| Order | Exercise | Sets | | uration | Load | Notes | | |
| A . | Bench Press | 1,1,1 | х | 5,3,3 | 50-80% | Warm-Up | | |
| В | Band Pull-Aparts | 3 | Х | 10 | 1/2" Band | <u> </u> | | |
| | | 1 A & B S | eries Sim | nultaneou | usly for 3 Sets | | | |
| | | 1:00 Mir | | | • | | | |
| Block 5 | | | Upper | Body St | trength | | | |
| Order | Exercise | Sets | | uration | Load | Notes | | |
| A | Safety Bar Split Squat | 3 | х | 1,1 | 85-87.5% | 7 Sec Ecc-Partner Help | | |
| В | Speed Bench Press | 3 | Х | 5 | 30-35% | Push-Pull, Full ROM | | |
| С | DB Incline Press | 3 | Х | 5 | 35-40% | Push-Pull, Full ROM | | |
| D | Rack Band Push-Up | 3 | Х | 5 | | Pull-In, Pause at Bottom | | |
| E | Mini Band Scap Press | 3 | Х | 10 | Green | | | |
| | | | | | for 3 Sets | | | |
| | 25 Seconds Rest E | Between | Exercises | s; 2:00 m | inutes betwee | n Rounds | | |
| · · · · · · · · · · · · · · · · · · · | | | | | | | | |
| RIOCK 6 | | T | otal At | aniliai y | Juciigui | | | |
| Order | <u>Exercise</u> | Sets | Reps/D | | Load | Notes | | |
| | <u>Exercise</u> <u>SL Glute Ham Bar Lift</u> | | | | | Notes 7 Sec Ecc-EA, 2 Up-1 Down | | |
| Order A B | | Sets | Reps/D | uration | Load | | | |
| Order A | SL Glute Ham Bar Lift Pull-Up Partner Bench Groin | Sets 3 4 3 | Reps/D x x x | uration 1 EA 1 1 EA | Load 82.5-85% Partner Pull Partner Push | 7 Sec Ecc-EA, 2 Up-1 Down | | |
| Order A B | SL Glute Ham Bar Lift Pull-Up Partner Bench Groin Per | Sets 3 4 3 form A-C | X X X X Simulta | 1 EA 1 EA 1 EA neously | Load 82.5-85% Partner Pull Partner Push for 3 Sets | 7 Sec Ecc-EA, 2 Up-1 Down 7 Sec Ecc | | |
| Order A B | SL Glute Ham Bar Lift Pull-Up Partner Bench Groin Per | Sets 3 4 3 | X X X X Simulta | 1 EA 1 EA 1 EA neously | Load 82.5-85% Partner Pull Partner Push for 3 Sets | 7 Sec Ecc-EA, 2 Up-1 Down 7 Sec Ecc | | |
| Order A B C | SL Glute Ham Bar Lift Pull-Up Partner Bench Groin Per | Sets 3 4 3 form A-C Second | x x x x Simulta s Rest Be | uration 1 EA 1 EA neously tetween E | Load 82.5-85% Partner Pull Partner Push for 3 Sets | 7 Sec Ecc-EA, 2 Up-1 Down 7 Sec Ecc | | |
| Order A B C | SL Glute Ham Bar Lift Pull-Up Partner Bench Groin Per | Sets 3 4 3 form A-C Second | x x x x Simulta s Rest Be | uration 1 EA 1 EA neously tetween E | Load 82.5-85% Partner Pull Partner Push for 3 Sets xercises | 7 Sec Ecc-EA, 2 Up-1 Down 7 Sec Ecc | | |
| A B C | SL Glute Ham Bar Lift Pull-Up Partner Bench Groin Per 25 | Sets 3 4 3 form A-C Second | x x x x Simulta s Rest Be | uration 1 EA 1 1 EA neously tetween E | Load 82.5-85% Partner Pull Partner Push for 3 Sets xercises Strength | 7 Sec Ecc-EA, 2 Up-1 Down 7 Sec Ecc 7 Sec Ecc-EA | | |
| Order A B C Block 7 Order A B | SL Glute Ham Bar Lift Pull-Up Partner Bench Groin Per 25 Exercise DB Common Lunge Matrix DB Bent Over Row | Sets 3 4 3 3 5 5 5 5 5 5 5 5 | X X X Simulta S Rest Be Total Au | uration 1 EA 1 1 EA neously tetween Example 1 EA uxiliary uration | Load 82.5-85% Partner Pull Partner Push for 3 Sets exercises Strength Load | 7 Sec Ecc-EA, 2 Up-1 Down 7 Sec Ecc 7 Sec Ecc-EA | | |
| Order A B C Block 7 Order A | SL Glute Ham Bar Lift Pull-Up Partner Bench Groin Per 2! Exercise DB Common Lunge Matrix DB Bent Over Row Partner Band Abs | Sets 3 4 3 3 5 5 5 5 5 5 5 5 | x x x Simulta s Rest Be otal Au Reps/D x x | uration 1 EA 1 1 EA neously tetween Estaxiliary uration 1 EA 1 EA 8 | Load 82.5-85% Partner Pull Partner Push for 3 Sets xercises Strength Load 82.5-85% | 7 Sec Ecc-EA, 2 Up-1 Down 7 Sec Ecc 7 Sec Ecc-EA Notes 7 Sec Ecc-FWD,LAT,ROT | | |

| Triphasic Lacrosse Training Manual | | | | | | | | | | |
|---|-----------------------------------|----------|--------------|---------------|-----------------|--|--|--|--|--|
| Ecc | centric 6-Day Elite | Traiı | ning | Blocl | k Week | 18 - Wednesday | | | | |
| <u>Pre</u> | Pre- | Traini | ng, Mul | ti-Dime | ensional Wa | ırm-Up | | | | |
| Block 1 | | | Speed/ | Agility | Training | | | | | |
| Order | <u>Exercise</u> | Sets | Reps/D | | Load | Notes | | | | |
| Α | <u>Pro-Agility</u> | 1 | Х | 3 EA | | 5-10-5 | | | | |
| 1:30 Minute Rest Between Reps | | | | | | | | | | |
| Block 2 Lower Body Warm-up | | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | <u>Hex Bar Deadlift</u> | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | |
| Perform A as a Warm-Up for Heavier Sets | | | | | | | | | | |
| | 1 | :00 Mir | nute Rest | Betwee | n Sets | | | | | |
| Block 3 | | | <u>Lower</u> | Body St | trength_ | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | <u>Hex Bar Deadlift</u> | 6 | Х | 5s | 85-90% | Max Reps, No Floor Touch | | | | |
| В | Toe Out-Common Lunge Matrix | 6 | Х | 3 EA | | Rapid Decel, 3-FWD,3-LAT,3-ROT, EA Leg | | | | |
| | | | | | for 6 Sets | _ | | | | |
| | 25 Seconds Rest Be | | | | | en Rounds | | | | |
| Block 4 | | | | | <u>/arm-up</u> | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | | Load | Notes | | | | |
| Α | Bench Press | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | |
| В | Mini-Band Scap Wall Walks | 3 | Х | 10 EA | Green | | | | | |
| | | | | | usly for 3 Sets | | | | | |
| DI 1.5 | | OU IVIII | nute Rest | | | | | | | |
| Block 5 | | r | | | trength | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration 5s | Load | Notes | | | | |
| A B | Bench Press One Arm Med Ball Pass | 3 | X | 5 EA | 85-90% | Max Reps Use Hips | | | | |
| С | Delt Bent Over OH Rebound Drop | 3 | X X | 5 EA | | оѕе пірѕ | | | | |
| | | _ | | _ | for 3 Sets | | | | | |
| | 25 Seconds Rest Be | | | | | en Rounds | | | | |
| Block 6 | 25 Seconds Nest Be | | | | Strength | en nounus | | | | |
| Order | <u>Exercise</u> | Sets | | uration | Load | Notes | | | | |
| A A | Split Squat | 3 | х | 5s | 80-85% | OC-D+1, EA | | | | |
| В | DB Incline Press | 3 | X | 5s | 80-85% | OC-D+1 | | | | |
| C | DB RDL | 3 | х | 5s | 80-85% | OC-D+1 | | | | |
| D | Hip Flex Prone | 3 | х | 5s | | Reactive-AMAP/Push-Pull-EA | | | | |
| | Perfo | rm A-D | Simulta | neously | for 3 Sets | | | | | |
| | 25 \$ | Second | s Rest Be | tween E | xercises | | | | | |
| Block 7 | | T | Total Aเ | ıxiliary | Strength | | | | | |
| Order | <u>Exercise</u> | Sets | Reps/D | | Load | Notes | | | | |
| A | DB Step Up | 3 | Х | 5s | 80-85% | Bottom 1/2, EA | | | | |
| В | Contra. Glute Ham + DB Row | 3 | х | 5s | Light | OC-D+1, EA | | | | |
| С | Glute Ham Hyper | 3 | Х | 5s | | OC-D+1 | | | | |
| D | Stiff Leg Ankle Hops | 3 | Х | 5s | | Max Reps, No Heel Touch | | | | |
| | | | | | for 3 Sets | | | | | |
| | 25 9 | second | s Rest Be | tween E | xercises | | | | | |
| | | | | | | | | | | |

| Triphasic Lacrosse Training Manual | | | | | | | | |
|---|--|---------------------------------|-----------|----------|-------------|--------------------------------------|--|--|
| Eccentric 4-Day Elite Training Block Week 18 - Thursday | | | | | | | | |
| <u>Pre</u> | Pre-Running, Multi-Dimensional Warm-Up | | | | | | | |
| Block 1 | <u> </u> | Acceleration Technique Training | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | |
| Α | <u>Wall Drill</u> | 4 | Х | 5 EA | | Drive Hips FWD, Leg in Piston Motion | | |
| | 1:00 |) Minut | e Rest Be | etween F | Reps | | | |
| Block 2 | <u> </u> | Accelei | ration T | echniq | ue Training | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | |
| Α | Band Resisted March | 6 | Х | 10Y | | Drive Hips FWD, Maintain Angle | | |
| | 1:00 |) Minut | e Rest B | etween S | Sets | | | |
| Block 3 | <u> </u> | Accelei | ration T | echniq | ue Training | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | |
| Α | <u>Tall-Fall Burst</u> | 5 | Х | 10Y | | Drive Hips FWD, Maintain Angle | | |
| | 1:00 |) Minut | e Rest B | etween S | Sets | | | |
| Block 4 | <u>Char</u> | nge of | Direction | on Tech | nique Train | ning | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | |
| Α | <u>Decel Drill</u> | 5 | Х | 4 EA | | Decel With Partner, 4 EA Leg | | |
| | 1:00 |) Minut | e Rest B | etween S | Sets | | | |
| Block 5 | <u>Char</u> | nge of | Direction | on Tech | nique Train | ning | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | |
| Α | Shuffle Decel Drill | 5 | Х | 4 EA | | Decel With Partner, 4 EA Leg | | |
| | 1:00 |) Minut | e Rest B | etween S | Sets | | | |
| Block 6 | ATP | /Cr-P | Energy | System | Conditioni | ng | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | |
| Α | <u>Box Drill</u> | 1 | Х | 5 EA | _ | Shuffle-Sprint-Shuffle | | |
| | 1:00 |) Minut | e Rest B | etween S | Sets | | | |

| | Triphasic L | acro | sse | Frain | ing Man | nual |
|--------------|-------------------------------------|----------|-----------|--------------|---------------|----------------------------|
| | Eccentric 6-Day Elite | Trai | ning | Bloc | k Week | 18 - Friday |
| <u>Pre</u> | <u>Pre-Tr</u> | aining | g, Multi | -Dimen | sional Warn | n-U <u>p</u> |
| Block 1 | | Sı | peed/A | gility Tr | aining | |
| Order | <u>Exercise</u> | Sets | | uration | Load | Notes |
| Α | Stairs + Turn & Sprint | 1 | Х | 3 EA | | 15 Yard Stairs + 15 Sprint |
| | 1:30 |) Minut | te Rest B | etween F | Reps | |
| Block 2 | | Lo | ower B | ody Wa | rm-up | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes |
| Α | Safety Bar Split Squat | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up |
| В | Elev. Ankle Raise | 3 | Х | 10 EA | | Maintain Arch |
| | Perform A | & B Ser | ies Simu | ltaneous | ly for 3 Sets | |
| | 1:0 | 0 Minu | te Rest B | etween S | Sets | |
| Block 3 | | L | ower B | ody Stre | ength_ | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes |
| Α | Safety Bar Split Squat | 4 | Х | 1,1-Clu | 80-85% | 10 Sec Ecc-Partner Help |
| В | <u>Lateral Hurdle Hop</u> | 4 | Х | 3 EA | | Jump High, Continuous |
| С | Resisted Speed Skater Jumps | 4 | Х | 3 EA | | Pull-In, Pause |
| D | Band Assisted Shuffle | 4 | Х | 1 EA | | 5 Yards EA |
| E | Manual 4-Way Neck | 4 | Х | 2 EA | Partner Push | 5 Sec Ecc-2 EA |
| F | <u>Partner Bench Groin</u> | 4 | Х | 2 EA | Partner Push | 5 Sec Ecc-2 EA |
| G | Ankle Band Work | 4 | Х | 2 EA | 1" Band | 5 Sec Ecc-2 EA |
| | | | | eously fo | | |
| | 25 Seconds Rest Betw | | | | | Rounds |
| Block 4 | | <u> </u> | - | ody Str | <u>ength</u> | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes |
| Α | <u>Chin-Up</u> | 4 | Х | 1 | Partner Pull | 10 Sec Ecc |
| В | SA Band Straight Arm Lat Pull-Down | 4 | Х | 4 EA | | Speed |
| C | SA Cable Straight Arm Lat Pull-Down | 4 | Х | 4 EA | | Power |
| D | MB OH Slams | 4 | Х | 5 | | |
| E | Banded Cuban Press | 4 | X | 2 EA | | 5 Sec Ecc-2 EA |
| | | | | eously fo | | |
| -· · - | 25 Se | | | ween Exe | | |
| Block 5 | | | | | trength | |
| <u>Order</u> | <u>Exercise</u> | Sets | | uration | Load | Notes |
| A | SL Reverse Hyper | 3 | Х | 2 EA | Partner Push | 5 Sec Ecc-2 EA |
| В | Partner Bench Glute | 3 | X | 2 EA | Partner Push | 5 Sec Ecc-2 EA |
| С | SWB Twist Down | 3 | X | 2 EA | - 2 Coto | 5 Sec Ecc-2 EA |
| | | | | eously fo | | |
| | 25 Se | conds l | kest Beti | ween Exe | rcises | |

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.

- 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 | | | | | | | | | |
| <u>Pre</u> | <u>Pre-T</u> | rainin | g, Mult | i-Dime | nsional War | m-Up | | | |
| Block 1 | | Glute | Function | on Serie | es Warm-Up | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Banded Big Toe Work | 1 | Х | 20 EA | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 20 EA | | | | | |
| С | Level 1 Glute Iso Training Protocol | 1 | Х | 18m | Green/Blue | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 10 EA | 1" Band | Hips Drive, Shoulders Follow | | | |
| | Perform A-D as a G | lute Fur | ntion Wa | rm-Up S | eries Prior to | Training | | | |
| Block 2 | <u>(</u> | Oxidat | ive Ene | rgy Sys | tem Trainin | g | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | 3-D Contralateral Circuit | 1 | Х | 20s | | Complete As Many Reps As Possible | | | |
| | Perfo | rm A fo | or 1 Set (| ື້ອ 20s on | 15s off | • | | | |

| Triphasic Lacrosse Training Manual | | | | | | | | |
|---|--|----------|----------|-----------|----------------|------------------------------|--|--|
| Download 3-Day Elite Training Block Week 19 - Wednesday | | | | | | | | |
| <u>Pre</u> | Pre-Running, Multi-Dimensional Warm-Up | | | | | | | |
| Block 1 | | Glute | Function | on Serie | es Warm-Up | <u> </u> | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | |
| Α | Banded Big Toe Work | 1 | Х | 20 EA | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 20 EA | | | | |
| С | Level 1 Glute Iso Training Protocol | 1 | Х | 18m | Green/Blue | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 10 EA | 1" Band | Hips Drive, Shoulders Follow | | |
| | Perform A-D as a G | lute Fui | ntion Wa | rm-Up S | eries Prior to | Training | | |
| Block 2 | <u>Ox</u> | idative | e Energ | y Syste | m Conditior | ning | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | |
| Α | Threshold Training | 2 | Х | 4m | | Running at Max Heart Rate | | |
| | Perform A for 2 | 2 Sets o | f 4 min; | 2:30 rest | between rou | nds | | |

| | Triphasic Lacrosse Training Manual | | | | | | | | |
|--|---|----------|------------|----------|----------------|-----------------------------------|--|--|--|
| Download 3-Day Elite Training Block Week 19 - Friday | | | | | | | | | |
| <u>Pre</u> | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | |
| Block 1 | | Glute | Functi | on Serie | es Warm-Up | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Banded Big Toe Work | 1 | Х | 20 EA | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 20 EA | | | | | |
| С | Level 1 Glute Iso Training Protocol | 1 | Х | 18m | Green/Blue | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 10 EA | 1" Band | Hips Drive, Shoulders Follow | | | |
| | Perform A-D as a G | lute Fui | ntion Wa | arm-Up S | eries Prior to | Training | | | |
| Block 2 | <u>(</u> | Oxidat | ive Ene | ergy Sys | tem Trainin | g. | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Metabolic Sandbell Circuit | 1 | Х | 25s | | Complete As Many Reps As Possible | | | |
| | Perfo | rm A fo | or 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.

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

| | Triphasis | Lacr | 0000 | Trair | aina Ma | nual | | | |
|---|--|--|--|--|---|---|--|--|--|
| lc | Triphasic ometric 6-Day Eli | | | | | | | | |
| | | | | | | | | | |
| Pre | Pre | | | | ensional Wa | пп-ор | | | |
| Block 1 | | | | | <u>Training</u> | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | | Load | Notes | | | |
| Α | Flying 50's | 1 1.20 Min | X uto Bost | 6 Dotwoor | . Done | 20-10-20, Bound-Sprint | | | |
| Block 2 | | | | Betweer | | | | | |
| | Eversies | | Reps/D | | arm-up | Notes | | | |
| Order A | <u>Exercise</u> Safety Bar Split Squat | Sets 1,1,1 | | 5,3,3 | Load 50-80% | Notes Warm-Up | | | |
| В | Ankle Wipers | 3 | X X | 12 EA | 30-60% | Max ROM, No Knee Mvmt | | | |
| | | _ | | | usly for 3 Sets | Wax Now, No knee Willie | | | |
| | | | | Between | | | | | |
| Block 3 | | | | Body St | | | | | |
| Order | Exercise | | | | | | | | |
| Α | Safety Bar Split Squat | 3 | X | 1,1-Clu | 85-87.5% | 7 Sec Iso-Partner Help | | | |
| В | Hurdle Hop | 3 | х | 4 | | Jump High, Continuous | | | |
| С | Wt. Squat Jump Pause | 3 | Х | 4 | | Pull-In, Pause at Bottom | | | |
| D | Accel. Band Jump Pause | 3 | Х | 4 | | Pull-In, Pause at Bottom | | | |
| E | Manual 4-Way Neck | 3 | Х | 1 EA | Partner Push | 7 Sec Iso-EA | | | |
| F | Partner Bench Glute | 3 | Х | 1 EA | Partner Push | 7 Sec Iso-EA | | | |
| G | Ant. Tib Band | 3 | X | 2 EA | 1" Band | 3 Sec Iso-2 EA | | | |
| | | | | | for 3 Sets | | | | |
| DI 1.4 | 25 Seconds Rest B | | | | | en Kounas | | | |
| Block 4 | | | | | /arm-up | | | | |
| <u>Order</u> | Exercise | Sets | Reps/D | | Load | Notes | | | |
| A B | Bench Press Band Pull-Aparts | 1,1,1 | X X | 5,3,3 10 | 50-80% 1/2" Band | Warm-Up | | | |
| ь | • | _ | | | usly for 3 Sets | | | | |
| | | | | Between | • | | | | |
| Block 5 | | | | | trength | | | | |
| Order | Exercise | | OPPC: | 200, 3 0 | | | | | |
| A | EXCITION | Sets | Rens/D | uration | | Notes | | | |
| | Bench Press | Sets 3 | Reps/D | T . | Load | Notes 7 Sec Iso-Partner Help | | | |
| В | Bench Press Speed Bench Press | 3 | Reps/D x x | uration 1,1 5 | Load 85-87.5% | Notes 7 Sec Iso-Partner Help Push-Pull, Full ROM | | | |
| | Bench Press Speed Bench Press DB Incline Press | | Х | 1,1 | Load | 7 Sec Iso-Partner Help | | | |
| В | Speed Bench Press | 3 | X X | 1,1 5 | Load 85-87.5% 30-35% | 7 Sec Iso-Partner Help Push-Pull, Full ROM | | | |
| B C | Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press | 3 3 3 3 3 | x x x x | 1,1 5 5 5 10 | Load 85-87.5% 30-35% 35-40% Green | 7 Sec Iso-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM | | | |
| B C D | Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press Per | 3 3 3 3 3 form A-E | x x x x x | 1,1 5 5 5 10 neously f | Load 85-87.5% 30-35% 35-40% Green for 3 Sets | 7 Sec Iso-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM Pull-In, Pause at Bottom | | | |
| B C D | Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press | 3 3 3 3 3 form A-E | x x x x x Simulta | 1,1 5 5 5 10 neously 1 s; 2:00 m | Load 85-87.5% 30-35% 35-40% Green for 3 Sets inutes betwee | 7 Sec Iso-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM Pull-In, Pause at Bottom | | | |
| B C D | Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press Per 25 Seconds Rest B | 3 3 3 3 3 form A-E | x x x x x Simulta Exercises | 1,1 5 5 5 10 neously 1 s; 2:00 m | Load 85-87.5% 30-35% 35-40% Green for 3 Sets | 7 Sec Iso-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM Pull-In, Pause at Bottom | | | |
| B C D | Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press Per 25 Seconds Rest B | 3 3 3 3 3 form A-E etween | x x x x x Simulta Exercises | 1,1 5 5 5 10 neously 1 s; 2:00 m | Load 85-87.5% 30-35% 35-40% Green for 3 Sets inutes betwee Strength Load | 7 Sec Iso-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM Pull-In, Pause at Bottom en Rounds Notes | | | |
| B C D E Block 6 | Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press Per 25 Seconds Rest B Exercise SL Glute Ham Bar Lift | 3 3 3 3 3 form A-E etween Sets 3 | x x x x x Simulta Exercises | 1,1 5 5 5 10 neously 1 s; 2:00 m uxiliary uration 1 EA | Load 85-87.5% 30-35% 35-40% Green for 3 Sets inutes betwee Strength Load 82.5-85% | 7 Sec Iso-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM Pull-In, Pause at Bottom en Rounds Notes 7 Sec Iso-EA, 2 Up-1 Down | | | |
| B C D E Block 6 Order A B | Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press Per 25 Seconds Rest B Exercise SL Glute Ham Bar Lift Pull-Up | 3 3 3 3 5 6 6 8 8 8 8 8 9 9 9 9 9 9 9 9 9 9 9 9 9 | x x x x Simulta Exercises otal Au Reps/D x x | 1,1 5 5 5 10 neously 1 s; 2:00 m uxiliary uration 1 EA 1 | Load 85-87.5% 30-35% 35-40% Green for 3 Sets inutes betwee Strength Load 82.5-85% Partner Pull | 7 Sec Iso-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM Pull-In, Pause at Bottom en Rounds Notes 7 Sec Iso-EA, 2 Up-1 Down 7 Sec Iso | | | |
| B C D E Block 6 | Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press Per 25 Seconds Rest B Exercise SL Glute Ham Bar Lift Pull-Up Partner Bench Groin | 3 3 3 3 5 6 6 7 8 8 8 8 3 3 3 8 8 8 8 9 8 9 9 9 9 9 9 9 | x x x x Simulta Exercises otal Au Reps/D x x | 1,1 5 5 5 10 neously f s; 2:00 m uration 1 EA 1 EA | Load 85-87.5% 30-35% 35-40% Green for 3 Sets inutes betwee Strength Load 82.5-85% Partner Pull Partner Push | 7 Sec Iso-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM Pull-In, Pause at Bottom en Rounds Notes 7 Sec Iso-EA, 2 Up-1 Down | | | |
| B C D E Block 6 Order A B | Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press Per 25 Seconds Rest B Exercise SL Glute Ham Bar Lift Pull-Up Partner Bench Groin Per | 3 3 3 3 3 form A-E etween Sets 3 3 form A-C | x x x x x Simulta Exercises Total Au Reps/D x x x Simulta | 1,1 5 5 5 10 neously 1 s; 2:00 m uxiliary uration 1 EA 1 1 EA neously 1 | Load 85-87.5% 30-35% 35-40% Green for 3 Sets inutes betwee Strength Load 82.5-85% Partner Pull Partner Push for 3 Sets | 7 Sec Iso-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM Pull-In, Pause at Bottom en Rounds Notes 7 Sec Iso-EA, 2 Up-1 Down 7 Sec Iso | | | |
| B C D E Block 6 Order A B C | Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press Per 25 Seconds Rest B Exercise SL Glute Ham Bar Lift Pull-Up Partner Bench Groin Per | 3 3 3 3 form A-E etween Sets 3 3 form A-C Seconds | x x x x x Simulta Exercises Fotal Au Reps/D x x x Simulta s Rest Be | 1,1 5 5 10 neously 1 s; 2:00 m uxiliary uration 1 EA 1 1 EA neously 1 etween E | Load 85-87.5% 30-35% 35-40% Green for 3 Sets inutes betwee Strength Load 82.5-85% Partner Pull Partner Push for 3 Sets xercises | 7 Sec Iso-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM Pull-In, Pause at Bottom en Rounds Notes 7 Sec Iso-EA, 2 Up-1 Down 7 Sec Iso | | | |
| Block 6 Order A B C | Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press Per 25 Seconds Rest B Exercise SL Glute Ham Bar Lift Pull-Up Partner Bench Groin Per 25 | 3 3 3 3 3 form A-E etween Sets 3 3 3 form A-C Seconds | x x x x x Simulta Exercises Otal Au Reps/D x x x Simulta s Rest Be Total Au | 1,1 5 5 10 neously 1 s; 2:00 m uration 1 EA 1 1 EA neously 1 etween Ex | Load 85-87.5% 30-35% 35-40% Green for 3 Sets inutes betwee Strength Load 82.5-85% Partner Pull Partner Push for 3 Sets xercises Strength | 7 Sec Iso-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM Pull-In, Pause at Bottom en Rounds Notes 7 Sec Iso-EA, 2 Up-1 Down 7 Sec Iso 7 Sec Iso-EA | | | |
| B C D E E E E E E E E E E E E E E E E E E | Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press Per 25 Seconds Rest B Exercise SL Glute Ham Bar Lift Pull-Up Partner Bench Groin Per 25 Exercise | 3 3 3 3 3 form A-E etween Sets 3 3 form A-C Second: | x x x x x Simulta Exercises Total Au Reps/D x x Simulta s Rest Be Total Au Reps/D | 1,1 5 5 5 10 neously 1 s; 2:00 m uxiliary uration 1 EA 1 EA neously 1 etween Exiting 1 uration | Load 85-87.5% 30-35% 35-40% Green for 3 Sets inutes betwee Strength Load 82.5-85% Partner Pull Partner Push for 3 Sets xercises Strength Load | 7 Sec Iso-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM Pull-In, Pause at Bottom en Rounds Notes 7 Sec Iso-EA, 2 Up-1 Down 7 Sec Iso 7 Sec Iso-EA | | | |
| B C D E E E E E E E E E E E E E E E E E E | Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press Per 25 Seconds Rest B Exercise SL Glute Ham Bar Lift Pull-Up Partner Bench Groin Per 25 Exercise DB Common Lunge Matrix | 3 3 3 3 form A-E etween Sets 3 3 form A-C Second: Sets 3 | x x x x x Simulta Exercises Total Au Reps/D x x Simulta s Rest Be Total Au Reps/D x | 1,1 5 5 5 10 neously 1 s; 2:00 m uxiliary uration 1 EA 1 1 EA neously 1 etween Exiting | Load 85-87.5% 30-35% 35-40% Green for 3 Sets inutes betwee Strength Load 82.5-85% Partner Pull Partner Push for 3 Sets xercises Strength Load 82.5-85% | 7 Sec Iso-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM Pull-In, Pause at Bottom Pull-In, Pause at Bottom Pull-In, Pause at Bottom Notes 7 Sec Iso-EA, 2 Up-1 Down 7 Sec Iso 7 Sec Iso-EA | | | |
| B C D E E E E E E E E E E E E E E E E E E | Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press Per 25 Seconds Rest B Exercise SL Glute Ham Bar Lift Pull-Up Partner Bench Groin Per 25 Exercise DB Common Lunge Matrix DB Bent Over Row | 3 3 3 3 3 form A-E etween Sets 3 3 form A-C Seconds Sets 3 3 3 3 3 3 6 5 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 | x x x x x Simulta Exercises Total Au x x x x x x x x x x x x x x x x x x x | 1,1 5 5 5 10 neously 1 s; 2:00 m uration 1 EA 1 1 EA neously 1 etween Estaxiliary uration 1 EA 1 EA | Load 85-87.5% 30-35% 35-40% Green for 3 Sets inutes betwee Strength Load 82.5-85% Partner Pull Partner Push for 3 Sets xercises Strength Load 82.5-85% 82.5-85% 82.5-85% | 7 Sec Iso-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM Pull-In, Pause at Bottom Pull-In, Pause at Bottom Pull-In, Pause at Bottom Notes 7 Sec Iso-EA, 2 Up-1 Down 7 Sec Iso 7 Sec Iso-EA Notes 7 Sec Iso-EA | | | |
| B C D E E E E E E E E E E E E E E E E E E | Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press Per 25 Seconds Rest B Exercise SL Glute Ham Bar Lift Pull-Up Partner Bench Groin Per 25 Exercise DB Common Lunge Matrix DB Bent Over Row Partner Band Abs | 3 3 3 3 3 form A-E etween Sets 3 3 form A-C Seconds Sets 3 3 3 3 3 3 3 3 | x x x x x Simulta Exercises Total Au x x x x x x x x x x x x x x x x x x x | 1,1 5 5 5 10 neously 1 s; 2:00 m uration 1 EA 1 EA neously 1 etween Extraction 1 EA uration 1 EA 1 EA neously 1 etween Extraction 1 EA 1 EA 1 EA 8 | Load 85-87.5% 30-35% 35-40% Green for 3 Sets inutes betwee Strength Load 82.5-85% Partner Pull Partner Push for 3 Sets xercises Strength Load 82.5-85% | 7 Sec Iso-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM Pull-In, Pause at Bottom Pull-In, Pause at Bottom Pull-In, Pause at Bottom Notes 7 Sec Iso-EA, 2 Up-1 Down 7 Sec Iso 7 Sec Iso-EA | | | |

| | Triphasic | Lacr | osse | Trai | ning Ma | anual |
|--------------|---------------------------------------|----------|------------------|-----------------|-----------------|--|
| Iso | metric 6-Day Elite [·] | Trai | ning | Bloc | k Week | 20 - Wednesday |
| <u>Pre</u> | Pre- | Traini | ng, Mul | ti-Dime | ensional Wa | ırm-Up |
| Block 1 | | | Speed/ | Agility | Training | |
| Order | Exercise | Sets | Reps/D | | Load | Notes |
| A | Pro-Agility | 1 | Х | 3 EA | | 5-10-5 |
| | 1: | 30 Min | ute Rest | Between | n Reps | |
| Block 2 | | | Lower | Body W | /arm-up | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes |
| Α | <u>Hex Bar Deadlift</u> | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up |
| | | | | • | eavier Sets | |
| | 1 | :00 Mir | iute Rest | Betwee | n Sets | |
| Block 3 | | | Lower | Body St | trength_ | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes |
| Α | <u>Hex Bar Deadlift</u> | 6 | Х | 5s | 85-90% | Max Reps, No Floor Touch |
| В | Toe Out JOP Matrix | 6 | Х | 3 EA | | Rapid Decel, 3-FWD,3-LAT,3-ROT, EA Leg |
| | | | | | for 6 Sets | |
| | 25 Seconds Rest Be | tween | Exercises | s; 1:30 m | inutes betwe | en Rounds |
| Block 4 | | | Upper l | Body W | /arm-up | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes |
| Α | Bench Press | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up |
| В | Mini-Band Scap Wall Walks | 3 | Х | 10 EA | Green | |
| | Perform / | 4 & B S | eries Sim | ıultaneoı | usly for 3 Sets | |
| | 1: | :00 Mir | iute Rest | Betwee | n Sets | |
| Block 5 | | | Upper | Body St | trength | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes |
| Α | Bench Press | 3 | Х | 5s | 85-90% | Max Reps |
| В | One Arm Med Ball Pass | 3 | Х | 5 EA | | Use Hips |
| С | <u>Delt Bent Over OH Rebound Drop</u> | 3 | Х | 5 EA | | |
| | | | | | for 3 Sets | |
| | 25 Seconds Rest Be | tween | Exercises | s; 2:00 m | inutes betwe | en Rounds |
| Block 6 | | <u> </u> | <u> Total Aเ</u> | <u>ıxiliary</u> | <u>Strength</u> | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes |
| Α | <u>Split Squat</u> | 3 | Х | 5s | 80-85% | OC-D+1, EA |
| В | DB Incline Press | 3 | Х | 5s | 80-85% | OC-D+1 |
| С | DB RDL | 3 | Х | 5s | 80-85% | OC-D+1 |
| D | Hip Flex Prone | 3 | X | 5s | for 2 Cata | Reactive-AMAP/Push-Pull-EA |
| | | | | | for 3 Sets | |
| DI- 1 7 | 25.5 | | s Rest Be | | | |
| Block 7 | | | | | <u>Strength</u> | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | | Load | Notes |
| A | DB Step Up | 3 | Х | 5s | 80-85% | Bottom 1/2, EA |
| В | Contra. Glute Ham + DB Row | 3 | X | 5s Ec | Light | OC-D+1, EA |
| C D | Glute Ham Hyper Stiff Leg Ankle Hops | 3 | X | 5s 5s | | OC-D+1 Max Reps, No Heel Touch |
| U | | _ | | | for 3 Sets | iviax neps, ivo neer roucii |
| | | | s Rest Be | | | |
| | 23 . | ,cconu | ט ווכטנ שכ | .cvv CCII L | ACT 01303 | |

| | Triphasic L | .acro | osse Trair | ning Ma | nual | | | | |
|-------------------------------|--|---------------------------------|-------------------|----------------|--------------------------------------|--|--|--|--|
| | Isometric 4-Day Elit | | | _ | | | | | |
| <u>Pre</u> | Pre-Running, Multi-Dimensional Warm-Up | | | | | | | | |
| Block 1 | , | Acceleration Technique Training | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/Duration | Load | Notes | | | | |
| Α | <u> Wall Drill - Double</u> | 4 | x 4 EA | | Drive Hips FWD, Leg in Piston Motion | | | | |
| | 1:0 | 0 Minu | ite Rest Between | Reps | | | | | |
| Block 2 | | Accele | eration Technic | que Training | 2 | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/Duration | Load | Notes | | | | |
| Α | Band Resisted Skip | 6 | x 10Y | | Drive Hips FWD, Maintain Angle | | | | |
| 1:00 Minute Rest Between Sets | | | | | | | | | |
| Block 3 | Acceleration Technique Training | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/Duration | Load | Notes | | | | |
| Α | Staggered Stance Rolling Start | 2 EA | x 10Y | | Drive Hips FWD, Maintain Angle | | | | |
| | 1:00 Minute Rest Between | Sets; C | omplete 4 Total F | Repetitions, 2 | EA Leg Forward | | | | |
| Block 4 | <u>Cha</u> | nge o | f Direction Tec | hnique Trai | ning | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/Duration | Load | Notes | | | | |
| Α | Partner Reactive Decel Drill | 4 | x 4 EA | | Decel With Partner, 4 EA Leg | | | | |
| | 1:0 | 00 Minı | ute Rest Between | ı Sets | | | | | |
| Block 5 | <u>Cha</u> | nge o | f Direction Tec | hnique Trai | ning | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/Duration | Load | Notes | | | | |
| Α | Partner Reactive Shuffle Decel Drill | 4 | x 4 EA | | Decel With Partner, 4 EA Leg | | | | |
| | 1:0 | 00 Minu | ute Rest Between | Sets | | | | | |
| Block 6 | AT | P/Cr-I | P Energy Syster | m Condition | ning | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/Duration | Load | Notes | | | | |
| Α | Crease Running | 1 | x 4 EA | | 2 Laps, Focus on Body Angle | | | | |
| | 1:0 | 00 Minu | ute Rest Between | Sets | | | | | |

| | Triphasic I | Lacr | osse | Traii | ning Ma | inual | | | |
|-------------------------------|--|-------------------------------------|------------------------|--------------|---------------------------|-----------------------------------|--|--|--|
| ls | ometric 6-Day Elite | e Tra | ainin | g Blo | ck Wee | k 20 - Friday | | | |
| <u>Pre</u> | <u>Pre-</u> | <u> </u> | ո <mark>ց, M</mark> ul | ti-Dime | ensional Wa | rm-Up | | | |
| Block 1 | Speed/Agility Training | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Stairs + Turn & Sprint | 1 x 3 EA 15 Yard Stairs + 15 Sprint | | | | | | | |
| 1:30 Minute Rest Between Reps | | | | | | | | | |
| Block 2 | <u>Lower Body Warm-up</u> | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | <u>Safety Bar Split Squat</u> | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | |
| В | Elev. Ankle Raise + Knee Drive | 3 | X | 10 EA | | Maintain Arch, Drive Knee Through | | | |
| | | | | | usly for 3 Sets | | | | |
| DII- 2 | 1: | 00 Min | | Betwee | | | | | |
| Block 3 | | | | | rength | | | | |
| <u>Order</u> | Exercise | Sets | Reps/D | • | Load | Notes | | | |
| A | Safety Bar Split Squat | 4 | X | 1,1-Clu | 80-85% | 10 Sec Iso-Partner Help | | | |
| B C | Lateral Hurdle Hop Resisted Speed Skater Jumps | 4 | X | 3 EA 3 EA | | Jump High, Continuous | | | |
| D | Band Assisted Shuffle | 4 | X | 1 EA | | Pull-In, Pause 5 Yards EA | | | |
| E | Manual 4-Way Neck | 4 | X X | 2 EA | Partner Push | 5 Yards EA 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 | | | |
| | | | | | for 4 Sets | 3 333 133 2 271 | | | |
| | 25 Seconds Rest Be | | | | | en Rounds | | | |
| Block 4 | | | Upper | Body S | trength | | | | |
| Order | <u>Exercise</u> | Sets | Reps/D | | Load | Notes | | | |
| Α | <u>Chin-Up</u> | 4 | Х | 1 | Partner Pull | 10 Sec Iso | | | |
| В | SA Band Straight Arm Lat Pull-Down | 4 | Х | 4 EA | | Speed | | | |
| С | SA Cable Straight Arm Lat Pull-Down | 4 | Х | 4 EA | | Power | | | |
| D | MB OH Slams | 4 | Х | 5 | | | | | |
| E | Banded Cuban Press | 4 | Х | 2 EA | | 5 Sec Iso-2 EA | | | |
| | | | | | for 4 Sets | | | | |
| Disal: 5 | 25.5 | | | tween E | | | | | |
| Block 5 | - · | | | | <u>Strength</u> | | | | |
| Order ^ | Exercise SI Poverse Hyper | Sets | | uration | Load | Notes 2.54 | | | |
| A B | SL Reverse Hyper Partner Bench Glute | 3 | X | 2 EA 2 EA | Partner Push Partner Push | 5 Sec Iso-2 EA 5 Sec Iso-2 EA | | | |
| С | SWB Twist Down | 3 | X X | 2 EA | raitilei rusii | 5 Sec Iso-2 EA 5 Sec Iso-2 EA | | | |
| | | _ | | | for 3 Sets | J JEC 130-2 LA | | | |
| | | | | tween E | | | | | |
| | 253 | ,ccoma. | | L | | | | | |

| | Triphasic | Lacr | OSSE | Traii | ning Ma | nual |
|--|--|--|--|--|---|--|
| lso | ometric 6-Day Eli | | | | | |
| Pre | - | | | | ensional Wa | - |
| Block 1 | | | | | Training | |
| Order | Exercise | Sets | | uration | Load | Notes |
| Α | Flying 50's | 1 | х | 6 | | 20-10-20, Bound-Sprint |
| l. | | 1:30 Min | ute Rest | Betweer | n Reps | , , |
| Block 2 | | | | | /arm-up | |
| Order | <u>Exercise</u> | Sets | | uration | Load | Notes |
| Α | Safety Bar Split Squat | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up |
| В | Ankle Wipers | 3 | х | 12 EA | | Max ROM, No Knee Mvmt |
| <u> </u> | Perform | 1 A & B S | eries Sim | ultaneo | usly for 3 Sets | |
| | | 1:00 Min | iute Rest | Betwee | n Sets | |
| Block 3 | | | Lower | Body St | trength | |
| Order | <u>Exercise</u> | Sets | | uration | Load | Notes |
| Α | Safety Bar Split Squat | 3 | Х | 1,1-Clu | 85-87.5% | 7 Sec Iso-Partner Help |
| В | <u>Hurdle Hop</u> | 3 | Х | 4 | | Jump High, Continuous |
| С | Wt. Squat Jump Pause | 3 | Х | 4 | | Pull-In, Pause at Bottom |
| D | Accel. Band Jump Pause | 3 | Х | 4 | | Pull-In, Pause at Bottom |
| E | Manual 4-Way Neck | 3 | Х | 1 EA | Partner Push | 7 Sec Iso-EA |
| F | Partner Bench Glute | 3 | Х | 1 EA | Partner Push | 7 Sec Iso-EA |
| G | Ant. Tib Band | 3 | X | 2 EA | 1" Band | 3 Sec Iso-2 EA |
| | | | | | for 3 Sets | n Davinda |
| | 25 Seconds Rest B | | | • | | en Rounds |
| Block 4 | | | | | /arm-up | |
| <u>Order</u> | Exercise | Sets | Reps/D | | Load | Notes |
| A | Bench Press | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up |
| В | Band Pull-Aparts | 3 | X orios Sim | 10 | 1/2" Band usly for 3 Sets | |
| | | | eries siir | iuitaneoi | usiy for 3 Sets | |
| | Periorii | | | | n Sotc | |
| Dlook F | Periorn | 1:00 Min | ute Rest | Betwee | | |
| Block 5 | | 1:00 Min | ute Rest Upper | Betwee | trength_ | Notes |
| <u>Order</u> | <u>Exercise</u> | 1:00 Min | ute Rest Upper Reps/D | Betwee Body St uration | trength Load | Notes 7 Control Portrol Hole |
| Order A | Exercise Bench Press | 1:00 Min Sets 3 | Upper Reps/D | Betwee Body St uration 1,1 | Load 85-87.5% | 7 Sec Iso-Partner Help |
| Order A B | Exercise Bench Press Speed Bench Press | 1:00 Min Sets 3 3 | Upper Reps/D | Betwee Body St uration 1,1 5 | Load 85-87.5% 30-35% | 7 Sec Iso-Partner Help Push-Pull, Full ROM |
| Order A B C | Exercise Bench Press Speed Bench Press DB Incline Press | 1:00 Min Sets 3 3 3 3 | Upper Reps/D x x x | Betwee Body St uration 1,1 5 | Load 85-87.5% | 7 Sec Iso-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM |
| Order A B | Exercise Bench Press Speed Bench Press | 1:00 Min Sets 3 3 | Upper Reps/D | Betwee Body St uration 1,1 5 | Load 85-87.5% 30-35% | 7 Sec Iso-Partner Help Push-Pull, Full ROM |
| Order A B C D | Exercise Bench Press Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press | 1:00 Min Sets 3 3 3 3 3 3 3 | Upper Reps/D x x x x x x | Betwee Body St uration 1,1 5 5 10 | Load 85-87.5% 30-35% 35-40% | 7 Sec Iso-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM |
| Order A B C D | Exercise Bench Press Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press | 1:00 Min Sets 3 3 3 3 3 | With Rest Upper Reps/D X X X X X X X Simulta | Betwee Body St uration 1,1 5 5 10 neously | Load 85-87.5% 30-35% 35-40% Green for 3 Sets | 7 Sec Iso-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM Pull-In, Pause at Bottom |
| Order A B C D E | Exercise Bench Press Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press Per | 1:00 Min Sets 3 3 3 3 | Upper Reps/D X X X X Simulta Exercises | Betwee Body St uration 1,1 5 5 10 neously 1 | Load 85-87.5% 30-35% 35-40% Green for 3 Sets inutes between | 7 Sec Iso-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM Pull-In, Pause at Bottom |
| Order A B C D E | Exercise Bench Press Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press Per 25 Seconds Rest E | Sets 3 3 3 3 7 Setween | Reps/D X X X X Simulta Exercises | Betwee Body St uration 1,1 5 5 10 neously 1 s; 2:00 m | Load 85-87.5% 30-35% 35-40% Green for 3 Sets inutes between | 7 Sec Iso-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM Pull-In, Pause at Bottom |
| Order A B C D E | Exercise Bench Press Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press Per | 1:00 Min Sets 3 3 3 3 | Reps/D X X X X Simulta Exercises | Betwee Body St uration 1,1 5 5 10 neously 1 | Load 85-87.5% 30-35% 35-40% Green for 3 Sets inutes between | 7 Sec Iso-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM Pull-In, Pause at Bottom en Rounds Notes |
| Order A B C D E | Exercise Bench Press Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press Per 25 Seconds Rest E | Sets 3 3 3 3 3 3 4 5 5 5 5 5 5 5 5 5 | Reps/D X X X X X Simulta Exercises Total Au Reps/D | Betwee Body St uration 1,1 5 5 10 neously 1 s; 2:00 m uxiliary uration | Load 85-87.5% 30-35% 35-40% Green for 3 Sets inutes betwee Strength Load | 7 Sec Iso-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM Pull-In, Pause at Bottom |
| Order A B C D E Block 6 Order A | Exercise Bench Press Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press Per 25 Seconds Rest E Exercise SL Glute Ham Bar Lift | 1:00 Min Sets 3 3 3 3 | Weekster the second of the sec | Betwee Body St uration 1,1 5 5 10 neously: s; 2:00 m uxiliary uration 1 EA | Load 85-87.5% 30-35% 35-40% Green for 3 Sets inutes betwee Strength Load 82.5-85% | 7 Sec Iso-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM Pull-In, Pause at Bottom en Rounds Notes 7 Sec Iso-EA, 2 Up-1 Down |
| Order A B C D E Block 6 Order A B | Exercise Bench Press Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press Per 25 Seconds Rest E Exercise SL Glute Ham Bar Lift Pull-Up Partner Bench Groin | Sets 3 3 3 3 3 5 5 5 5 5 | Reps/D X X X X X Simulta Exercises Otal Au Reps/D X X | Betwee Body St uration 1,1 5 5 10 neously 1 s; 2:00 m uration 1 EA 1 1 EA | Load 85-87.5% 30-35% 35-40% Green for 3 Sets inutes betwee Strength Load 82.5-85% Partner Pull | 7 Sec Iso-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM Pull-In, Pause at Bottom en Rounds Notes 7 Sec Iso-EA, 2 Up-1 Down 7 Sec Iso |
| Order A B C D E Block 6 Order A B | Exercise Bench Press Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press Per 25 Seconds Rest E Exercise SL Glute Ham Bar Lift Pull-Up Partner Bench Groin Per | Sets 3 3 3 3 3 5 5 5 5 5 | Reps/D X X X X Simulta Exercises Otal Au Reps/D X X Simulta | Betwee Body St uration 1,1 5 5 5 10 neously 5; 2:00 m uxiliary uration 1 EA 1 EA neously 7 | Load 85-87.5% 30-35% 35-40% Green for 3 Sets inutes betwee Strength Load 82.5-85% Partner Pull Partner Push for 3 Sets | 7 Sec Iso-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM Pull-In, Pause at Bottom en Rounds Notes 7 Sec Iso-EA, 2 Up-1 Down 7 Sec Iso |
| Order A B C D E Block 6 Order A B | Exercise Bench Press Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press Per 25 Seconds Rest E Exercise SL Glute Ham Bar Lift Pull-Up Partner Bench Groin Per | Sets 3 3 3 3 5 5 5 5 5 5 | Reps/D X X X X Simulta Exercises Total Au Reps/D X X Simulta Reps/D X X X Reps/D X X X Reps/D X X Reps/D X X Reps/D X X Reps/D Reps/D Reps/D Reps/D Reps/D | Betwee Body St uration 1,1 5 5 10 neously 1 s; 2:00 m uxiliary uration 1 EA 1 EA neously 1 tween E | Load 85-87.5% 30-35% 35-40% Green for 3 Sets inutes betwee Strength Load 82.5-85% Partner Pull Partner Push for 3 Sets xercises | 7 Sec Iso-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM Pull-In, Pause at Bottom en Rounds Notes 7 Sec Iso-EA, 2 Up-1 Down 7 Sec Iso |
| Order A B C D E Block 6 Order A B C | Exercise Bench Press Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press Per 25 Seconds Rest E Exercise SL Glute Ham Bar Lift Pull-Up Partner Bench Groin Per | Sets 3 3 3 3 5 5 5 5 5 5 | Reps/D X X X X Simulta Exercises Otal Au X X Reps/D X X X C Simulta Reps/D X X X C Simulta Reps/D Au C Simulta | Betwee Body St uration 1,1 5 5 10 neously: s; 2:00 m uxiliary uration 1 EA 1 EA neously: etween E | Load 85-87.5% 30-35% 35-40% Green for 3 Sets inutes betwee Strength Load 82.5-85% Partner Pull Partner Push for 3 Sets | 7 Sec Iso-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM Pull-In, Pause at Bottom en Rounds Notes 7 Sec Iso-EA, 2 Up-1 Down 7 Sec Iso |
| Order A B C D E | Exercise Bench Press Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press Per 25 Seconds Rest E Exercise SL Glute Ham Bar Lift Pull-Up Partner Bench Groin Per 25 | Sets 3 3 3 3 3 5 Sets 3 3 3 3 3 5 Sets 3 3 5 Seconds 5 Sec | Reps/D X X X X Simulta Exercises Otal Au X X Reps/D X X X C Simulta Reps/D X X X C Simulta Reps/D Au C Simulta | Betwee Body St uration 1,1 5 5 10 neously 1 s; 2:00 m uxiliary uration 1 EA 1 EA neously 1 tween E | Load 85-87.5% 30-35% 35-40% Green for 3 Sets inutes betwee Strength Load 82.5-85% Partner Pull Partner Push for 3 Sets xercises Strength | 7 Sec Iso-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM Pull-In, Pause at Bottom en Rounds Notes 7 Sec Iso-EA, 2 Up-1 Down 7 Sec Iso 7 Sec Iso-EA |
| Order A B C D E Block 6 Order A B C Order A B C D Block 7 Order | Exercise Bench Press Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press Per 25 Seconds Rest E Exercise SL Glute Ham Bar Lift Pull-Up Partner Bench Groin Per 25 Exercise | 1:00 Min Sets 3 3 3 3 3 3 5 5 5 5 | Reps/D Reps/D X X X X Simulta Exercises Otal Au Reps/D Reps/D Reps/D | Betwee Body St uration 1,1 5 5 5 10 neously 1; 2:00 m uxiliary uration 1 EA 1 EA neously 1; 2:00 m uxiliary uration | Load 85-87.5% 30-35% 35-40% Green for 3 Sets inutes betwee Strength Load 82.5-85% Partner Pull Partner Push for 3 Sets xercises Strength Load | 7 Sec Iso-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM Pull-In, Pause at Bottom Pull-In, Pause at Bottom Ports Notes 7 Sec Iso-EA, 2 Up-1 Down 7 Sec Iso 7 Sec Iso-EA |
| Order A B C D E Block 6 Order A B C Order A B C D Block 7 | Exercise Bench Press Speed Bench Press DB Incline Press Rack Band Push-Up Mini Band Scap Press Per 25 Seconds Rest E Exercise SL Glute Ham Bar Lift Pull-Up Partner Bench Groin Per 25 Exercise DB Common Lunge Matrix | 1:00 Min Sets 3 3 3 3 3 5 5 5 5 5 | Reps/D X X X X Simulta Exercises Total Au Reps/D X X X Reps/D X X X X X X X X X X X X X | Betwee Body St uration 1,1 5 5 5 10 neously 1 s; 2:00 m uxiliary uration 1 EA 1 tea neously 1 etween E uxiliary uration 1 EA | Load 85-87.5% 30-35% 35-40% Green for 3 Sets inutes betwee Strength Load 82.5-85% Partner Pull Partner Push for 3 Sets xercises Strength Load 82.5-85% | 7 Sec Iso-Partner Help Push-Pull, Full ROM Push-Pull, Full ROM Pull-In, Pause at Bottom Push-Pull, Full ROM Push-Push-Push-Push-Push-Push-Push-Push- |

| | Triphasic | Lacr | osse | Trai | ning Ma | anual |
|--------------|--|--------------|--------------|-----------|-----------------|--|
| Iso | metric 6-Day Elite [·] | Trai | ning | Bloc | k Week | 21 - Wednesday |
| Pre | Pre- | Traini | ng, Mul | ti-Dime | ensional Wa | ırm-Up |
| Block 1 | | | | | Training | |
| Order | Exercise | Sets | Reps/D | | Load | Notes |
| Α | Pro-Agility | 1 | Х | 3 EA | | 5-10-5 |
| | 1: | 30 Min | ute Rest | Between | n Reps | |
| Block 2 | | | Lower | Body W | /arm-up | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes |
| Α | <u>Hex Bar Deadlift</u> | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up |
| | | | | • | eavier Sets | |
| | 1 | :00 Mir | iute Rest | Betwee | n Sets | |
| Block 3 | | | Lower | Body St | trength | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes |
| Α | <u>Hex Bar Deadlift</u> | 6 | Х | 5s | 85-90% | Max Reps, No Floor Touch |
| В | <u>Toe Out JOP Matrix</u> | 6 | Х | 3 EA | | Rapid Decel, 3-FWD,3-LAT,3-ROT, EA Leg |
| | | | | | for 6 Sets | |
| | 25 Seconds Rest Be | tween | Exercises | s; 1:30 m | inutes betwe | en Rounds |
| Block 4 | | | Upper | Body W | <u>/arm-up</u> | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes |
| Α | Bench Press | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up |
| В | Mini-Band Scap Wall Walks | 3 | Х | 10 EA | Green | |
| | | | | | usly for 3 Sets | |
| | 1 | :00 Mir | iute Rest | Betwee | n Sets | |
| Block 5 | | | <u>Upper</u> | Body St | trength_ | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes |
| Α | <u>Bench Press</u> | 3 | х | 5s | 85-90% | Max Reps |
| В | One Arm Med Ball Pass | 3 | Х | 5 EA | | Use Hips |
| С | Delt Bent Over OH Rebound Drop | 3 | X | 5 EA | | |
| | | | | | for 3 Sets | |
| | 25 Seconds Rest Be | | | | | en Rounds |
| Block 6 | | <u> </u> | | | Strength | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes |
| A | Split Squat | 3 | Х | 5s | 80-85% | OC-D+1, EA |
| В | DB Incline Press | 3 | Х | 5s | 80-85% | OC-D+1 |
| С | DB RDL | 3 | X | 5s | 80-85% | OC-D+1 |
| D | Hip Flex Prone | _ | X Simulta | 5s | for 3 Sets | Reactive-AMAP/Push-Pull-EA |
| | | | s Rest Be | | | |
| Block 7 | 25 3 | | | | | |
| | T | | | | Strength . | Notes |
| Order ^ | Exercise DP Stop Up | Sets 3 | Reps/D | | Load | Notes |
| A B | DB Step Up Contra. Glute Ham + DB Row | 3 | X X | 5s 5s | 80-85% Light | Bottom 1/2, EA OC-D+1, EA |
| С | Glute Ham Hyper | 3 | X | 5s | Ligit | OC-D+1, LA |
| D | Stiff Leg Ankle Hops | 3 | X | 5s | | Max Reps, No Heel Touch |
| | | _ | | | for 3 Sets | 1, |
| | | | s Rest Be | | | |
| | ۷۵ . | JCCOII I I I | 3 NC3L DC | LVVCCIIL | YEI CISES | |

| | Triphasic Lacrosse Training Manual | | | | | | | | |
|---|---|---------|-------------------|----------------|--------------------------------------|--|--|--|--|
| Isometric 4-Day Elite Training Block Week 21 - Thursday | | | | | | | | | |
| <u>Pre</u> | Pre-Running, Multi-Dimensional Warm-Up | | | | | | | | |
| Block 1 | Acceleration Technique Training | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/Duration | Load | Notes | | | | |
| Α | <u> Wall Drill - Double</u> | 4 | x 5 EA | | Drive Hips FWD, Leg in Piston Motion | | | | |
| | 1:0 | 0 Minu | ite Rest Between | Reps | | | | | |
| Block 2 | | Accele | eration Technic | que Training | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/Duration | Load | Notes | | | | |
| Α | Band Resisted Skip | 6 | x 10Y | | Drive Hips FWD, Maintain Angle | | | | |
| | 1:00 Minute Rest Between Sets | | | | | | | | |
| Block 3 | Block 3 Acceleration Technique Training | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/Duration | Load | Notes | | | | |
| Α | Staggered Stance Rolling Start | 2 EA | x 10Y | | Drive Hips FWD, Maintain Angle | | | | |
| | 1:00 Minute Rest Between | Sets; C | omplete 4 Total F | Repetitions, 2 | EA Leg Forward | | | | |
| Block 4 | <u>Cha</u> | nge o | f Direction Tec | hnique Trai | ning | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/Duration | Load | Notes | | | | |
| Α | Partner Reactive Decel Drill | 5 | x 4 EA | | Decel With Partner, 4 EA Leg | | | | |
| | 1:0 |)0 Minเ | ute Rest Between | Sets | | | | | |
| Block 5 | <u>Cha</u> | nge o | f Direction Tec | hnique Trai | <u>ning</u> | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/Duration | Load | Notes | | | | |
| Α | Partner Reactive Shuffle Decel Drill | 5 | x 4 EA | | Decel With Partner, 4 EA Leg | | | | |
| | 1:0 | 00 Minu | ute Rest Between | Sets | | | | | |
| Block 6 | AT | P/Cr-F | Energy Syster | m Condition | ning | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/Duration | Load | Notes | | | | |
| Α | Crease Running | 1 | x 5 EA | | 2 Laps, Focus on Body Angle | | | | |
| | 1:0 | 00 Minu | ute Rest Between | Sets | | | | | |

| | Triphasic I | Lacr | osse | Traii | ning Ma | inual | | | |
|-------------------------------|--|-------------------------------------|------------------------|--------------|-----------------|-----------------------------------|--|--|--|
| ls | ometric 6-Day Elite | e Tra | ainin | g Blo | ck Wee | k 21 - Friday | | | |
| <u>Pre</u> | <u>Pre-</u> | Trainiı | ո <mark>ց, M</mark> ul | ti-Dime | ensional Wa | rm-Up | | | |
| Block 1 | Speed/Agility Training | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Stairs + Turn & Sprint | 1 x 3 EA 15 Yard Stairs + 15 Sprint | | | | | | | |
| 1:30 Minute Rest Between Reps | | | | | | | | | |
| Block 2 | <u>Lower Body Warm-up</u> | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | <u>Safety Bar Split Squat</u> | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | |
| В | Elev. Ankle Raise + Knee Drive | 3 | X | 10 EA | | Maintain Arch, Drive Knee Through | | | |
| | | | | | usly for 3 Sets | | | | |
| DII- 2 | 1: | :00 Min | | Betwee | | | | | |
| Block 3 | | | | | rength | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | • | Load | Notes | | | |
| A | Safety Bar Split Squat | 4 | X | 1,1-Clu | 80-85% | 10 Sec Iso-Partner Help | | | |
| B C | Lateral Hurdle Hop Resisted Speed Skater Jumps | 4 | X | 3 EA 3 EA | | Jump High, Continuous | | | |
| D | Band Assisted Shuffle | 4 | X X | 1 EA | | Pull-In, Pause 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 | | | |
| | | rm A-G | Simulta | neously | for 4 Sets | | | | |
| | 25 Seconds Rest Be | tween | Exercises | s; 2:00 m | inutes betwee | en Rounds | | | |
| Block 4 | | | Upper | Body S | trength | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | <u>Chin-Up</u> | 4 | Х | 1 | Partner Pull | 10 Sec Ecc | | | |
| В | SA Band Straight Arm Lat Pull-Down | 4 | Х | 4 EA | | Speed | | | |
| С | SA Cable Straight Arm Lat Pull-Down | 4 | х | 4 EA | | Power | | | |
| D | MB OH Slams | 4 | Х | 5 | | | | | |
| Е | Banded Cuban Press | 4 | X | 2 EA | | 5 Sec Iso-2 EA | | | |
| | | | | | for 4 Sets | | | | |
| Block 5 | 25.5 | | | tween E | Strength | | | | |
| Order | Exercise | Sets | | uration | Load | Notes | | | |
| A | SL Reverse Hyper | 3 | х | 2 EA | Partner Push | 5 Sec Iso-2 EA | | | |
| В | Partner Bench Glute | 3 | X | 2 EA | Partner Push | 5 Sec Iso-2 EA | | | |
| С | SWB Twist Down | 3 | х | 2 EA | | 5 Sec Iso-2 EA | | | |
| | | rm A-C | Simulta | neously | for 3 Sets | | | | |
| | | | | tween E | | | | | |
| | | | | | | | | | |

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.

- 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 | | | | | | | | | | |
| <u>Pre</u> | Pre Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | | |
| Block 1 | Glute Function Series Warm-Up | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | Banded Big Toe Work | 1 | Х | 20 EA | | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 20 EA | | | | | | |
| С | Level 1 Glute Iso Training Protocol | 1 | Х | 18m | Green/Blue | | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 10 EA | 1" Band | Hips Drive, Shoulders Follow | | | | |
| | Perform A-D as a G | lute Fur | ntion Wa | rm-Up S | eries Prior to 1 | Training | | | | |
| Block 2 | <u>(</u> | Oxidat | ive Ene | rgy Sys | tem Training | g | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | 3-D Contralateral Circuit | 1 | Х | 20s | | Complete As Many Reps As Possible | | | | |
| | Perfo | rm A fo | or 1 Set (| @ 20s on | 15s off | | | | | |

| Triphasic Lacrosse Training Manual | | | | | | | | | |
|------------------------------------|-------------------------------------|----------|-----------|-----------|----------------|------------------------------|--|--|--|
| Do | ownload 3-Day Elite ⁻ | Traii | ning | Block | k Week | 22 - Wednesday | | | |
| <u>Pre</u> | <u>Pre-R</u> | lunnin | g, Mult | i-Dime | nsional War | m-Up | | | |
| Block 1 | Glute Function Series Warm-Up | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Banded Big Toe Work | 1 | Х | 20 EA | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 20 EA | | | | | |
| С | Level 1 Glute Iso Training Protocol | 1 | Х | 18m | Green/Blue | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 10 EA | 1" Band | Hips Drive, Shoulders Follow | | | |
| | Perform A-D as a G | lute Fu | ntion Wa | arm-Up S | eries Prior to | Training | | | |
| Block 2 | <u>Ox</u> | idativ | e Energ | y Syste | m Condition | ing | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Threshold Training | 2 | Х | 4m | | Running at Max Heart Rate | | | |
| | Perform A for 2 | 2 Sets o | of 4 min; | 2:30 rest | between rou | nds | | | |

| Triphasic Lacrosse Training Manual | | | | | | | | | |
|--|---|----------|---------------|----------|------------------|-----------------------------------|--|--|--|
| Download 3-Day Elite Training Block Week 22 - Friday | | | | | | | | | |
| <u>Pre</u> | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | |
| Block 1 | Glute Function Series Warm-Up | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Banded Big Toe Work | 1 | Х | 20 EA | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 20 EA | | | | | |
| С | Level 1 Glute Iso Training Protocol | 1 | Х | 18m | Green/Blue | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 10 EA | 1" Band | Hips Drive, Shoulders Follow | | | |
| | Perform A-D as a G | lute Fui | ntion Wa | arm-Up S | eries Prior to T | raining | | | |
| Block 2 | <u>(</u> | Oxidat | ive Ene | ergy Sys | tem Training | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/Duration | | Load | Notes | | | |
| Α | Metabolic Sandbell Circuit | 1 | Х | 25s | | Complete As Many Reps As Possible | | | |
| | Perfo | rm A fo | or 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.

- 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

| | Triphasi | c Lac | cross | e Traini | ing Man | ual | | | | |
|-------------------------------|-------------------------------|------------|-----------|-----------------|--------------------|--|--|--|--|--|
| F | Reactive 6-Day El | ite Tı | rainii | ng Bloc | k Week | 23 - Monday | | | | |
| <u>Pre</u> | <u>P</u> | re-Traiı | ning, M | ulti-Dimen | sional Warm | n-U <u>p</u> | | | | |
| Block 1 | Speed/Agility Training | | | | | | | | | |
| Order | Exercise | Sets | | /Duration | Load | Notes | | | | |
| Α | Flying 50's | 1 | х | 6 | | 20-10-20, Bound-Sprint | | | | |
| 1:30 Minute Rest Between Reps | | | | | | | | | | |
| Block 2 | | | Lowe | r Body Wa | rm-up | | | | | |
| Order | Exercise | Sets | | /Duration | Load | Notes | | | | |
| A | Safety Bar Split Squat | 1,1,1 | х | 5,3,3 | 50-80% | Warm-Up | | | | |
| В | Ankle Wipers | 3 | Х | 12 EA | | Max ROM, No Knee Mvmt | | | | |
| _ | Perfo | rm A & B | Series S | imultaneousl | y for 3 Sets | | | | | |
| | | 1:00 N | 1inute Re | est Between S | Sets | | | | | |
| Block 3 | | | Lowe | er Body Stre | ength | | | | | |
| Order | <u>Exercise</u> | Sets | | /Duration | Load | Notes | | | | |
| Α | Safety Bar Split Squat | 3 | Х | 7s,7s-Clu | 85-87.5% | Reactive-AMAP/Push-Pull-EA | | | | |
| В | <u>Hurdle Hop</u> | 3 | Х | 4 | | Jump High, Continuous | | | | |
| С | Wt. Squat Jump | 3 | Х | 4 | | Pull-In, Explode Out Immediately | | | | |
| D | Accel. Band Jump | 3 | Х | 4 | | Pull-In, Explode Out Immediately | | | | |
| E | Swissball 4-Way Neck | 3 | Х | 7s | | Reactive-AMAP/Push-Pull-EA | | | | |
| F | Bench Glute | 3 | Х | 7s | 411.5 | Reactive-AMAP/Push-Pull-EA | | | | |
| G | Ant. Tib Band | 3 | X | 7s | 1" Band | Reactive-AMAP-EA | | | | |
| | | | | Itaneously fo | | Davis da | | | | |
| | 25 Seconds Rest | Betwee | | - | | Rounas | | | | |
| Block 4 | | | | r Body Wa | rm-up | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | | /Duration | Load | Notes | | | | |
| A | Bench Press | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | |
| В | Band Pull-Aparts | 3 | X | 10 | 1/2" Band | | | | | |
| | Регто | | | imultaneousl | • | | | | | |
| 51 1 5 | | 1:00 IV | | est Between S | | | | | | |
| Block 5 | | 1- | | er Body Stre | | | | | | |
| <u>Order</u> | Exercise | Sets | | /Duration | Load | Notes | | | | |
| A | Bench Press Speed Bench Press | 3 | X | 7s,7s-Clu | 85-87.5% 30-35% | Reactive-AMAP/Push-Pull-EA Push-Pull, Full ROM | | | | |
| B C | DB Incline Press | 3 | X | 5 5 | 35-40% | Push-Pull, Full ROM | | | | |
| D | Rack Band Push-Up | 3 | X | 5 | 33-40% | Pull-In, Explode Out Immediately | | | | |
| E | Mini Band Scap Press | 3 | X | 10 | Green | Tull-III, Explode Out IIIIIIlediately | | | | |
| | | _ | | taneously for | | | | | | |
| | 25 Seconds Rest | | | | | Rounds | | | | |
| Block 6 | | | | Auxiliary St | | | | | | |
| <u>Order</u> | Exercise | Sets | _ | /Duration | Load | Notes | | | | |
| A | SL Glute Ham Bar | 3 | Х | 7s | 82.5-85% | Reactive-AMAP/Push-Pull-EA | | | | |
| В | Pull-Up | 3 | X | 7s | Bodyweight | Reactive-AMAP/Push-Pull | | | | |
| C | Bench Groin | 3 | X | 7s | ,8 | Reactive-AMAP/Push-Pull-EA | | | | |
| · · | | erform A | -C Simu | Itaneously for | 3 Sets | · | | | | |
| | | | | Between Exe | | | | | | |
| Block 7 | | | Total | Auxiliary St | rength | | | | | |
| Order | Exercise | Sets | _ | /Duration | Load | Notes | | | | |
| A | DB Common Lunge Matrix | 3 | X | 3 EA | 82.5-85% | 3-FWD,3-LAT,3-ROT-EA | | | | |
| В | DB Bent Over Row | 3 | X | 7s | 82.5-85% | Reactive-AMAP/Push-Pull | | | | |
| С | Partner Band Crawl | 3 | Х | 15Y | Partner Pull | | | | | |
| | D. | orform A | CCimu | Itaneously for | . 2 Coto | | | | | |
| | | erroriii A | N-C Simu | italieously loi | 3 5618 | | | | | |

| | Triphasi | c Lac | cross | e Train | ing Man | ual | | | | | |
|--------------|--------------------------------|------------------------|-------------|----------------------|------------------|-----------------------------------|--|--|--|--|--|
| R | eactive 6-Day Elite | | | | | | | | | | |
| Pre | | | | | sional Warn | | | | | | |
| Block 1 | | Speed/Agility Training | | | | | | | | | |
| Order | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | |
| Α | <u>Pro-Agility</u> | 1 | Х | 3 EA | | 5-10-5 | | | | | |
| | | 1:30 M | linute Re | st Between F | Reps | | | | | | |
| Block 2 | | | Lowe | r Body Wa | rm-up | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | |
| Α | <u>Hex Bar Deadlift</u> | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | | |
| | Perf | | | m-Up for Hea | | | | | | | |
| | | 1:00 N | 1inute Re | est Between | Sets | | | | | | |
| Block 3 | | | Lowe | er Body Str | ength_ | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | |
| Α | <u>Hex Bar Deadlift</u> | 6 | Х | 5s | 85-90% | Max Reps, No Floor Touch | | | | | |
| В | Common Lunge Matrix Plyo | 6 | Х | 3 EA | | Continuous, 3 EA Way, EA Leg | | | | | |
| | | | | taneously fo | | | | | | | |
| | 25 Seconds Rest | Betwee | | | | Rounds | | | | | |
| Block 4 | | | | r Body Wa | <u>rm-up</u> | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | |
| Α | <u>Bench Press</u> | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | | |
| В | Mini-Band Scap Wall Walks | 3 | Х | 10 EA | Green | | | | | | |
| | Perfor | | | imultaneous | • | | | | | | |
| | | 1:00 N | | est Between | | | | | | | |
| Block 5 | | | | er Body Str | <u>ength</u> | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | | /Duration | Load | Notes | | | | | |
| A | Bench Press | 3 | Х | 5s | 85-90% | Max Reps | | | | | |
| В | One Arm Med Ball Pass | 3 | X | 5 EA | | Use Hips | | | | | |
| С | Delt Bent Over OH Rebound Drop | 3 | X C Simu | 5 EA taneously fo | r 2 Cots | | | | | | |
| | 25 Seconds Rest | | | | | Pounds | | | | | |
| | | | | Between Exe | | Roullus | | | | | |
| Dia ala C | | s secoi | | | | | | | | | |
| Block 6 | | ١ | | Auxiliary St | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | | /Duration | Load | Notes | | | | | |
| A | Split Squat | 3 | X | 5s | 80-85% | OC-D+1, EA | | | | | |
| B C | DB Incline Press DB RDL | 3 | X | 5s 5s | 80-85% 80-85% | OC-D+1 OC-D+1 | | | | | |
| D | Hip Flex Prone | 3 | X | 5s 5s | 00-03/0 | Reactive-AMAP/Push-Pull-EA | | | | | |
| | | | | Itaneously fo | r 3 Sets | Redetive-AiviAi / I usii-i uii-EA | | | | | |
| | | | | Between Exe | | | | | | | |
| Block 7 | | - | | Auxiliary St | | | | | | | |
| Order | Exercise | Sets | | Duration | Load | Notes | | | | | |
| A | DB Step Up | 3 | х | 5s | 80-85% | Bottom 1/2, EA | | | | | |
| В | Contra. Glute Ham + DB Row | 3 | X | 5s | Light | OC-D+1, EA | | | | | |
| C | Glute Ham Hyper | 3 | X | 5s | J - | OC-D+1 | | | | | |
| D | Stiff Leg Ankle Hops | 3 | Х | 5s | | Max Reps, No Heel Touch | | | | | |
| | Pe | rform A | N-D Simu | taneously fo | r 3 Sets | | | | | | |
| | | | | | | | | | | | |

| | Triphasi | Triphasic Lacrosse Training Manual | | | | | | | | | |
|--|---------------------------------|------------------------------------|----------|---------------------------|------------------|---|--|--|--|--|--|
| Reactive 4-Day Elite Training Block Week 23 - Thursday | | | | | | | | | | | |
| <u>Pre</u> | <u>Pr</u> | e-Run | ning, N | <mark>1ulti-Dime</mark> r | nsional War | m-Up | | | | | |
| Block 1 | | Acceleration Technique Training | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | |
| Α | Wall Drill - Continuous | 4 | Х | 5s | | Drive Hips FWD, Leg in Piston Motion | | | | | |
| 1:00 Minute Rest Between Reps | | | | | | | | | | | |
| Block 2 | Acceleration Technique Training | | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | |
| Α | Band Resisted Run | 6 | Х | 10Y | | Drive Hips FWD, Maintain Angle | | | | | |
| 1:00 Minute Rest Between Sets | | | | | | | | | | | |
| Block 3 | | Ac | celerati | ion Technic | que Training | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | |
| Α | Staggered Stance Start | 2 EA | Х | 15Y | | Drive Hips FWD, Maintain Angle | | | | | |
| | 1:00 Minute Rest Betw | een Se | ts; Comp | lete 4 Total R | Repetitions, 2 I | EA Leg Forward | | | | | |
| Block 4 | 9 | Chang | e of Dir | ection Tecl | hnique Traiı | ning | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | |
| Α | Chaos Drill - Mirror | 6 | Х | 5s | | Partner Reactive, Sprint FWD, Shuffle BCK | | | | | |
| | 1:00 Minute Rest Between | Sets; C | omplete | 3 Sets as the | "Leader" and | 3 as the "Follower" | | | | | |
| Block 5 | | ATP/ | Cr-P En | ergy Systen | n Condition | ing | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | |
| Α | Crease Running + Return | 1 | Х | 5 EA | | Partner Chase, COD @ Cones | | | | | |
| | · | 1:00 | Minute R | est Between | Sets | · | | | | | |

| | Triphasi | r I ac | rncc | ο Traini | ng Man | ادير | | | | | |
|--------------------------------|-------------------------------------|---------------|----------|---------------------|---------------|-----------------------------------|--|--|--|--|--|
| | • | | | | | | | | | | |
| | Reactive 6-Day Eli | | | | | | | | | | |
| <u>Pre</u> | <u>Pr</u> | <u>e-Trai</u> | | | sional Warn | <u>n-Up</u> | | | | | |
| Block 1 Speed/Agility Training | | | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | <u>Sets</u> | Reps | /Duration_ | <u>Load</u> | <u>Notes</u> | | | | | |
| <u>A</u> | Stairs + Turn & Sprint | <u>1</u> | <u>x</u> | <u>3 EA</u> | | 15 Yard Stairs + 15 Sprint | | | | | |
| 1:30 Minute Rest Between Reps | | | | | | | | | | | |
| Block 2 Lower Body Warm-up | | | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | <u>Sets</u> | | /Duration | Load | <u>Notes</u> | | | | | |
| <u>A</u> | Safety Bar Split Squat | <u>1,1,1</u> | <u>X</u> | <u>5,3,3</u> | <u>50-80%</u> | <u>Warm-Up</u> | | | | | |
| В | Ankle Rocker Hops | 3 | X | 6 | | Drive Knee FWD, Vertical Femur | | | | | |
| | Perfor | | | imultaneousl | • | | | | | | |
| | | 1:00 N | | est Between S | | | | | | | |
| Block 3 | | | Lowe | er Body Stre | ength_ | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | |
| Α | Safety Bar Split Squat | 4 | Х | 10s,10s-Clu | 80-85% | Reactive-AMAP/Push-Pull-EA | | | | | |
| В | <u>Lateral Hurdle Hop</u> | 4 | Х | 3 EA | | Jump High, Continuous | | | | | |
| С | Resisted Speed Skater Jumps | 4 | Х | 3 EA | | Pull-In, Explode Out Immediately | | | | | |
| D | Band Assisted Shuffle | 4 | Х | 1 EA | | 5 Yards EA | | | | | |
| E | Swissball 4-Way Neck | 4 | Х | 10s | | Reactive-AMAP/Push-Pull-EA | | | | | |
| F | <u>Bench Groin</u> | 4 | Х | 10s | | Reactive-AMAP/Push-Pull-EA | | | | | |
| G | <u>Ankle Band Work</u> | 4 | Х | 10s | 1" Band | Reactive-AMAP/Push-Pull-EA | | | | | |
| | | | | Itaneously for | | | | | | | |
| | 25 Seconds Rest | Betwee | n Exerci | ses; 2:00 minu | utes between | Rounds | | | | | |
| Block 4 | | | Uppe | er Body Stre | ength | | | | | | |
| Order | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | |
| Α | <u>Chin-Up</u> | 4 | Х | 10s | | Reactive-AMAP/Push-Pull | | | | | |
| В | SA Band Straight Arm Lat Pull-Down | | Х | 4 EA | | Speed | | | | | |
| С | SA Cable Straight Arm Lat Pull-Dowr | | Х | 4 EA | | Power | | | | | |
| D | MB OH Slams | 4 | Х | 5 | | | | | | | |
| E | Banded Cuban Press | 4 | Х | 10s | | Reactive-AMAP/Push-Pull-EA | | | | | |
| | | | | taneously for | | | | | | | |
| | 2 | 5 Secor | nds Rest | Between Exe | rcises | | | | | | |
| Block 5 | | | Lower | Auxiliary St | trength | | | | | | |
| Order | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | |
| A | Staggered Stance RDL | 3 | х | 10s | 80-85% | Reactive-AMAP/Push-Pull-EA | | | | | |
| В | Bench Glute | 3 | Х | 10s | | Reactive-AMAP/Push-Pull-EA | | | | | |
| | SWB Twist Down | 3 | Х | 10s | | Reactive-AMAP/Push-Pull-EA | | | | | |
| С | 3VVD TWIST DOWIT | | ^ | 103 | | Medetive Alviai / I usii-I uli-La | | | | | |
| С | | | | taneously for | · 3 Sets | Reactive AiviAi /1 usi1-1 uii-LA | | | | | |

| | Triphasi | c Lac | cross | e Traini | ing Man | ual | | | | |
|-------------------------------|------------------------------|-----------|-------------|-------------------------------|-------------------------|-----------------------------------|--|--|--|--|
| | Reactive 6-Day El | ite Tı | rainii | ng Bloc | k Week | 24 - Monday | | | | |
| <u>Pre</u> | <u>P</u> | re-Traiı | ning, M | ulti-Dimen | sional Warm | n-U <u>p</u> | | | | |
| Block 1 | Speed/Agility Training | | | | | | | | | |
| Order | Exercise | Sets | | /Duration | Load | Notes | | | | |
| A | Flying 50's | 1 | х | 6 | | 20-10-20, Bound-Sprint | | | | |
| 1:30 Minute Rest Between Reps | | | | | | | | | | |
| Block 2 | | | Lowe | r Body Wa | rm-up | | | | | |
| Order | Exercise | Sets | | /Duration | Load | Notes | | | | |
| Α | Safety Bar Split Squat | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | |
| В | Ankle Wipers | 3 | Х | 12 EA | | Max ROM, No Knee Mvmt | | | | |
| | Perfo | m A & B | Series S | imultaneousl | ly for 3 Sets | | | | | |
| | | 1:00 N | linute Re | est Between S | Sets | | | | | |
| Block 3 | | | Lowe | er Body Stre | ength_ | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | | /Duration | Load | Notes | | | | |
| Α | Safety Bar Split Squat | 3 | Х | 7s,7s-Clu | 85-87.5% | Reactive-AMAP/Push-Pull-EA | | | | |
| В | <u>Hurdle Hop</u> | 3 | Х | 4 | | Jump High, Continuous | | | | |
| С | Wt. Squat Jump | 3 | Х | 4 | | Pull-In, Explode Out Immediately | | | | |
| D | Accel. Band Jump | 3 | Х | 4 | | Pull-In, Explode Out Immediately | | | | |
| E | Swissball 4-Way Neck | 3 | Х | 7s | | Reactive-AMAP/Push-Pull-EA | | | | |
| F | Bench Glute | 3 | Х | 7s | 411.5 | Reactive-AMAP/Push-Pull-EA | | | | |
| G | Ant. Tib Band | 3 | X C Circuit | 7s | 1" Band | Reactive-AMAP-EA | | | | |
| | 25 Seconds Rest | | | Itaneously for | | Daunds | | | | |
| Di il 4 | 25 Seconds Rest | Betwee | | - | | Rounus | | | | |
| Block 4 | | | | r Body Wa | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | | /Duration | Load | Notes | | | | |
| A B | Bench Press Band Pull-Aparts | 1,1,1 | X | 5,3,3 10 | 50-80% 1/2" Band | Warm-Up | | | | |
| D | | | | imultaneousl | | | | | | |
| | Perior | | | est Between S | • | | | | | |
| Plack F | | 1.00 1 | | | | | | | | |
| Block 5 | Formula | IC-4- | | er Body Stre | | Neter | | | | |
| Order A | Exercise Bench Press | Sets 3 | | /Duration 7s,7s-Clu | Load 85-87.5% | Notes Reactive-AMAP/Push-Pull-EA | | | | |
| A B | Speed Bench Press | 3 | X X | 75,75-Ciu 5 | 30-35% | Push-Pull, Full ROM | | | | |
| С | DB Incline Press | 3 | X | 5 | 35-40% | Push-Pull, Full ROM | | | | |
| D | Rack Band Push-Up | 3 | X | 5 | 33 1070 | Pull-In, Explode Out Immediately | | | | |
| E | Mini Band Scap Press | 3 | X | 10 | Green | . a, Expresse outeauter, | | | | |
| • | P | erform A | -E Simu | taneously for | r 3 Sets | | | | | |
| | 25 Seconds Rest | Betwee | n Exerci: | ses; 2:00 min | utes between I | Rounds | | | | |
| Block 6 | | | Total | Auxiliary St | rength | | | | | |
| Order | Exercise | Sets | | /Duration | Load | Notes | | | | |
| Α | SL Glute Ham Bar | 3 | X | 7s | 82.5-85% | Reactive-AMAP/Push-Pull-EA | | | | |
| В | <u>Pull-Up</u> | 3 | Х | 7s | Bodyweight | Reactive-AMAP/Push-Pull | | | | |
| С | Bench Groin | 3 | Х | 7s | | Reactive-AMAP/Push-Pull-EA | | | | |
| | | | | Itaneously for | | | | | | |
| | | 25 Secor | nds Rest | Between Exe | rcises | | | | | |
| Block 7 | | | Total | Auxiliary St | rength | | | | | |
| Order | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | DB Common Lunge Matrix | 3 | Х | 3 EA | 82.5-85% | 3-FWD,3-LAT,3-ROT-EA | | | | |
| В | DB Bent Over Row | 3 | Х | 7s | 82.5-85% | Reactive-AMAP/Push-Pull | | | | |
| | Partner Band Crawl | 3 | Х | 15Y | Partner Pull | | | | | |
| С | | | | | | | | | | |
| С | P | erform A | -C Simu | taneously for Between Exe | r 3 Sets | | | | | |

| | Triphasi | c Lac | cross | e Train | ing Man | ual | | | | | |
|----------------------------|---------------------------------------|------------------------|-------------|------------------------|-----------------------|-------------------------------------|--|--|--|--|--|
| R | eactive 6-Day Elite | | | | | | | | | | |
| Pre | | | | | sional Warn | | | | | | |
| Block 1 | | Speed/Agility Training | | | | | | | | | |
| Order | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | |
| Α | Pro-Agility | 1 | х | 3 EA | | 5-10-5 | | | | | |
| | | 1:30 M | linute Re | st Between F | Reps | | | | | | |
| Block 2 Lower Body Warm-up | | | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | |
| Α | <u>Hex Bar Deadlift</u> | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | | |
| | Perf | orm A a | as a Warı | m-Up for Hea | vier Sets | | | | | | |
| | | 1:00 N | 1inute Re | est Between : | Sets | | | | | | |
| Block 3 | | | Lowe | r Body Str | ength_ | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | |
| Α | <u>Hex Bar Deadlift</u> | 6 | Х | 5s | 85-90% | Max Reps, No Floor Touch | | | | | |
| В | Common Lunge Matrix Plyo | 6 | Х | 3 EA | | Continuous, 3 EA Way, EA Leg | | | | | |
| | | | | taneously fo | | | | | | | |
| | 25 Seconds Rest | Betwee | | | | Rounds | | | | | |
| Block 4 | | | | r Body Wa | <u>rm-up</u> | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | |
| Α | <u>Bench Press</u> | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | | |
| В | Mini-Band Scap Wall Walks | 3 | Х | 10 EA | Green | | | | | | |
| | Perfor | | | imultaneous | • | | | | | | |
| | | 1:00 N | | est Between | | | | | | | |
| Block 5 | | | | er Body Str | ength_ | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | | /Duration | Load | Notes | | | | | |
| A | Bench Press | 3 | Х | 5s | 85-90% | Max Reps | | | | | |
| B C | One Arm Med Ball Pass | 3 | X | 5 EA | | Use Hips | | | | | |
| C | Delt Bent Over OH Rebound Drop | | X C Simu | 5 EA taneously fo | r 2 Cots | | | | | | |
| | 25 Seconds Rest | | | | | Pounds | | | | | |
| | | | | Between Exe | | Roulius | | | | | |
| Dlask C | 2 | .5 36(0) | | | | | | | | | |
| Block 6 | | lo . | | Auxiliary St | | N . | | | | | |
| Order A | <u>Exercise</u> <u>Split Squat</u> | Sets 3 | | /Duration 5s | Load 80-85% | Notes | | | | | |
| В | DB Incline Press | 3 | X X | 5s 5s | 80-85% | OC-D+1, EA OC-D+1 | | | | | |
| C | DB RDL | 3 | X | 5s | 80-85% | OC-D+1 | | | | | |
| D | Hip Flex Prone | 3 | X | 5s | 33 33/0 | Reactive-AMAP/Push-Pull-EA | | | | | |
| | | | | Itaneously fo | r 3 Sets | nedecte / iiii ii / i doi: i dii Ei | | | | | |
| | | | | Between Exe | | | | | | | |
| Block 7 | | | | Auxiliary St | | | | | | | |
| Order | Exercise | Sets | | /Duration | Load | Notes | | | | | |
| A | DB Step Up | 3 | X | 5s | 80-85% | Bottom 1/2, EA | | | | | |
| В | Contra. Glute Ham + DB Row | 3 | х | 5s | Light | OC-D+1, EA | | | | | |
| С | Glute Ham Hyper | 3 | Х | 5s | | OC-D+1 | | | | | |
| D | Stiff Leg Ankle Hops | 3 | Х | 5s | | Max Reps, No Heel Touch | | | | | |
| | Pe | rform A | ۱-D Simu | Itaneously fo | r 3 Sets | | | | | | |
| | | | | Between Exe | | | | | | | |

| | Triphasic Lacrosse Training Manual | | | | | | | | | |
|--|--|---------|----------|----------------|------------------|---|--|--|--|--|
| Reactive 4-Day Elite Training Block Week 24 - Thursday | | | | | | | | | | |
| <u>Pre</u> | Pre-Running, Multi-Dimensional Warm-Up | | | | | | | | | |
| Block 1 | Acceleration Technique Training | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Wall Drill - Continuous | 4 | Х | 7s | | Drive Hips FWD, Leg in Piston Motion | | | | |
| 1:00 Minute Rest Between Reps | | | | | | | | | | |
| Block 2 | Acceleration Technique Training | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Band Resisted Run | 6 | Х | 10Y | | Drive Hips FWD, Maintain Angle | | | | |
| 1:00 Minute Rest Between Sets | | | | | | | | | | |
| Block 3 | | Ac | celerat | ion Technic | ue Training | (| | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Staggered Stance Start | 2 EA | Х | 15Y | | Drive Hips FWD, Maintain Angle | | | | |
| | 1:00 Minute Rest Betw | een Se | ts; Comp | lete 4 Total R | Repetitions, 2 I | EA Leg Forward | | | | |
| Block 4 | 9 | Chang | e of Dii | ection Tecl | hnique Traii | ning | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Chaos Drill - Mirror | 6 | Х | 7s | | Partner Reactive, Sprint FWD, Shuffle BCK | | | | |
| | 1:00 Minute Rest Between | Sets; C | omplete | 3 Sets as the | "Leader" and | 3 as the "Follower" | | | | |
| Block 5 | | ATP/ | Cr-P En | ergy Systen | n Condition | ing | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Crease Running + Return | 1 | Х | 6 EA | | Partner Chase, COD @ Cones | | | | |
| | | 1:00 | Minute R | est Between | Sets | | | | | |

| | Triphasio | : Lac | cross | e Traini | ing Man | ual | | | |
|--------------------------------|--------------------------------------|-------------|-----------|----------------|-------------|---|--|--|--|
| | Reactive 6-Day Elit | e Tr | ainir | ng Block | k Week | 24 - Friday | | | |
| <u>Pre</u> | Pro | e-Traiı | ning, M | ulti-Dimen | sional Warn | n-Up | | | |
| Block 1 Speed/Agility Training | | | | | | | | | |
| Order | <u>Exercise</u> | Sets | | /Duration | Load | Notes | | | |
| Α | Stairs + Turn & Sprint | 1 | Х | 3 EA | | 15 Yard Stairs + 15 Sprint | | | |
| | | 1:30 M | linute Re | est Between R | Reps | | | | |
| Block 2 | | | Lowe | r Body Wai | rm-up | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | |
| Α | Safety Bar Split Squat | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | |
| В | Ankle Rocker Hops | 3 | Х | 6 | | Drive Knee FWD, Vertical Femur | | | |
| | Perforr | | | imultaneousl | • | | | | |
| | | 1:00 N | 1inute R | est Between S | Sets | | | | |
| Block 3 | | | Lowe | er Body Stre | ength_ | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | |
| Α | <u>Safety Bar Split Squat</u> | 4 | Х | 10s,10s-Clu | 80-85% | Reactive-AMAP/Push-Pull-EA | | | |
| В | <u>Lateral Hurdle Hop</u> | 4 | Х | 3 EA | | Jump High, Continuous | | | |
| С | Resisted Speed Skater Jumps | 4 | Х | 3 EA | | Pull-In, Explode Out Immediately | | | |
| D | Band Assisted Shuffle | 4 | Х | 1 EA | | 5 Yards EA | | | |
| E | Swissball 4-Way Neck | 4 | Х | 10s | | Reactive-AMAP/Push-Pull-EA | | | |
| F | Bench Groin | 4 | Х | 10s | 411.5 | Reactive-AMAP/Push-Pull-EA | | | |
| G | Ankle Band Work | 4 | X | 10s | 1" Band | Reactive-AMAP/Push-Pull-EA | | | |
| | | | | Itaneously for | | Davisda | | | |
| | 25 Seconds Rest I | Betwee | | | | Rounds | | | |
| Block 4 | | | | er Body Stre | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | | /Duration | Load | Notes | | | |
| Α | <u>Chin-Up</u> | 4 | Х | 10s | | Reactive-AMAP/Push-Pull | | | |
| В | SA Band Straight Arm Lat Pull-Down | 4 | Х | 4 EA | | Speed | | | |
| <u>C</u> | SA Cable Straight Arm Lat Pull-Down | 4 | Х | 4 EA | | Power | | | |
| D E | MB OH Slams Banded Cuban Press | 4 | X X | 5 10s | | Doostive AMAD/Duch Dull FA | | | |
| | | | | Itaneously for | 1 Cots | Reactive-AMAP/Push-Pull-EA | | | |
| | | | | Between Exe | | | | | |
| Block 5 | | الالكاد د | | | | | | | |
| | - Francisco | Cat- | _ | Auxiliary St | | Al-A | | | |
| Order ^ | <u>Exercise</u> Staggered Stance RDL | Sets | | /Duration | Load | Notes | | | |
| A B | Staggered Stance RDL Bench Glute | 3 | X X | 10s 10s | 80-85% | Reactive-AMAP/Push-Pull-EA Reactive-AMAP/Push-Pull-EA | | | |
| C | SWB Twist Down | 3 | X | 10s 10s | | Reactive-AMAP/Push-Pull-EA | | | |
| | | _ | | Itaneously for | · 2 Sats | Meacuve-AlviAr/FuSII-FuII-EA | | | |
| | | | | Between Exe | | | | | |
| | | الالاتكار د | الاعاد | Detween tye | 101303 | | | | |

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.

- 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 | | | | | | | | | | |
| <u>Pre</u> | Pre Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | | |
| Block 1 | Glute Function Series Warm-Up | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | Banded Big Toe Work | 1 | Х | 20 EA | | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 20 EA | | | | | | |
| С | Level 1 Glute Iso Training Protocol | 1 | Х | 18m | Green/Blue | | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 10 EA | 1" Band | Hips Drive, Shoulders Follow | | | | |
| | Perform A-D as a G | lute Fur | ntion Wa | rm-Up S | eries Prior to 1 | Training | | | | |
| Block 2 | <u>(</u> | Oxidat | ive Ene | rgy Sys | tem Training | g | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | 3-D Contralateral Circuit | 1 | Х | 20s | | Complete As Many Reps As Possible | | | | |
| | Perfo | rm A fo | or 1 Set (| @ 20s on | 15s off | | | | | |

| Triphasic Lacrosse Training Manual | | | | | | | | | |
|---|---|----------|-------------------------------|---------|----------------|------------------------------|--|--|--|
| Download 3-Day Elite Training Block Week 25 - Wednesday | | | | | | | | | |
| <u>Pre</u> | Pre-Running, Multi-Dimensional Warm-Up | | | | | | | | |
| Block 1 | Ck 1 Glute Function Series Warm-Up | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Sets Reps/Duration Load Notes | | | | | | |
| Α | Banded Big Toe Work | 1 | Х | 20 EA | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 20 EA | | | | | |
| С | Level 1 Glute Iso Training Protocol | 1 | Х | 18m | Green/Blue | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 10 EA | 1" Band | Hips Drive, Shoulders Follow | | | |
| | Perform A-D as a G | lute Fui | ntion Wa | rm-Up S | eries Prior to | Training | | | |
| Block 2 | Oxidative Energy System Conditioning | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Threshold Training | 2 | Х | 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 25 - Friday | | | | | | | | |
| <u>Pre</u> | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | |
| Block 1 | Glute Function Series Warm-Up | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Sets Reps/Duration Load Notes | | | | | |
| Α | Banded Big Toe Work | 1 | Х | 20 EA | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 20 EA | | | | |
| С | Level 1 Glute Iso Training Protocol | 1 | Х | 18m | Green/Blue | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 10 EA | 1" Band | Hips Drive, Shoulders Follow | | |
| | Perform A-D as a G | lute Fui | ntion Wa | ırm-Up S | eries Prior to | Training | | |
| Block 2 | Oxidative Energy System Training | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | |
| Α | Metabolic Sandbell Circuit | 1 | Х | 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.

- 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 | Lacr | osse | Trainir | ng Manu | ıal | | | | |
|--------------|-----------------------------------|-------------------------------|----------------|----------------|------------|---|--|--|--|--|
| Re | epeat-Power 6-Day | Elite | Traii | ning Blo | ock Wee | k 26 - Monday | | | | |
| Pre | | | | | onal Warm- | | | | | |
| Block 1 | Speed/Agility Training | | | | | | | | | |
| Order | <u>Exercise</u> | Sets Reps/Duration Load Notes | | | | | | | | |
| Α | Flying 50's | 1 | Х | 6 | | 20-10-20, Bound-Sprint | | | | |
| | | 1:30 Mir | nute Rest | t Between Re | ps | | | | | |
| Block 2 | Lower Body Warm-up | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Safety Bar Split Squat | 1,1,1 | х | 5,3,3 | 50-80% | Warm-Up | | | | |
| В | Ankle Wipers | 3 | Х | 12 EA | | Max ROM, No Knee Mvmt | | | | |
| | Perforn | | | nultaneously | | | | | | |
| | | 1:00 Mi | | t Between Se | | | | | | |
| Block 3 | | | | r Body Pov | <u>ver</u> | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| A | Safety Bar Split Squat | 3 | Х | 7s,7s-Clu | 65-70% | Reactive-AMAP/Push-Pull-EA | | | | |
| В | Hurdle Hop | 3 | X | 4 | | Jump High, Continuous | | | | |
| C D | Wt. Squat Jump Accel. Band Jump | 3 | X | 4 | | Pull-In, Explode Out Immediately Pull-In, Explode Out Immediately | | | | |
| E | Swissball 4-Way Neck | 3 | X 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 | | | | |
| | | form A-0 | | aneously for 3 | | | | | | |
| | 25 Seconds Rest E | | | | | ounds | | | | |
| Block 4 | | | | Body Warn | | | | | | |
| Order | Exercise | Sets | | /Duration | Load | Notes | | | | |
| A | Bench Press | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | |
| В | Band Pull-Aparts | 3 | х | 10 | 1/2" Band | · | | | | |
| | Perforn | 1 A & B S | Series Sin | nultaneously | for 3 Sets | | | | | |
| | | 1:00 Mi | nute Res | t Between Se | ts | | | | | |
| Block 5 | | | Uppe | r Body Pov | ver | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Bench Press | 3 | Х | 7s,7s-Clu | 65-70% | Reactive-AMAP/Push-Pull-EA | | | | |
| В | Speed Bench Press | 3 | х | 5 | 30-35% | Push-Pull, Full ROM | | | | |
| С | DB Incline Press | 3 | Х | 5 | 35-40% | Push-Pull, Full ROM | | | | |
| D | Rack Band Push-Up | 3 | X | 5 | 6 | Pull-In, Explode Out Immediately | | | | |
| E | Mini Band Scap Press | 3 | X E Cimulta | 10 | Green | | | | | |
| | 25 Seconds Rest E | | | neously for 3 | | ounds | | | | |
| Plack 6 | 23 Seconds Nest E | etween | | - | | Dullus | | | | |
| Block 6 | Francisc | Coto | | Auxiliary Po | | Notes | | | | |
| Order ^ | Exercise Glute Ham Bar Lift | Sets | | /Duration | Load | Notes Reactive-AMAP/Push-Pull-EA | | | | |
| A B | Pull-Up | 3 | X X | 7s 7s | 65-70% | Reactive-AMAP/Push-Pull | | | | |
| С | Bench Groin | 3 | x | 7s | | Reactive-AMAP/Push-Pull-EA | | | | |
| | | | | aneously for 3 | S Sets | ., | | | | |
| | | | | etween Exerc | | | | | | |
| Block 7 | | | | Auxiliary Po | | | | | | |
| Order | <u>Exercise</u> | Sets | | /Duration | Load | Notes | | | | |
| A | DB Common Lunge Matrix | 3 | X | 3 EA | 65-70% | 3-FWD,3-LAT,3-ROT-EA | | | | |
| В | Split Stance Cable Rotational Row | 3 | х | 7s EA | Moderate | Reactive-AMAP/Push-Pull | | | | |
| С | SA Farmers Carry | 3 | х | 20Y | Moderate | | | | | |
| | | | | aneously for 3 | | | | | | |
| | | 5 Second | ls Rest B | etween Exerc | ises | | | | | |
| | | | | | | | | | | |

| | Triphasio | Laci | osse | Trainir | ng Manu | ual |
|--------------|---------------------------------------|-----------|------------------|--------------------------------|-----------------|--------------------------------|
| Re | epeat-Power 4-Day | | | | | |
| <u>Pre</u> | <u>Pro</u> | e-Traini | ng, Mu | Iti-Dimens | ional Warm | <u>-Up</u> |
| Block 1 | | | Speed/ | /Agility Tra | ining | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes |
| Α | <u>Pro-Agility</u> | 1 | х | 3 EA | | 5-10-5, Shuffle-Sprint-Shuffle |
| | | 1:30 Mir | | t Between Re | • | |
| Block 2 | | | Lower | Body Warr | <u>m-up</u> | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes |
| Α | <u>Hex Bar Deadlift</u> | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up |
| | Perfo | | | -Up for Heav | | |
| | | 1:00 Mi | | t Between Se | | |
| Block 3 | | | | er Body Pov | | |
| <u>Order</u> | <u>Exercise</u> | Sets | • | /Duration | Load | Notes |
| A | Hex Bar Deadlift | 8 | Х | 5s | 75-80% | Max Reps, No Floor Touch |
| В | Common Lunge Matrix Plyo + Return | 8 | X | 3 EA | 0.6-1- | Continuous, 3 EA Way, EA Leg |
| | 25 Seconds Rest I | | | aneously for | | ounds |
| Dia ala 4 | 25 Seconds Rest I | setween | | - | | ourius |
| Block 4 | | 10. | _ | Body Warr | | |
| <u>Order</u> | Exercise | Sets | • | /Duration | Load | Notes |
| A B | Bench Press Mini-Band Scap Wall Walks | 1,1,1 | X X | 5,3,3 10 EA | 50-80% Green | Warm-Up |
| Ь | | _ | | nultaneously | | |
| | Tenon | | | t Between Se | | |
| Block 5 | | 1.00 1411 | | er Body Pov | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes |
| Α | Bench Press | 4 | х | 5s | 75-80% | Max Reps |
| В | One Arm Med Ball Pass | 4 | х | 5 EA | | Use Hips |
| С | <u>Delt Bent Over OH Rebound Drop</u> | 4 | X | 5 EA | | |
| | | | | aneously for | | |
| | 25 Seconds Rest I | Between | | • | | ounds |
| Block 6 | | | | Auxiliary P | | |
| <u>Order</u> | <u>Exercise</u> | Sets | • | /Duration | Load | Notes |
| A | DB Step Up | 3 | X | 5s | 75-80% | Bottom 1/2, EA |
| B C | Glute Ham Hyper | 3 | X | 5s 5s | | OC-D+1 FA |
| D | Bench Groin Bench Glute | 3 | X | 5s 5s | | OC-D+1, EA OC-D+1, EA |
| , | | |) X D Simulta | neously for | 1 3 Sets | OC-D+1, LA |
| | | | | etween Exerc | | |
| Block 7 | _ | | | Auxiliary P | | |
| Order | <u>Exercise</u> | Sets | | /Duration | Load | Notes |
| Α | DB Incline Press | 3 | х | 5s | 75-80% | OC-D+1 |
| В | DB Bent Over Row | 3 | х | 5s | 75-80% | OC-D+1, EA |
| С | <u>DB Shoulder Press</u> | 3 | х | 5s | 75-80% | OC-D+1 |
| D | <u>Chin-Up</u> | 3 | Х | 5s | | OC-D+1 |
| | | | | | | |
| | | | | aneously for 3 etween Exerc | | |

| Triphasic Lacrosse Training Manual | | | | | | | |
|--|--|---|---|--------|--|-----------------------------------|--|
| Rep | Repeat-Power 4-Day Elite Training Block Week 26 - Thursday | | | | | | |
| <u>Pre</u> | Pre-Running, Multi-Dimensional Warm-Up | | | | | | |
| Block 1 Glycolytic Energy System Conditioning | | | | | | | |
| <u>Order</u> | <u>Exercise</u> Sets Reps/Duration Load Notes | | | | | | |
| Α | Lactic Threshold Training | 4 | Х | 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 | | | | | | | |

| Rei | | | 0330 | Hallilli | ng Manu | iai | | | |
|---|---|-----------|-----------|--------------------------------|---------------|---|--|--|--|
| | peat-Power 4-Day E | Elite | Trair | ning Blo | ck Wee | k 26 - Friday | | | |
| Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | | |
| Block 1 Speed/Agility Training | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | |
| Α | Stairs + Turn & Sprint | 1 | Х | 3 EA | | 15 Yard Stairs + 15 Sprint | | | |
| 1:30 Minute Rest Between Reps | | | | | | | | | |
| Block 2 | <u>Lower Body Warm-up</u> | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | |
| Α | Safety Bar Split Squat | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | |
| В | Ankle Rocker Hops | 3 | X | 6 | | Drive Knee FWD, Vertical Femur | | | |
| | | | | nultaneously | | | | | |
| Dia di 2 | | 1:00 MIII | | t Between Se | | | | | |
| Block 3 | | Io . | | er Body Pow | | | | | |
| <u>Order</u> | Exercise | Sets 4 | • | /Duration | Load | Notes | | | |
| A B | Safety Bar Split Squat Lateral Hurdle Hop | 4 | X | 10s,10s-Clu 3 EA | 55-60% | Reactive-AMAP/Push-Pull-EA Jump High, Continuous | | | |
| С | 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 | Х | 10s | 1" Band | Reactive-AMAP/Push-Pull-EA | | | |
| • | Peri | form A-0 | G Simulta | aneously for 4 | Sets | | | | |
| | 25 Seconds Rest B | etween | Exercise | s; 2:00 minut | es between Ro | ounds | | | |
| Block 4 | | | Uppe | er Body Pow | ver | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | |
| Α | <u>Chin-Up</u> | 4 | Х | 10s | | Reactive-AMAP/Push-Pull | | | |
| В | SA Band St. Arm Lat Pull-Down | 4 | Х | 4 EA | | Speed | | | |
| С | SA Cable St. Arm Lat Pull-Down | 4 | Х | 4 EA | | Power | | | |
| D | MB OH Slams | 4 | Х | 5 | | | | | |
| E | Banded Cuban Press | 4 | X | 10s | Cata | Reactive-AMAP/Push-Pull-EA | | | |
| | | | | aneously for 4 etween Exerc | | | | | |
| Block 5 | | | | Auxiliary Po | | | | | |
| Order | Exercise | Sets | | /Duration | Load | Notes | | | |
| A | Staggered Stance RDL | 3 | X | 10s | 55-60% | Reactive-AMAP/Push-Pull-EA | | | |
| В | Bench Glute | 3 | Х | 10s | | Reactive-AMAP/Push-Pull-EA | | | |
| С | SWB Twist Down | 3 | Х | 10s | | Reactive-AMAP/Push-Pull-EA | | | |
| | Peri | form A-0 | C Simulta | neously for 3 | Sets | | | | |
| | 25 | Second | ls Rest B | etween Exerc | ises | | | | |

| B Hurdle Hop 3 x 4 Jump High, Continuous C Wt. Squat Jump 3 x 4 Pull-In, Explode Out Immediate D Accel. Band Jump 3 x 4 Pull-In, Explode Out Immediate 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/Push-Pull-EA G Ant. Tib Band 3 x 7s 1" Band Reactive-AMAP-EA Derform 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 | | Triphasio | : Lacı | rosse | Trainir | ng Manu | ıal | | | | |
|--|--------------|-------------------|----------|-----------|---------------|-------------|---------------------------------------|--|--|--|--|
| Speed/Agility Training | Re | epeat-Power 6-Day | Elite | Trai | ning Blo | ock Wee | k 27 - Monday | | | | |
| Sets Reps/Duration Load Notes | <u>Pre</u> | <u>Pr</u> | e-Traini | ing, Mu | lti-Dimensi | onal Warm- | <u>Up</u> | | | | |
| Block 2 | Block 1 | | | Speed | /Agility Trai | ining | | | | | |
| 1:30 Minute Rest Between Reps | <u>Order</u> | | | Reps | | Load | | | | | |
| Display | Α | Flying 50's | | | | | 20-10-20, Bound-Sprint | | | | |
| Order Exercise Sets Reps/Duration Load Notes A Safety Bar Spilt Squat 1,1,1 x 5,3,3 50-80% Max ROM, No Knee Mvmt Block 3 Lower Body Power Order Exercise Sets Lower Body Power A Safety Bar Spilt Squat 3 x 75,75-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 Immediate E Swissball 4-Way Neck 3 x 7.5 Reactive-AMAP/Push-Pull-EA F Bench Gute 3 x 7.5 Reactive-AMAP/Push-Pull-EA F Bench Gute 3 x 7.5 Reactive-AMAP/Push-Pull-EA G Ant. Tib Band 3 x 7.5 Reactive-AMAP/Push-Pull-EA F Bench Gute Exercise Sets Reps/Duration Load | Disal. 2 | | 1:30 Mir | | | • | | | | | |
| A | | | | | | | | | | | |
| B | | | | | | | | | | | |
| Perform A & B Series Simultaneously for 3 Sets | | | | | | 30-80% | | | | | |
| Section | | | _ | | | for 3 Sets | ax item, ite iailee | | | | |
| Order Exercise Sets Reps/Duration Load Notes | | | | | | | | | | | |
| Order Exercise Sets Reps/Duration Load Notes | Block 3 | | | Lowe | er Body Pov | ver | | | | | |
| B | Order | <u>Exercise</u> | Sets | | | | Notes | | | | |
| C Wt. Squat Jump 3 x 4 Pull-In, Explode Out Immediate D Accel. Band Jump 3 x 4 Pull-In, Explode Out Immediate E Swissball 4-Way Neck 3 x 7s Reactive-AMAP/Push-Pull-EA F Bench Glute 3 x 7s 1" Band Reactive-AMAP/Push-Pull-EA G Ant. Tib Band 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 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 & Bench Press 1,1,1 x 5,3,3 50-80% Warm-Up B Band Pull-Aparts 3 x 10 1/2" Band Notes | A | | 3 | | | 65-70% | Reactive-AMAP/Push-Pull-EA | | | | |
| D Accel. Band Jump 3 x 4 Pull-In, Explode Out Immediate 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 9 x 7s 1" Band Reactive-AMAP/Push-Pull-EA G Ant. Tib Band Perform A-C 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 1,1,1,1 x 5,3,3 50-80% Warm-Up 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 75,75-Clu 65-70% Reactive-AMAP/Push-Pull-EA B Speed Bench Press 3 x 75,75-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 33-40% Push-Pull, Full ROM D Rack Band Pull-Up 3 x 5 Pull-In, Explode Out Immediate E Mini Band Scap Press 3 x 75 Sets 25 Seconds Rest Between Exercises; 2:00 minutes between Rounds Block 6 Total Auxiliary Power Order Exercise Sets Reps/Duration Load Reactive-AMAP/Push-Pull-EA B Pull-Up 3 x 5 Reps/Duration Load Reactive-AMAP/Push-Pull-EA B Pull-Up 3 x 7s A 65-70% Reactive-AMAP/Push-Pull-EA B Pull-Up 3 x 7s Reactive-AMAP/Push-Pull-EA B Pull-Up 3 x 7s Reactive-AMAP/Push-Pull-EA B Pull-Up 3 x 7s A 65-70% 3-FWD,3-LAT,3-ROT-EA B Split Stance Cable Rotational Row 3 x 7s EA Moderate Reactive-AMAP/Push-Pull | | | | х | | | | | | | |
| 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/Push-Pull-EA G Ant. Tib Band 9 3 x 7s 1" Band Reactive-AMAP/Push-Pull-EA Perform A-G Simultaneously for 3 Sets 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 35-40% 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 35-40% Push-Pull, Full ROM D Rack Band Push-Up 3 x 5 35-40% Push-Pull, Full ROM D Rack Band Push-Up 3 x 5 85 Push-Pull, Full ROM D Rack Band Push-Up 3 x 5 85 Push-Pull, Explode Out Immediate 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 Reactive-AMAP/Push-Pull-EA B Pull-Up 3 x 7s Reactive-AMAP/Push-Pull-EA Reactive-AMAP/Push-Pull-EA Reactive-AMAP/Push-Pull-EA B Pull-Up 3 x 7s Reactive-AMAP/Push-Pull-EA B Pull-Up 3 x 7s Reactive-AMAP/Push-Pull-EA B Pull-Up 3 x 7s Reactive-AMAP/Push-Pull-EA Seconds Rest Between Exercises Block 7 Total Auxiliary Power Order Exercise Sets Reps/Duration Load Notes A DB Common Lunge Matrix 3 x 7s EA Moderate Reactive-AMAP/Push-Pull-EA B Split Stance Cable Rotational Row 3 x 7s EA Moderate Reactive-AMAP/Push-Pull-EA B Split Stance Cable Rotational Row 3 x 7s EA Moderate Reactive-AMAP/Push-Pull-EA B Split Stance Cable Rotational Row 3 x 7s EA Moderate Reactive-AMAP/Push-Pull-EA | | | _ | | | | Pull-In, Explode Out Immediately | | | | |
| F Bench Glute 3 x 7s 1" Band Reactive-AMAP/Push-Pull-EA G Ant. Tib Band 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 Dyper Body Warm-up | | | | | | | , , | | | | |
| Perform A-G Simultaneously for 3 Sets | | | | | | | | | | | |
| Perform A-G Simultaneously for 3 Sets 25 Seconds Rest Between Exercises; 2:00 minutes between Rounds Discription Discripti | | | | | | 1" Band | · · · · · · · · · · · · · · · · · · · | | | | |
| Block 4 Sets Reps/Duration Load Notes | | | _ | | _ | | | | | | |
| Display | | | | | | | ounds | | | | |
| 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 75,75-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 9-10-Hull-II, Explode Out Immediate E Minil Band Scap Press 3 x 10 Green Perform A-E Simultaneously for 3 Sets 25 Seconds Rest Between Exercise | Block 4 | | | | - | | | | | | |
| B Band Pull-Aparts 3 x 10 1/2" Band Perform A & B Series Simultaneously for 3 Sets 1:00 Minute Rest Between Sets 1:00 Minute Rest Between Sets Dipper Body Power Order Exercise Sets Reps/Duration Load Notes B Speed 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 Immediate 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 65-70% Reactive-AMAP/Push-Pull-EA B Pull-Up 3 x 7s A Sets C 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 Spilt Stance Cable Rotational Row 3 x 7s EA Moderate Reactive-AMAP/Push-Pull-EA | | <u>Exercise</u> | Sets | | | | Notes | | | | |
| Perform A & B Series Simultaneously for 3 Sets 1:00 Minute Rest Between Sets Dyper Body Power | Α | Bench Press | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | |
| Discrete | В | | | | _ | | | | | | |
| Discrete Sets Reps/Duration Load Notes | | Perfori | | | | | | | | | |
| OrderExerciseSetsReps/DurationLoadNotesABench Press3x75,75-Clu65-70%Reactive-AMAP/Push-Pull-EABSpeed Bench Press3x530-35%Push-Pull, Full ROMCDB Incline Press3x535-40%Push-Pull, Full ROMDRack Band Push-Up3x5Pull-In, Explode Out ImmediateEMini Band Scap Press3x10GreenPerform A-E Simultaneously for 3 Sets25 Seconds Rest Between Exercises; 2:00 minutes between RoundsBlock 6Total Auxiliary PowerOrderExerciseSetsReps/DurationLoadNotesBPull-Up3x7sG5-70%Reactive-AMAP/Push-Pull-EABPull-Up3x7sReactive-AMAP/Push-Pull-EAPerform A-C Simultaneously for 3 Sets25 Seconds Rest Between ExercisesBlock 7Total Auxiliary PowerOrderExerciseSetsReps/DurationLoadNotesADB Common Lunge Matrix3x3 EA65-70%3-FWD,3-LAT,3-ROT-EABSplit Stance Cable Rotational Row3x7s EAModerateReactive-AMAP/Push-Pull-EA | | | 1:00 Mi | | | | | | | | |
| 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 Immediate 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-EA 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-EA Reactive-AMAP/Push-Pull | | | 1_ | | | | | | | | |
| 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 Immediate 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 B Quite Ham Bar Lift 3 x 7s 65-70% Reactive-AMAP/Push-Pull-EA B Pull-Up 3 x 7s Reactive-AMAP/Push-Pull-EA 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 DB Incline Press 3 x 5 35-40% Push-Pull, Full ROM D Rack Band Push-Up 3 x 5 Pull-In, Explode Out Immediate 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-EA 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 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- | | | | | | | | | | | |
| DRack Band Push-Up3x5Pull-In, Explode Out ImmediateEMini Band Scap Press3x10GreenPerform A-E Simultaneously for 3 Sets25 Seconds Rest Between Exercises; 2:00 minutes between RoundsTotal Auxiliary PowerOrderExerciseSetsReps/DurationLoadNotesAGlute Ham Bar Lift3x7sGeactive-AMAP/Push-Pull-EABPull-Up3x7sReactive-AMAP/Push-Pull-EACBench Groin3x7sReactive-AMAP/Push-Pull-EAPerform A-C Simultaneously for 3 Sets25 Seconds Rest Between ExercisesBlock 7Total Auxiliary PowerOrderExerciseSetsReps/DurationLoadNotesADB Common Lunge Matrix3x3 EA65-70%3-FWD,3-LAT,3-ROT-EABSplit Stance Cable Rotational Row3x7s EAModerateReactive-AMAP/Push-Pull- | | | | | | | - | | | | |
| 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-EA 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- | | | 3 | | | | Pull-In, Explode Out Immediately | | | | |
| 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-EA 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 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- Bench Groin 3 x 7s Reactive-AMAP/Push-Pull-EA Reactiv | E | | | | _ | | | | | | |
| Block 6OrderExerciseSetsReps/DurationLoadNotesAGlute Ham Bar Lift3x7s65-70%Reactive-AMAP/Push-Pull-EABPull-Up3x7sReactive-AMAP/Push-Pull-EACBench Groin3x7sReactive-AMAP/Push-Pull-EAPerform A-C Simultaneously for 3 Sets25 Seconds Rest Between Exercises25 Seconds Rest Between ExercisesBlock 7Total Auxiliary PowerOrderExerciseSetsReps/DurationLoadNotesADB Common Lunge Matrix3x3 EA65-70%3-FWD,3-LAT,3-ROT-EABSplit Stance Cable Rotational Row3x7s EAModerateReactive-AMAP/Push-Pull | | | | | | | | | | | |
| OrderExerciseSetsReps/DurationLoadNotesAGlute Ham Bar Lift3x7s65-70%Reactive-AMAP/Push-Pull-EABPull-Up3x7sReactive-AMAP/Push-Pull-EACBench Groin3x7sReactive-AMAP/Push-Pull-EAPerform A-C Simultaneously for 3 Sets25 Seconds Rest Between ExercisesBlock 7Total Auxiliary PowerOrderExerciseSetsReps/DurationLoadNotesADB Common Lunge Matrix3x3 EA65-70%3-FWD,3-LAT,3-ROT-EABSplit Stance Cable Rotational Row3x7s EAModerateReactive-AMAP/Push-Pull | | 25 Seconds Rest | Between | | • | | ounds | | | | |
| 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-EA 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-EA Reacti | | | | | | | | | | | |
| 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 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 | | | | | | 65-70% | | | | | |
| 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 | | | | | | | • | | | | |
| 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 | • | | _ | | _ | ı Sets | nedetive / item () tubil i un EA | | | | |
| 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 | | | | | | | | | | | |
| 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 | Block 7 | | | Total / | Auxiliary Po | wer | | | | | |
| 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 | | Exercise | Sets | | | | Notes | | | | |
| | | | | • | | | 3-FWD,3-LAT,3-ROT-EA | | | | |
| C SA Farmers Carry 3 x 20Y Moderate | | | | | | | Reactive-AMAP/Push-Pull | | | | |
| | С | | _ | | | | | | | | |
| Perform A-C Simultaneously for 3 Sets | | | | | • | | | | | | |
| 25 Seconds Rest Between Exercises | | 2 | 5 Second | is Kest B | etween Exerc | ises | | | | | |

| | Triphasic | Lacr | osse | Trainir | ng Manu | al | | | | |
|-------------------|-----------------------------------|---------------------------|-----------------|-----------------------|--------------------|--------------------------------|--|--|--|--|
| Re | epeat-Power 4-Day E | | | | | | | | | |
| <u>Pre</u> | <u>Pre</u> | -Traini | ng, Mu | Iti-Dimensi | onal Warm- | <u>Up</u> | | | | |
| Block 1 | | | Speed | Agility Tra | ining | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | <u>Pro-Agility</u> | 1 | Х | 3 EA | | 5-10-5, Shuffle-Sprint-Shuffle | | | | |
| | 1 | L:30 Mir | nute Res | t Between Re | ps | | | | | |
| Block 2 | | | | Body Warr | <u>n-up</u> | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | <u>Hex Bar Deadlift</u> | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | |
| | | | | -Up for Heav | | | | | | |
| | | 1:00 Mi | nute Res | t Between Se | ts | | | | | |
| Block 3 | | | Lowe | er Body Pov | <u>ver</u> | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Hex Bar Deadlift | 8 | Х | 5s | 75-80% | Max Reps, No Floor Touch | | | | |
| В | Common Lunge Matrix Plyo + Return | 8 | X | 3 EA | | Continuous, 3 EA Way, EA Leg | | | | |
| | | | | neously for 8 | | | | | | |
| 51 | 25 Seconds Rest B | etween | | | | unas | | | | |
| Block 4 | | <u>Upper Body Warm-up</u> | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | | /Duration | Load | Notes | | | | |
| A | Bench Press | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | |
| В | Mini-Band Scap Wall Walks | 3 | X Coming Cim | 10 EA nultaneously | Green | | | | | |
| | | | | t Between Se | | | | | | |
| Block 5 | | 1.00 1011 | | | | | | | | |
| | Francias | IC-+- | | r Body Pov | | Nistas | | | | |
| <u>Order</u> A | <u>Exercise</u> Bench Press | Sets 4 | х | /Duration 5s | Load 75-80% | Notes Max Reps | | | | |
| В | One Arm Med Ball Pass | 4 | X | 5 EA | 73-80% | Use Hips | | | | |
| C | Delt Bent Over OH Rebound Drop | 4 | X | 5 EA | | 030111103 | | | | |
| | | orm A-0 | | aneously for | 1 Sets | | | | | |
| | 25 Seconds Rest B | | | • | | unds | | | | |
| Block 6 | | | Lower | Auxiliary P | ower | | | | | |
| Order | <u>Exercise</u> | Sets | | /Duration | Load | Notes | | | | |
| Α | DB Step Up | 3 | х | 5s | 75-80% | Bottom 1/2, EA | | | | |
| В | Glute Ham Hyper | 3 | х | 5s | | OC-D+1 | | | | |
| С | Bench Groin | 3 | Х | 5s | | OC-D+1, EA | | | | |
| D | Bench Glute | 3 | Х | 5s | | OC-D+1, EA | | | | |
| | | | | aneously for 3 | | | | | | |
| | 25 | Second | | etween Exerc | | | | | | |
| Block 7 | | | | Auxiliary P | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | | /Duration | Load | Notes | | | | |
| A | DB Incline Press | 3 | Х | 5s | 75-80% | OC-D+1 | | | | |
| В | DB Bent Over Row | 3 | X | 5s | 75-80% | OC-D+1, EA | | | | |
| C D | DB Shoulder Press Chin-Up | 3 | X X | 5s 5s | 75-80% | OC-D+1 OC-D+1 | | | | |
| ט | | | | neously for 3 | S Sats | OC-D+1 | | | | |
| | | . // / / A-1 | | | | | | | | |

| | Triphasic Lacrosse Training Manual | | | | | | | | |
|--|---|------|------|-----------|------|-----------------------------------|--|--|--|
| Repeat-Power 4-Day Elite Training Block Week 27 - Thursday | | | | | | | | | |
| <u>Pre</u> | Pre Pre-Running, Multi-Dimensional Warm-Up | | | | | | | | |
| Block 1 | Block 1 Glycolytic Energy System Conditioning | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | |
| Α | Lactic Threshold Training | 4 | Х | 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 | Lacr | osse | Trainir | ng Manu | ıal | | | |
|--------------------------------|---|-------------|----------|------------------------------|--------------|---|--|--|--|
| Re | epeat-Power 4-Day | Elite | Trair | ning Blo | ck Wee | k 27 - Friday | | | |
| <u>Pre</u> | <u>Pre</u> | -Traini | ng, Mu | lti-Dimensi | onal Warm- | <u>Up</u> | | | |
| Block 1 Speed/Agility Training | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | |
| Α | Stairs + Turn & Sprint | 1 | Х | 3 EA | | 15 Yard Stairs + 15 Sprint | | | |
| | | 1:30 Mir | nute Res | t Between Re _l | ps | | | | |
| Block 2 | <u>Lower Body Warm-up</u> | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | |
| Α | Safety Bar Split Squat | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | |
| В | Ankle Rocker Hops | 3 | Х | 6 | | Drive Knee FWD, Vertical Femur | | | |
| | | | | nultaneously | | | | | |
| | | 1:00 Mii | | t Between Se | | | | | |
| Block 3 | <u>Lower Body Power</u> | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | _ | /Duration | Load | Notes | | | |
| A B | Safety Bar Split Squat | 4 | X | 10s,10s-Clu | 55-60% | Reactive-AMAP/Push-Pull-EA | | | |
| С | <u>Lateral Hurdle Hop</u> Resisted Speed Skater Jumps | 4 | X | 3 EA 3 EA | | Jump High, Continuous | | | |
| D | Band Assisted Shuffle | 4 | X X | 1 EA | | Pull-In, Explode Out Immediately 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 | | | |
| | | form A-0 | | aneously for 4 | l Sets | , | | | |
| | 25 Seconds Rest B | etween | Exercise | s; 2:00 minut | es between R | ounds | | | |
| Block 4 | | | Uppe | r Body Pow | ver | | | | |
| Order | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | |
| Α | <u>Chin-Up</u> | 4 | Х | 10s | | Reactive-AMAP/Push-Pull | | | |
| В | SA Band St. Arm Lat Pull-Down | 4 | Х | 4 EA | | Speed | | | |
| С | SA Cable St. Arm Lat Pull-Down | 4 | х | 4 EA | | Power | | | |
| D | MB OH Slams | 4 | Х | 5 | | | | | |
| E | Banded Cuban Press | 4 | Х | 10s | | Reactive-AMAP/Push-Pull-EA | | | |
| | | | | neously for 4 | | | | | |
| Block 5 | 25 | | | etween Exerc Auxiliary Po | | | | | |
| | Exercise | Sets | | /Duration | Load | Notes | | | |
| <u>Order</u> A | Staggered Stance RDL | Sets | х | 10s | 55-60% | Reactive-AMAP/Push-Pull-EA | | | |
| В | Bench Glute | 3 | X | 10s | 33-00/0 | Reactive-AMAP/Push-Pull-EA | | | |
| C | SWB Twist Down | 3 | X | 10s | | Reactive-AMAP/Push-Pull-EA | | | |
| - | | _ | | aneously for 3 | S Sets | | | | |
| | | | | etween Exerc | | | | | |
| | | | | | | | | | |

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.

- 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 | | | | | | | | | | |
| <u>Pre</u> | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | | |
| Block 1 | Glute Function Series Warm-Up | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | Banded Big Toe Work | 1 | х | 20 EA | | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 20 EA | | | | | | |
| С | Level 1 Glute Iso Training Protocol | 1 | Х | 18m | Green/Blue | | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 10 EA | 1" Band | Hips Drive, Shoulders Follow | | | | |
| | Perform A-D as a Gl | lute Fur | ntion Wa | rm-Up S | eries Prior to | Training | | | | |
| Block 2 | <u>(</u> | Oxidat | ive Ene | rgy Sys | tem Trainin | g | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/Duration | | Load | Notes | | | | |
| Α | 3-D Contralateral Circuit | 1 | Х | 20s | | Complete As Many Reps As Possible | | | | |
| | Perfo | rm A fo | or 1 Set (| @ 20s on | 15s off | | | | | |

| | Triphasic Lacrosse Training Manual | | | | | | | | | |
|--------------|---|----------|----------|-----------|----------------|------------------------------|--|--|--|--|
| Do | Download 3-Day Elite Training Block Week 28 - Wednesday | | | | | | | | | |
| <u>Pre</u> | Pre-Running, Multi-Dimensional Warm-Up | | | | | | | | | |
| Block 1 | Glute Function Series Warm-Up | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | Banded Big Toe Work | 1 | Х | 20 EA | | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 20 EA | | | | | | |
| С | Level 1 Glute Iso Training Protocol | 1 | Х | 18m | Green/Blue | | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 10 EA | 1" Band | Hips Drive, Shoulders Follow | | | | |
| | Perform A-D as a G | lute Fui | ntion Wa | rm-Up S | eries Prior to | Training | | | | |
| Block 2 | <u>Ox</u> | idative | e Energ | y Syste | m Conditior | ning | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | Threshold Training | 2 | Х | 4m | | Running at Max Heart Rate | | | | |
| | Perform A for 2 | 2 Sets o | f 4 min; | 2:30 rest | between rou | nds | | | | |

| | Triphasic L | .acro | osse | Trair | ning Mar | nual | | | |
|--|-------------------------------------|----------|---------------|----------|------------------|-----------------------------------|--|--|--|
| Download 3-Day Elite Training Block Week 28 - Friday | | | | | | | | | |
| <u>Pre</u> | Pre-T | rainin | g, Mult | i-Dime | nsional Warı | m-Up | | | |
| Block 1 | Glute Function Series Warm-Up | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Banded Big Toe Work | 1 | Х | 20 EA | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 20 EA | | | | | |
| С | Level 1 Glute Iso Training Protocol | 1 | Х | 18m | Green/Blue | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 10 EA | 1" Band | Hips Drive, Shoulders Follow | | | |
| | Perform A-D as a G | lute Fui | ntion Wa | arm-Up S | eries Prior to T | raining | | | |
| Block 2 | <u>(</u> | Oxidat | ive Ene | ergy Sys | tem Training | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/Duration | | Load | Notes | | | |
| Α | Metabolic Sandbell Circuit | 1 | Х | 25s | | Complete As Many Reps As Possible | | | |
| | Perfo | rm A fo | or 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.

- 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

| | Triphasi | c Lacı | osse | Trainir | ng Manı | ual |
|-------------------|-----------------------------|-----------|-----------|------------------------------|-----------------------|---|
| | Speed 4-Day Elite | e Trai | ining | Block \ | Neek 29 | 9 - Monday |
| Pre | <u>Pr</u> | e-Traini | ng, Mu | lti-Dimensi | onal Warm | -Up |
| Block 1 | | | Speed | Agility Tra | ining | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes |
| Α | Flying 60's | 1 | Х | 6 | | 20-20-20, Bound-Sprint |
| | | 1:30 Mir | | t Between Re | • | |
| Block 2 | | | | Body Warr | <u>n-up</u> | |
| <u>Order</u> | <u>Exercise</u> | Sets | • | /Duration | Load | Notes |
| A | Safety Bar Split Squat | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up |
| В | Ankle Band Work | 3 | X | 7s | 1" Band | Max ROM, Speed |
| | Регтог | | | nultaneously t Between Se | | |
| Diade 2 | | 1.00 1011 | | | | |
| Block 3 | F | lc | | er Body Spe | | Natas |
| <u>Order</u> | <u>Exercise</u> | Sets | | /Duration 7s,7s-Clu | Load | Notes |
| A B | Lunge OC Hops Hurdle Hop | 4 | X X | 75,75-Clu 4 | | Reactive-AMAP/Push-Pull-EA 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 | Х | 7s | | Reactive-AMAP/Push-Pull-EA |
| F | Banded Speed Glute | 4 | Х | 7s | | Reactive-AMAP/Push-Pull-EA |
| G | Banded Hip Flexor Pulls | 4 | Х | 7s | 1" Band | Reactive-AMAP/Push-Pull-EA |
| | | | | aneously for 4 | | |
| | 25 Seconds Rest | Between | Exercise | s; 2:00 minut | es between R | ounds |
| Block 4 | | | | Body Warr | <u>n-up</u> | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes |
| A | Bench Press | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up |
| В | Band Pull-Aparts | 3 | X | 10 | 1/2" Band | |
| | Pertor | | | nultaneously t Between Se | | |
| Disal. F | | 1:00 1011 | | | | |
| Block 5 | | la . | | er Body Spe | | |
| <u>Order</u> A | Exercise Bench Press | Sets 3 | • | /Duration 7s | Load 35-40% | Notes Reactive-AMAP/Push-Pull-EA |
| В | One Arm Med Ball Pass | 3 | X X | 5 EA | 35-40% | 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 | х | 7s | | , , |
| l | | | | neously for 3 | 3 Sets | |
| | 25 Seconds Rest | Between | Exercise | s; 2:00 minut | es between R | ounds |
| Block 6 | | | Lower | Auxiliary S | peed | |
| Order | <u>Exercise</u> | Sets | | /Duration | Load | Notes |
| Α | Switch Cycle Lunge | 3 | Х | 3 EA | | Switch Legs in Air to Land in Start Pos. |
| В | Banded Speed Groin | 3 | Х | 7s | | Reactive-AMAP/Push-Pull-EA |
| C | Glute Ham Bar Lift | 3 | Х | 7s | 35-40% | OC-D+1 |
| D | Banded Paw Back | 3 | X | 7s | 2 6 - 1 - | Reactive-AMAP/Push-Pull-EA |
| | | | | aneously for 3 | | |
| | | 25 Second | is kest B | etween Exerc | ises | |

| | Triphasio | Laci | rosse | Trainir | ng Manı | ual | | | | | |
|--------------|--|-----------|-----------------|--------------------------|-------------|---|--|--|--|--|--|
| | Speed 4-Day Elite | Γrain | ing B | lock W | eek 29 - | - Wednesday | | | | | |
| <u>Pre</u> | <u>Pr</u> | e-Traini | ing, Mu | lti-Dimensi | ional Warm | <u>-Up</u> | | | | | |
| Block 1 | Speed/Agility Training | | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | |
| Α | <u>Pro-Agility</u> | 1 | Х | 3 EA | | 5-10-5, Shuffle-Sprint-Shuffle | | | | | |
| | | 1:30 Mii | | t Between Re | | | | | | | |
| Block 2 | Lower Body Warm-up | | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | • | /Duration | Load | Notes | | | | | |
| Α | Safety Bar Split Squat | 1,1,1 | X | 5,3,3 | 50-80% | Warm-Up | | | | | |
| | Perf | | | -Up for Heav | | | | | | | |
| Dis di O | | 1:00 IVII | | t Between Se | | | | | | | |
| Block 3 | Lower Body Speed | | | | | | | | | | |
| Order ^ | Exercise Drop lump DR Split Squat | Sets | • | /Duration 2 EA | Load | Notes | | | | | |
| A B | Drop Jump DB Split Squat Kneel. 3-Way Hip Flex | 6 | X X | 5 EA | 45-55% | Drop into Position and Explode Out 5-FWD,5-LT,5-RT, EA Leg | | | | | |
| ь | | | | neously for 6 | Sets | 3-1 WD,3-L1,3-K1, LA Leg | | | | | |
| | 25 Seconds Rest | | | | | ounds | | | | | |
| Block 4 | | | | er Body Spe | | | | | | | |
| Order | Exercise | Sets | | Duration | Load | Notes | | | | | |
| A | Chin-Up | 3 | Х | 5s | 2000 | OC-D+1 | | | | | |
| В | MB OH Slams | 3 | х | 5 | | | | | | | |
| С | Delt Bent Over OH Rebound Drop | 3 | Х | 5 EA | | | | | | | |
| | Pe | rform A- | C Simulta | aneously for 3 | 3 Sets | | | | | | |
| | 2 | 5 Second | ds Rest B | etween Exerc | cises | | | | | | |
| Block 5 | | | Lower | Auxiliary S | <u>peed</u> | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | |
| Α | Switch Cycle Lunge | 3 | Х | 5s | | OC-D+1 | | | | | |
| В | DB SL RDL | 3 | Х | 5s | 45-55% | OC-D+1, EA | | | | | |
| С | Bench Glute | 3 | X C Circulta | 5s aneously for 3 | 2 Coto | OC-D+1, EA | | | | | |
| | | | | etween Exerc | | | | | | | |
| Block 6 | 2 | J Jecond | | | | | | | | | |
| Order | Exercise | Sets | | Auxiliary S /Duration | Load | Notes | | | | | |
| A | Split Stance Cable Rotational Row | 3 | х | 5s EA | Speed | Reactive-AMAP/Push-Pull | | | | | |
| В | DB Shoulder Press | 3 | X | 5s LA | 45-55% | OC-D+1 | | | | | |
| С | Cable Rotational Pull to Press | 3 | Х | 4 EA | 10 0071 | Low to High, Violent Hip Drive | | | | | |
| | | | | aneously for 3 | 3 Sets | 0 / 2 2 2 2 | | | | | |
| | | | | etween Exerc | | | | | | | |
| Block 7 | | | Lower | Auxiliary S | peed | | | | | | |
| Order | <u>Exercise</u> | Sets | | /Duration | Load | Notes | | | | | |
| Α | Banded Hip Flexor Pulls | 3 | х | 5s | | Reactive-AMAP/Push-Pull-EA | | | | | |
| В | Glute Ham Bar Lift | 3 | Х | 5s | 45-55% | OC-D+1 | | | | | |
| С | Bench Groin | 3 | Х | 5s | <u> </u> | OC-D+1, EA | | | | | |
| | | | | aneously for 3 | | | | | | | |
| | 2 | 5 Second | is Rest B | etween Exerc | cises | | | | | | |

| | Triphasic Lacrosse Training Manual | | | | | | | | | | |
|--------------|--|----------|-----------|---------------|--------|-------|--|--|--|--|--|
| | Speed 4-Day Elite Training Block Week 29 - Thursday | | | | | | | | | | |
| <u>Pre</u> | Pre-Running, Multi-Dimensional Warm-Up | | | | | | | | | | |
| Block 1 | ATP/Cr-P Energy System Conditioning | | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | |
| Α | Shuffle 5-RT; Shuffle 5-LT; Sprint 20 | 5 | Х | 1 | | | | | | | |
| В | Backpedal 5; Sprint 10; Backpedal 5; Sprint 10 | 5 | Х | 1 | | | | | | | |
| С | Sprint 5; Shuffle Back 45° RT; Sprint 5; Shuffle Back 45° LT | 5 | Х | 1 | | | | | | | |
| D | Sprint 15; Shuffle 10-RT; Sprint 15; Shuffle 10-LT | 5 | Х | 1 | | | | | | | |
| Е | Sprint 10; 45° Dodge-RT; Sprint 10 | 5 | х | 1 | | | | | | | |
| F | Sprint 10; 45° Dodge-LT; Sprint 10 | 5 | х | 1 | | | | | | | |
| G | Shuffle 10-RT; Turn and Sprint 10; Shuffle 10-LT | 5 | Х | 1 | | | | | | | |
| Н | Shuffle 10-LT; Turn and Sprint 10; Shuffle 10-RT | 5 | Х | 1 | | | | | | | |
| | 30 Seconds Rest Between I | Exercise | s; Rest 2 | 2:00 between | rounds | · | | | | | |
| | Perform A-D at Maxima | Speed, | Simulta | neously for 5 | Sets | | | | | | |

| | Triphasi | c Lacı | osse | Trainir | ng Manı | ual | | | | |
|--------------|-------------------------|------------------|-------------------------------|----------------|--------------|--|--|--|--|--|
| | Speed 4-Day El | ite Tra | ainin | g Block | Week 2 | 29 - Friday | | | | |
| <u>Pre</u> | <u>P</u> | <u>re-Traini</u> | ng, Mu | lti-Dimensi | onal Warm | <u>-Up</u> | | | | |
| Block 1 | Speed/Agility Training | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Stairs + Turn & Sprint | 1 | Х | 3 EA | | 15 Yard Stairs + 15 Sprint | | | | |
| | | 1:30 Mir | nute Res | t Between Re | ps | | | | | |
| Block 2 | Lower Body Warm-up | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Safety Bar Split Squat | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | |
| В | Ankle Rocker Hops | 3 | Х | 6 | | Drive Knee FWD, Vertical Femur | | | | |
| | Perfo | m A & B S | Series Sin | nultaneously | for 3 Sets | | | | | |
| | | 1:00 Mi | nute Res | t Between Se | ts | | | | | |
| Block 3 | | | Lowe | er Body Spe | ed | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Sets Reps/Duration Load Notes | | | | | | | |
| Α | Lunge OC Hops | 4 | Х | 10s,10s-Clu | | Reactive-AMAP/Push-Pull-EA | | | | |
| В | <u>Hurdle Hop</u> | 4 | Х | 4 | | Jump for Distance, Continuous | | | | |
| С | Wt. Squat Jump | 4 | Х | 4 | | Pull-In, Explode Out Immediately | | | | |
| D | Accel. Band Jump | 4 | Х | 4 | | Pull-In, Explode Out Immediately | | | | |
| E | Swissball 4-Way Neck | 4 | Х | 10s | | Reactive-AMAP/Push-Pull-EA | | | | |
| F | Ball Groin Squeeze | 4 | Х | 10s | | Reactive-AMAP/Push-Pull | | | | |
| G | Glute Wind-Up | 4 | Х | 4 EA | | Wind-Up Around Glute | | | | |
| | | | | aneously for 4 | | | | | | |
| | 25 Seconds Rest | Between | Exercise | s; 2:00 minut | es between R | lounds | | | | |
| Block 4 | | | <u>Uppe</u> | er Body Spe | <u>ed</u> | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | <u>Chin-Up</u> | 3 | Х | 10s | 35-40% | Reactive-AMAP/Push-Pull-EA | | | | |
| В | MB OH Slams | 3 | Х | 5 | | | | | | |
| С | Banded Cuban Press | 3 | Х | 10s | | Reactive-AMAP/Push-Pull-EA | | | | |
| | | | | aneously for 3 | | | | | | |
| | 25 Seconds Rest | Between | Exercise | s; 2:00 minut | es between R | Rounds | | | | |
| Block 5 | | | Lower | Auxiliary Sp | <u>peed</u> | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Switch Cycle Lunge | 3 | Х | 4 EA | | Switch Legs in Air to Land in Start Pos. | | | | |
| В | Banded Paw Back | 3 | Х | 10s | | Reactive-AMAP/Push-Pull-EA | | | | |
| С | Banded Speed Glute | 3 | Х | 10s | | Reactive-AMAP/Push-Pull-EA | | | | |
| D | Banded Hip Flexor Pulls | 3 | Х | 10s | | Reactive-AMAP/Push-Pull-EA | | | | |
| | | | | aneously for 3 | | | | | | |
| | | 25 Second | Is Rest B | etween Exerc | ises | | | | | |

| | Triphasi | c Lacr | osse | Trainir | ng Manı | ual | | | | | |
|----------------------------|---|-----------------|-----------|--------------------------------|--------------|---|--|--|--|--|--|
| | Speed 4-Day Elite | | | | | | | | | | |
| <u>Pre</u> | <u>Pr</u> | <u>e-Traini</u> | ng, Mu | lti-Dimensi | onal Warm | <u>-Up</u> | | | | | |
| Block 1 | Speed/Agility Training | | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | |
| Α | Flying 60's | 1 | Х | 6 | | 20-20-20, Bound-Sprint | | | | | |
| | | 1:30 Mir | nute Rest | t Between Re | ps | | | | | | |
| Block 2 Lower Body Warm-up | | | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | |
| Α | <u>Safety Bar Split Squat</u> | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | | |
| В | Ankle Band Work | 3 | Х | 7s | 1" Band | Max ROM, Speed | | | | | |
| | Perfor | | | nultaneously | | | | | | | |
| | | 1:00 Mii | | t Between Se | | | | | | | |
| Block 3 | | | | er Body Spe | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | |
| Α | <u>Lunge OC Hops</u> | 4 | Х | 7s,7s-Clu | | Reactive-AMAP/Push-Pull-EA | | | | | |
| В | Hurdle Hop | 4 | Х | 4 | | Jump for Distance, Continuous | | | | | |
| С | Wt. Squat Jump | 4 | Х | 4 | | Pull-In, Explode Out Immediately | | | | | |
| D | Accel. Band Jump | 4 | Х | 4 | | Pull-In, Explode Out Immediately | | | | | |
| E F | Swissball 4-Way Neck Banded Speed Glute | 4 | X | 7s 7s | | Reactive-AMAP/Push-Pull-EA | | | | | |
| G | Banded Speed Glute Banded Hip Flexor Pulls | 4 | X X | 7s 7s | 1" Band | Reactive-AMAP/Push-Pull-EA Reactive-AMAP/Push-Pull-EA | | | | | |
| 9 | | · | | neously for 4 | | Redctive-AlviAP/Pusii-Puii-EA | | | | | |
| | 25 Seconds Rest | | | | | ounds | | | | | |
| Block 4 | 23 Seconds Nest | between | | | | ounus | | | | | |
| | Francisco | Sets | | Body Warn | Load | Notes | | | | | |
| Order A | Exercise Bench Press | 1,1,1 | x | /Duration 5,3,3 | 50-80% | Warm-Up | | | | | |
| В | Band Pull-Aparts | 3 | X | 10 | 1/2" Band | warm-op | | | | | |
| | <u> </u> | | | nultaneously | | <u> </u> | | | | | |
| | renor | | | t Between Se | | | | | | | |
| Block 5 | | | | er Body Spe | | | | | | | |
| Order | <u>Exercise</u> | Sets | | /Duration | Load | Notes | | | | | |
| A | Bench Press | 3 | х | 7s | 35-40% | Reactive-AMAP/Push-Pull-EA | | | | | |
| В | One Arm Med Ball Pass | 3 | X | 5 EA | 33 1070 | Use Hips | | | | | |
| С | OC Rack Band Press | 3 | Х | 7s | | OC-D+1 | | | | | |
| D | Pull-Up | 3 | Х | 7s | | Bottom 1/2, Reactive-AMAP | | | | | |
| E | Banded Cuban Press | 3 | Х | 7s | | | | | | | |
| | Pe | rform A-I | E Simulta | neously for 3 | Sets | | | | | | |
| | 25 Seconds Rest | Between | Exercise | s; 2:00 minut | es between R | ounds | | | | | |
| Block 6 | | | Lower | Auxiliary Sı | peed | | | | | | |
| Order | <u>Exercise</u> | Sets | | /Duration | Load | Notes | | | | | |
| Α | Switch Cycle Lunge | 3 | х | 3 EA | | Switch Legs in Air to Land in Start Pos. | | | | | |
| В | Banded Speed Groin | 3 | Х | 7s | | Reactive-AMAP/Push-Pull-EA | | | | | |
| С | Glute Ham Bar Lift | 3 | Х | 7s | 35-40% | OC-D+1 | | | | | |
| D | Banded Paw Back | 3 | Х | 7s | | Reactive-AMAP/Push-Pull-EA | | | | | |
| U | | | | | | | | | | | |
| D | Pe | | | aneously for 3 etween Exerc | | | | | | | |

| Triphasic Lacrosse Training Manual | | | | | | | | | | | |
|--|---|--------------|---------|-------------------|-----------------------|---|--|--|--|--|--|
| | Speed 4-Day Elite | Frain | ing B | lock W | eek 30 - | · Wednesday | | | | | |
| <u>Pre</u> | Pro | e-Traini | ing, Mu | Iti-Dimensi | onal Warm | - <mark>Up</mark> | | | | | |
| Block 1 | | | Speed | Agility Tra | ining | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | |
| Α | <u>Pro-Agility</u> | 1 | Х | 3 EA | | 5-10-5, Shuffle-Sprint-Shuffle | | | | | |
| 1:30 Minute Rest Between Reps | | | | | | | | | | | |
| Block 2 | <u>Lower Body Warm-up</u> | | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | • | /Duration | Load | Notes | | | | | |
| Α | Safety Bar Split Squat | 1,1,1 | X | 5,3,3 | 50-80% | Warm-Up | | | | | |
| | Pert | | | -Up for Heav | | | | | | | |
| 1:00 Minute Rest Between Sets | | | | | | | | | | | |
| Block 3 | | 10 . | | er Body Spe | | | | | | | |
| Order ^ | Exercise Drop Jump DB Split Squat | Sets 6 | • | /Duration 2 EA | Load 45-55% | Notes Drop into Position and Explode Out | | | | | |
| A B | Kneel. 3-Way Hip Flex | 6 | X | 5 EA | 45-55% | 5-FWD,5-LT,5-RT, EA Leg | | | | | |
| U | | | | _ | Sets | 3-1 WD,3-L1,3-K1, LA Leg | | | | | |
| Perform A-B Simultaneously for 6 Sets 25 Seconds Rest Between Exercises; 1:30 minutes between Rounds | | | | | | | | | | | |
| Block 4 | , | | | | | | | | | | |
| Order | Exercise | Sets | | /Duration | Load | Notes | | | | | |
| Α | Chin-Up | 3 | Х | 5s | | OC-D+1 | | | | | |
| В | MB OH Slams | 3 | х | 5 | | | | | | | |
| С | <u>Delt Bent Over OH Rebound Drop</u> | 3 | х | 5 EA | | | | | | | |
| Perform A-C Simultaneously for 3 Sets | | | | | | | | | | | |
| | 2 | 5 Second | | etween Exerc | | | | | | | |
| Block 5 | | | | Auxiliary S | <u>peed</u> | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | • | /Duration | Load | Notes | | | | | |
| A B | Switch Cycle Lunge DB SL RDL | 3 | X | 5s 5s | 45-55% | OC-D+1 OC-D+1, EA | | | | | |
| С | Bench Glute | 3 | X | 5s 5s | 45-55% | OC-D+1, EA OC-D+1, EA | | | | | |
| | | | | neously for 3 | 3 Sets | 0C-D11, LA | | | | | |
| | | | | etween Exerc | | | | | | | |
| Block 6 | | | Upper | Auxiliary S | peed | | | | | | |
| Order | Exercise | Sets | | /Duration | Load | Notes | | | | | |
| A | Split Stance Cable Rotational Row | 3 | х | 5s EA | Speed | Reactive-AMAP/Push-Pull | | | | | |
| В | DB Shoulder Press | 3 | х | 5s | 45-55% | OC-D+1 | | | | | |
| С | Cable Rotational Pull to Press | 3 | х | 4 EA | | Low to High, Violent Hip Drive | | | | | |
| | | | | aneously for 3 | | | | | | | |
| | 2 | 5 Second | | etween Exerc | | | | | | | |
| Block 7 | | | • | Auxiliary S | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | • | /Duration | Load | Notes | | | | | |
| A | Banded Hip Flexor Pulls | 3 | X | 5s | 45 550/ | Reactive-AMAP/Push-Pull-EA | | | | | |
| | | _ | | | 45-55% | | | | | | |
| · | | | | | S Sats | UC-D+1, EA | | | | | |
| | | | | · · | | | | | | | |
| С | 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 | | | | | | | | | | |
| <u>Pre</u> | Pre-Running, Multi-Dimensional Warm-Up | | | | | | | | | |
| Block 1 | ATP/Cr-P Energy System Conditioning | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Shuffle 5-RT; Shuffle 5-LT; Sprint 20 | 5 | х | 1 | | | | | | |
| В | Backpedal 5; Sprint 10; Backpedal 5; Sprint 10 | 5 | х | 1 | | | | | | |
| С | Sprint 5; Shuffle Back 45° RT; Sprint 5; Shuffle Back 45° LT | 5 | х | 1 | | | | | | |
| D | Sprint 15; Shuffle 10-RT; Sprint 15; Shuffle 10-LT | 5 | Х | 1 | | | | | | |
| E | Sprint 10; 45° Dodge-RT; Sprint 10 | 5 | х | 1 | | | | | | |
| F | Sprint 10; 45° Dodge-LT; Sprint 10 | 5 | х | 1 | | | | | | |
| G | Shuffle 10-RT; Turn and Sprint 10; Shuffle 10-LT | 5 | Х | 1 | | | | | | |
| Н | Shuffle 10-LT; Turn and Sprint 10; Shuffle 10-RT | 5 | Х | 1 | | | | | | |
| | 25 Seconds Rest Between | Exercise | s; Rest 1 | L:45 between | rounds | · | | | | |
| · | Perform A-D at Maxima | l Speed, | Simulta | neously for 5 | Sets | | | | | |

| | Triphasi | ic Lacr | osse | Trainir | ng Manı | ual | | | | |
|-------------------------------|--|-----------|-----------|------------------|-----------|--|--|--|--|--|
| | Speed 4-Day El | | | | | | | | | |
| <u>Pre</u> | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | | |
| Block 1 | Speed/Agility Training | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Stairs + Turn & Sprint | 1 | Х | 3 EA | | 15 Yard Stairs + 15 Sprint | | | | |
| | | 1:30 Mir | nute Res | Between Re | ps | | | | | |
| Block 2 | | | Lower | Body Warn | n-up | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Safety Bar Split Squat | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | |
| В | Ankle Rocker Hops | 3 | Х | 6 | | Drive Knee FWD, Vertical Femur | | | | |
| | Perfo | | | nultaneously | | | | | | |
| 1:00 Minute Rest Between Sets | | | | | | | | | | |
| Block 3 | 3 Lower Body Speed | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Lunge OC Hops | 4 | Х | 10s,10s-Clu | | Reactive-AMAP/Push-Pull-EA | | | | |
| В | <u>Hurdle Hop</u> | 4 | Х | 4 | | Jump for Distance, Continuous | | | | |
| С | Wt. Squat Jump | 4 | Х | 4 | | Pull-In, Explode Out Immediately | | | | |
| D | Accel. Band Jump | 4 | Х | 4 | | Pull-In, Explode Out Immediately | | | | |
| E | Swissball 4-Way Neck | 4 | Х | 10s | | Reactive-AMAP/Push-Pull-EA | | | | |
| F | Ball Groin Squeeze | 4 | Х | 10s | | Reactive-AMAP/Push-Pull | | | | |
| G | Glute Wind-Up | 4 | Х | 4 EA | | Wind-Up Around Glute | | | | |
| | | | | aneously for 4 | | | | | | |
| | 25 Seconds Res | t Between | | | | lounds | | | | |
| Block 4 | | | | er Body Spe | <u>ed</u> | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | | /Duration | Load | Notes | | | | |
| A | Chin-Up | 3 | Х | 10s | 35-40% | Reactive-AMAP/Push-Pull-EA | | | | |
| В | MB OH Slams | 3 | Х | 5 | | | | | | |
| С | Banded Cuban Press | 3 | X | 10s | | Reactive-AMAP/Push-Pull-EA | | | | |
| | | | | neously for 3 | | d . | | | | |
| | 25 Seconds Res | t Between | | - | | ounds | | | | |
| Block 5 | | | | Auxiliary S | | | | | | |
| <u>Order</u> | Exercise | Sets | • | /Duration | Load | Notes | | | | |
| A | Switch Cycle Lunge | 3 | Х | 4 EA | | Switch Legs in Air to Land in Start Pos. | | | | |
| В | Banded Paw Back | 3 | X | 10s | | Reactive-AMAP/Push-Pull-EA | | | | |
| C D | Banded Speed Glute Banded Hip Flexor Pulls | 3 | X | 10s 10s | | Reactive-AMAP/Push-Pull-EA | | | | |
| ע | | _ | | aneously for 3 |) Sots | Reactive-AMAP/Push-Pull-EA | | | | |
| | P | | | etween Exerc | | | | | | |
| | | zo secono | וז עבצו פ | etween Exerc | いどう | | | | | |

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.

- 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 | | | | | | | | |
| <u>Pre</u> | <u>Pre-T</u> | rainin | g, Mult | i-Dime | nsional War | m-Up | | | |
| Block 1 | Glute Function Series Warm-Up | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Banded Big Toe Work | 1 | Х | 20 EA | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 20 EA | | | | | |
| С | Level 1 Glute Iso Training Protocol | 1 | Х | 18m | Green/Blue | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 10 EA | 1" Band | Hips Drive, Shoulders Follow | | | |
| | Perform A-D as a G | lute Fur | ntion Wa | rm-Up S | eries Prior to | Training | | | |
| Block 2 | <u>(</u> | Oxidat | ive Ene | rgy Sys | tem Trainin | g | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | 3-D Contralateral Circuit | 1 | Х | 20s | | Complete As Many Reps As Possible | | | |
| | Perfo | rm A fo | or 1 Set (| @ 20s on | 15s off | | | | |

| | Triphasic Lacrosse Training Manual | | | | | | | | |
|--------------|---|----------|----------|-----------|----------------|------------------------------|--|--|--|
| Do | Download 3-Day Elite Training Block Week 31 - Wednesday | | | | | | | | |
| <u>Pre</u> | Pre-Running, Multi-Dimensional Warm-Up | | | | | | | | |
| Block 1 | Glute Function Series Warm-Up | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Banded Big Toe Work | 1 | Х | 20 EA | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 20 EA | | | | | |
| С | Level 1 Glute Iso Training Protocol | 1 | Х | 18m | Green/Blue | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 10 EA | 1" Band | Hips Drive, Shoulders Follow | | | |
| | Perform A-D as a G | lute Fui | ntion Wa | rm-Up S | eries Prior to | Training | | | |
| Block 2 | <u>Ox</u> | idative | e Energ | y Syste | m Condition | ning | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Threshold Training | 2 | Х | 4m | | Running at Max Heart Rate | | | |
| | Perform A for 2 | 2 Sets o | f 4 min; | 2:30 rest | between rou | nds | | | |

| Triphasic Lacrosse Training Manual | | | | | | | | | |
|------------------------------------|--|----------|---------------|----------|------------------|-----------------------------------|--|--|--|
| | Download 3-Day Elite Training Block Week 31 - Friday | | | | | | | | |
| <u>Pre</u> | Pre-T | rainin | g, Mult | i-Dime | nsional Warı | m-Up | | | |
| Block 1 | Glute Function Series Warm-Up | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Banded Big Toe Work | 1 | Х | 20 EA | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 20 EA | | | | | |
| С | Level 1 Glute Iso Training Protocol | 1 | Х | 18m | Green/Blue | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 10 EA | 1" Band | Hips Drive, Shoulders Follow | | | |
| | Perform A-D as a G | lute Fui | ntion Wa | arm-Up S | eries Prior to T | raining | | | |
| Block 2 | <u>(</u> | Oxidat | ive Ene | ergy Sys | tem Training | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/Duration | | Load | Notes | | | |
| Α | Metabolic Sandbell Circuit | 1 | Х | 25s | | Complete As Many Reps As Possible | | | |
| | Perfo | rm A fo | or 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.

- 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

| | Triphasi | c Lacr | osse | Trainir | ng Manı | ual | | | | |
|--------------------------|---|------------|-----------|------------------|--------------|---|--|--|--|--|
| | Speed 3-Day Elit | | | | | | | | | |
| Pre | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | | |
| Block 1 | Lower Body Warm-up | | | | | | | | | |
| Order | <u>Exercise</u> | Sets | | /Duration | Load | Notes | | | | |
| Α | Safety Bar Split Squat | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | |
| В | Ankle Band Work | 3 | Х | 7s | 1" Band | Max ROM, Speed | | | | |
| • | Perfo | rm A & B S | eries Sin | nultaneously | for 3 Sets | | | | | |
| | | 1:00 Mi | nute Res | t Between Se | ts | | | | | |
| Block 2 Lower Body Speed | | | | | | | | | | |
| Order | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Lunge OC Hops | 3 | Х | 7s,7s-Clu | | Reactive-AMAP/Push-Pull-EA | | | | |
| В | <u>Hurdle Hop</u> | 3 | Х | 4 | | Jump for Distance, Continuous | | | | |
| С | Wt. Squat Jump | 3 | Х | 4 | | Pull-In, Explode Out Immediately | | | | |
| D | Accel. Band Jump | 3 | Х | 4 | | Pull-In, Explode Out Immediately | | | | |
| E | Swissball 4-Way Neck | 3 | Х | 7s | | Reactive-AMAP/Push-Pull-EA | | | | |
| F | Banded Speed Glute | 3 | Х | 7s | | Reactive-AMAP/Push-Pull-EA | | | | |
| G | Banded Hip Flexor Pulls | 3 | Х | 7s | 1" Band | Reactive-AMAP/Push-Pull-EA | | | | |
| | Pe | erform A-0 | G Simulta | aneously for 3 | 3 Sets | | | | | |
| | 25 Seconds Rest | Between | Exercise | s; 2:00 minut | es between R | ounds | | | | |
| Block 3 | | | Upper | Body Warr | n-up | | | | | |
| Order | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Bench Press | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | |
| В | Band Pull-Aparts | 3 | Х | 10 | 1/2" Band | | | | | |
| • | Perfo | rm A & B S | eries Sin | nultaneously | for 3 Sets | | | | | |
| | | 1:00 Mi | nute Res | t Between Se | ts | | | | | |
| Block 4 | | | Uppe | er Body Spe | ed | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Bench Press | 3 | Х | 7s | 35-40% | Reactive-AMAP/Push-Pull-EA | | | | |
| В | One Arm Med Ball Pass | 3 | Х | 5 EA | | Use Hips | | | | |
| С | OC Rack Band Press | 3 | Х | 7s | | OC-D+1 | | | | |
| D | <u>Pull-Up</u> | 3 | Х | 7s | | Bottom 1/2, Reactive-AMAP | | | | |
| E | Banded Cuban Press | 3 | Х | 7s | | | | | | |
| | | | | aneously for 3 | | | | | | |
| | 25 Seconds Rest | Between | | - | | ounds | | | | |
| Block 5 | | | | Auxiliary S | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Switch Cycle Lunge | 3 | х | 3 EA | | Switch Legs in Air to Land in Start Pos | | | | |

Banded Speed Groin

Glute Ham Bar Lift

Banded Paw Back

3

3

Х

Х

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

7s

7s

7s

35-40%

Reactive-AMAP/Push-Pull-EA

OC-D+1

Reactive-AMAP/Push-Pull-EA

В

С

| Triphasic Lacrosse Training Manual | | | | | | | | | | |
|---|---------------------------------------|---------|-----------|---------------|------------|------------------------------------|--|--|--|--|
| | Speed 3-Day Elite T | rain | ing B | lock W | eek 32 - | - Wednesday | | | | |
| <u>Pre</u> | <u>Pre</u> | -Train | ing, Mu | lti-Dimensi | onal Warm | -Up | | | | |
| Block 1 | Lower Body Warm-up | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Safety Bar Split Squat | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | |
| Perform A as a Warm-Up for Heavier Sets | | | | | | | | | | |
| 1:00 Minute Rest Between Sets | | | | | | | | | | |
| Block 2 | | | Lowe | er Body Spe | <u>ed</u> | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | <u>Drop Jump DB Split Squat</u> | 6 | Х | 2 EA | 45-55% | Drop into Position and Explode Out | | | | |
| В | Kneel. 3-Way Hip Flex | 6 | Х | 5 EA | | 5-FWD,5-LT,5-RT, EA Leg | | | | |
| | | | | neously for 6 | | | | | | |
| | 25 Seconds Rest B | etween | | · | | ounds | | | | |
| Block 3 | | | | er Body Spe | <u>eed</u> | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | <u>Chin-Up</u> | 3 | Х | 5s | | OC-D+1 | | | | |
| В | MB OH Slams | 3 | Х | 5 | | | | | | |
| С | <u>Delt Bent Over OH Rebound Drop</u> | 3 | X | 5 EA | | | | | | |
| Perform A-C Simultaneously for 3 Sets | | | | | | | | | | |
| 25 Seconds Rest Between Exercises | | | | | | | | | | |
| Block 4 | | Ta . | | Auxiliary S | | | | | | |
| <u>Order</u> | Exercise | Sets | | /Duration | Load | Notes | | | | |
| A | Switch Cycle Lunge | 3 | X | 5s | 45-55% | OC-D+1 | | | | |
| B C | DB SL RDL Bench Glute | 3 | X X | 5s 5s | 45-55% | OC-D+1, EA OC-D+1, EA | | | | |
| C | | | | neously for 3 | Sots | OC-D+1, EA | | | | |
| | | | | etween Exerc | | | | | | |
| Block 5 | 25 | Jecone | | Auxiliary S | | | | | | |
| Order | Exercise | Sets | | /Duration | Load | Notes | | | | |
| A | Split Stance Cable Rotational Row | 3 | х | 5s EA | Speed | Reactive-AMAP/Push-Pull | | | | |
| В | DB Shoulder Press | 3 | X | 5s LA | 45-55% | OC-D+1 | | | | |
| C | Cable Rotational Pull to Press | 3 | X | 4 EA | 45-5570 | Low to High, Violent Hip Drive | | | | |
| | | | | neously for 3 | 3 Sets | zow to mg., moteric mp zowe | | | | |
| | | | | etween Exerc | | | | | | |
| Block 6 | - | | | Auxiliary S | | | | | | |
| Order | Exercise | Sets | | /Duration | Load | Notes | | | | |
| A | Banded Hip Flexor Pulls | 3 | Х | 5s | 2344 | Reactive-AMAP/Push-Pull-EA | | | | |
| В | Glute Ham Bar Lift | 3 | X | 5s | 45-55% | OC-D+1 | | | | |
| С | Bench Groin | 3 | Х | 5s | | OC-D+1, EA | | | | |
| | | form A- | C Simulta | neously for 3 | 3 Sets | | | | | |
| | | | | etween Exerc | | | | | | |
| | | | | | | | | | | |

| | Triphasio | Lacı | osse | Trainir | ng Mani | ual | | | | |
|--------------|---|-----------|------------|----------------|--------------|--|--|--|--|--|
| | Speed 3-Day Elite Training Block Week 32 - Friday | | | | | | | | | |
| Pre | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | | |
| Block 1 | Lower Body Warm-up | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Safety Bar Split Squat | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | |
| В | Ankle Rocker Hops | 3 | Х | 6 | | Drive Knee FWD, Vertical Femur | | | | |
| | Perforr | n A & B S | Series Sir | nultaneously | for 3 Sets | | | | | |
| | 1:00 Minute Rest Between Sets | | | | | | | | | |
| Block 2 | Lower Body Speed | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Lunge OC Hops | 3 | Х | 10s,10s-Clu | | Reactive-AMAP/Push-Pull-EA | | | | |
| В | <u>Hurdle Hop</u> | 3 | Х | 4 | | Jump for Distance, Continuous | | | | |
| С | Wt. Squat Jump | 3 | Х | 4 | | Pull-In, Explode Out Immediately | | | | |
| D | Accel. Band Jump | 3 | Х | 4 | | Pull-In, Explode Out Immediately | | | | |
| E | Swissball 4-Way Neck | 3 | Х | 10s | | Reactive-AMAP/Push-Pull-EA | | | | |
| F | Ball Groin Squeeze | 3 | х | 10s | | Reactive-AMAP/Push-Pull | | | | |
| G | Glute Wind-Up | 3 | Х | 4 EA | | Wind-Up Around Glute | | | | |
| | Pe | rform A-0 | G Simulta | aneously for 3 | 3 Sets | | | | | |
| | 25 Seconds Rest I | Between | Exercise | s; 2:00 minut | es between R | lounds | | | | |
| Block 3 | | | Uppe | er Body Spe | ed | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | <u>Chin-Up</u> | 3 | Х | 10s | 35-40% | Reactive-AMAP/Push-Pull-EA | | | | |
| В | MB OH Slams | 3 | х | 5 | | | | | | |
| С | Banded Cuban Press | 3 | х | 10s | | Reactive-AMAP/Push-Pull-EA | | | | |
| | Pe | rform A- | C Simulta | aneously for 3 | 3 Sets | | | | | |
| | 25 Seconds Rest l | Between | Exercise | s; 2:00 minut | es between R | lounds | | | | |
| Block 4 | | | Lower | Auxiliary S | peed | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Switch Cycle Lunge | 3 | Х | 4 EA | | Switch Legs in Air to Land in Start Pos. | | | | |
| В | Banded Paw Back | 3 | Х | 10s | | Reactive-AMAP/Push-Pull-EA | | | | |

10s

10s

Reactive-AMAP/Push-Pull-EA

Reactive-AMAP/Push-Pull-EA

3

3

Х

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

Banded Speed Glute
Banded Hip Flexor Pulls

С

| | Triphasi | ic Lacr | osse | Trainir | ng Manu | ual | | | |
|--------------|-------------------------|------------|-------------|--------------------------|--------------|--|--|--|--|
| | Speed 3-Day Elit | e Trai | ning | Block V | Veek 33 | 3 - Monday | | | |
| <u>Pre</u> | | | | | onal Warm | | | | |
| Block 1 | Lower Body Warm-up | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | |
| Α | Safety Bar Split Squat | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | |
| В | Ankle Band Work | 3 | Х | 7s | 1" Band | Max ROM, Speed | | | |
| | Perfo | rm A & B S | eries Sin | nultaneously | for 3 Sets | | | | |
| | | 1:00 Mir | nute Res | t Between Se | ts | | | | |
| Block 2 | | | Lowe | er Body Spe | ed | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | |
| Α | Lunge OC Hops | 3 | Х | 7s,7s-Clu | | Reactive-AMAP/Push-Pull-EA | | | |
| В | <u>Hurdle Hop</u> | 3 | Х | 4 | | Jump for Distance, Continuous | | | |
| С | Wt. Squat Jump | 3 | Х | 4 | | Pull-In, Explode Out Immediately | | | |
| D | Accel. Band Jump | 3 | Х | 4 | | Pull-In, Explode Out Immediately | | | |
| E | Swissball 4-Way Neck | 3 | Х | 7s | | Reactive-AMAP/Push-Pull-EA | | | |
| F | Banded Speed Glute | 3 | Х | 7s | | Reactive-AMAP/Push-Pull-EA | | | |
| G | Banded Hip Flexor Pulls | 3 | Х | 7s | 1" Band | Reactive-AMAP/Push-Pull-EA | | | |
| | | | | aneously for 3 | | | | | |
| | 25 Seconds Res | t Between | Exercise | s; 2:00 minut | es between R | ounds | | | |
| Block 3 | | | Upper | Body Warn | n-up | | | | |
| Order | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | |
| Α | Bench Press | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | |
| В | Band Pull-Aparts | 3 | Х | 10 | 1/2" Band | | | | |
| | Perfo | rm A & B S | eries Sin | nultaneously | for 3 Sets | | | | |
| | | 1:00 Mir | nute Res | t Between Se | ts | | | | |
| Block 4 | | | <u>Uppe</u> | er Body Spe | <u>ed</u> | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | |
| Α | Bench Press | 3 | Х | 7s | 35-40% | Reactive-AMAP/Push-Pull-EA | | | |
| В | One Arm Med Ball Pass | 3 | Х | 5 EA | | Use Hips | | | |
| С | OC Rack Band Press | 3 | Х | 7s | | OC-D+1 | | | |
| D | <u>Pull-Up</u> | 3 | Х | 7s | | Bottom 1/2, Reactive-AMAP | | | |
| E | Banded Cuban Press | 3 | Х | 7s | | | | | |
| | | | | neously for 3 | | | | | |
| | 25 Seconds Res | | | • | | ounds | | | |
| Block 5 | | | | Auxiliary S _l | <u>oeed</u> | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | |
| Α | Switch Cycle Lunge | 3 | Х | 3 EA | | Switch Legs in Air to Land in Start Po | | | |
| B | Pandad Spood Grain | 2 | v | 7c | | Poactive AMAD/Duch Dull EA | | | |

В

С

D

Banded Speed Groin

Glute Ham Bar Lift

Banded Paw Back

3

3

Х

Х

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

7s

7s

7s

35-40%

Reactive-AMAP/Push-Pull-EA

OC-D+1

Reactive-AMAP/Push-Pull-EA

| Triphasic Lacrosse Training Manual | | | | | | | | | | |
|---|---------------------------------------|-----------|-----------|---------------|------------|------------------------------------|--|--|--|--|
| | Speed 3-Day Elite T | rain | ing B | lock W | eek 33 - | - Wednesday | | | | |
| <u>Pre</u> | <u>Pre</u> | -Train | ing, Mu | lti-Dimensi | onal Warm | - <u>Up</u> | | | | |
| Block 1 | Lower Body Warm-up | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Safety Bar Split Squat | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | |
| Perform A as a Warm-Up for Heavier Sets | | | | | | | | | | |
| 1:00 Minute Rest Between Sets | | | | | | | | | | |
| Block 2 | | | Lowe | er Body Spe | <u>eed</u> | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | <u>Drop Jump DB Split Squat</u> | 6 | Х | 2 EA | 45-55% | Drop into Position and Explode Out | | | | |
| В | Kneel. 3-Way Hip Flex | 6 | Х | 5 EA | | 5-FWD,5-LT,5-RT, EA Leg | | | | |
| | | | | neously for 6 | | | | | | |
| | 25 Seconds Rest B | etween | | · | | ounds | | | | |
| Block 3 | | | | er Body Spe | <u>eed</u> | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | <u>Chin-Up</u> | 3 | Х | 5s | | OC-D+1 | | | | |
| В | MB OH Slams | 3 | Х | 5 | | | | | | |
| С | <u>Delt Bent Over OH Rebound Drop</u> | 3 | X | 5 EA | | | | | | |
| Perform A-C Simultaneously for 3 Sets | | | | | | | | | | |
| 25 Seconds Rest Between Exercises | | | | | | | | | | |
| Block 4 | | Ta . | | Auxiliary S | | | | | | |
| <u>Order</u> | Exercise | Sets 3 | | /Duration | Load | Notes | | | | |
| A B | Switch Cycle Lunge | 3 | X | 5s 5s | 45-55% | OC-D+1 | | | | |
| С | DB SL RDL Bench Glute | 3 | X X | 5s 5s | 45-55% | OC-D+1, EA OC-D+1, EA | | | | |
| C | | | | neously for 3 | 2 Sots | OC-D+1, EA | | | | |
| | | | | etween Exerc | | | | | | |
| Block 5 | 25 | Jecone | | Auxiliary S | | | | | | |
| Order | Exercise | Sets | | /Duration | Load | Notes | | | | |
| A | Split Stance Cable Rotational Row | 3 | х | 5s EA | Speed | Reactive-AMAP/Push-Pull | | | | |
| В | DB Shoulder Press | 3 | X | 5s LA | 45-55% | OC-D+1 | | | | |
| C | Cable Rotational Pull to Press | 3 | X | 4 EA | 45-5570 | Low to High, Violent Hip Drive | | | | |
| | | | | neously for 3 | 3 Sets | zow to mg., moteric mp zowe | | | | |
| | | | | etween Exerc | | | | | | |
| Block 6 | - | | | Auxiliary S | | | | | | |
| Order | Exercise | Sets | | /Duration | Load | Notes | | | | |
| A | Banded Hip Flexor Pulls | 3 | Х | 5s | 2000 | Reactive-AMAP/Push-Pull-EA | | | | |
| В | Glute Ham Bar Lift | 3 | X | 5s | 45-55% | OC-D+1 | | | | |
| С | Bench Groin | 3 | Х | 5s | | OC-D+1, EA | | | | |
| | | form A- | C Simulta | neously for 3 | 3 Sets | | | | | |
| | | | | etween Exerc | | | | | | |
| | | | | | | | | | | |

| | Triphasic Lacrosse Training Manual | | | | | | | | | |
|-------------------------------|------------------------------------|---|-----------|----------------|--------------|--|--|--|--|--|
| | Speed 3-Day Elit | | | | | | | | | |
| Pre | | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | |
| Block 1 | | | | Body Warn | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | | /Duration | Load | Notes | | | | |
| Α | Safety Bar Split Squat | 1,1,1 | х | 5,3,3 | 50-80% | Warm-Up | | | | |
| В | Ankle Rocker Hops | 3 | х | 6 | | Drive Knee FWD, Vertical Femur | | | | |
| | Perfo | rm A & B S | eries Sin | nultaneously | for 3 Sets | | | | | |
| 1:00 Minute Rest Between Sets | | | | | | | | | | |
| Block 2 | Block 2 Lower Body Speed | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Lunge OC Hops | 3 | Х | 10s,10s-Clu | | Reactive-AMAP/Push-Pull-EA | | | | |
| В | <u>Hurdle Hop</u> | 3 | Х | 4 | | Jump for Distance, Continuous | | | | |
| С | Wt. Squat Jump | 3 | Х | 4 | | Pull-In, Explode Out Immediately | | | | |
| D | Accel. Band Jump | 3 | Х | 4 | | Pull-In, Explode Out Immediately | | | | |
| E | Swissball 4-Way Neck | 3 | Х | 10s | | Reactive-AMAP/Push-Pull-EA | | | | |
| F | Ball Groin Squeeze | 3 | Х | 10s | | Reactive-AMAP/Push-Pull | | | | |
| G | Glute Wind-Up | 3 | Х | 4 EA | | Wind-Up Around Glute | | | | |
| | P | erform A-0 | Simulta | aneously for 3 | 3 Sets | | | | | |
| | 25 Seconds Rest | t Between | Exercise | s; 2:00 minut | es between R | ounds | | | | |
| Block 3 | | | Uppe | er Body Spe | ed | | | | | |
| <u>Order</u> | Exercise | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | <u>Chin-Up</u> | 3 | Х | 10s | 35-40% | Reactive-AMAP/Push-Pull-EA | | | | |
| В | MB OH Slams | 3 | Х | 5 | | | | | | |
| С | Banded Cuban Press | 3 | Х | 10s | | Reactive-AMAP/Push-Pull-EA | | | | |
| • | P | erform A-0 | 2 Simulta | neously for 3 | Sets | | | | | |
| | 25 Seconds Rest | t Between | Exercise | s; 2:00 minut | es between R | lounds | | | | |
| Block 4 | | | Lower | Auxiliary Sp | <u>oeed</u> | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Switch Cycle Lunge | 3 | Х | 4 EA | | Switch Legs in Air to Land in Start Pos. | | | | |
| В | Banded Paw Back | 3 | х | 10s | | Reactive-AMAP/Push-Pull-EA | | | | |
| - | Dandad Chard Cluta | 2 | | 100 | | Decetive ANAAD/Duck Dull CA | | | | |

10s

10s

3

3

Х

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

С

D

Banded Speed Glute

Banded Hip Flexor Pulls

Reactive-AMAP/Push-Pull-EA

Reactive-AMAP/Push-Pull-EA

| | Triphasi | c Lacı | osse | Trainir | ng Mani | ual | | | | | | |
|--------------|---|--------------------|------------|-------------------------|--------------|---|--|--|--|--|--|--|
| | Speed 3-Day Elit | | | | | | | | | | | |
| <u>Pre</u> | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | | | | |
| Block 1 | _ | Lower Body Warm-up | | | | | | | | | | |
| Order | <u>Exercise</u> | Sets | | /Duration | Load | Notes | | | | | | |
| Α | Safety Bar Split Squat | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | | | |
| В | Ankle Band Work | 3 | х | 7s | 1" Band | Max ROM, Speed | | | | | | |
| • | Perfor | m A & B S | eries Sir | nultaneously | for 3 Sets | | | | | | | |
| | | 1:00 Mi | nute Res | t Between Se | ts | | | | | | | |
| Block 2 | | | Lowe | er Body Spe | ed | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | | |
| Α | Lunge OC Hops | 3 | Х | 7s,7s-Clu | | Reactive-AMAP/Push-Pull-EA | | | | | | |
| В | <u>Hurdle Hop</u> | 3 | х | 4 | | Jump for Distance, Continuous | | | | | | |
| С | Wt. Squat Jump | 3 | Х | 4 | | Pull-In, Explode Out Immediately | | | | | | |
| D | Accel. Band Jump | 3 | Х | 4 | | Pull-In, Explode Out Immediately | | | | | | |
| E | Swissball 4-Way Neck | 3 | Х | 7s | | Reactive-AMAP/Push-Pull-EA | | | | | | |
| F | Banded Speed Glute | 3 | Х | 7s | | Reactive-AMAP/Push-Pull-EA | | | | | | |
| G | Banded Hip Flexor Pulls | 3 | Х | 7s | 1" Band | Reactive-AMAP/Push-Pull-EA | | | | | | |
| | | | | aneously for 3 | | | | | | | | |
| | 25 Seconds Rest | Between | Exercise | s; 2:00 minut | es between R | ounds | | | | | | |
| Block 3 | | | Upper | Body Warr | n-up | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | | |
| Α | Bench Press | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | | | |
| В | Band Pull-Aparts | 3 | х | 10 | 1/2" Band | | | | | | | |
| • | Perfor | m A & B S | Series Sir | nultaneously | for 3 Sets | • | | | | | | |
| | | 1:00 Mi | nute Res | t Between Se | ts | | | | | | | |
| Block 4 | | | Uppe | er Body Spe | ed | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | | |
| Α | Bench Press | 3 | Х | 7s | 35-40% | Reactive-AMAP/Push-Pull-EA | | | | | | |
| В | One Arm Med Ball Pass | 3 | х | 5 EA | | Use Hips | | | | | | |
| С | OC Rack Band Press | 3 | х | 7s | | OC-D+1 | | | | | | |
| D | <u>Pull-Up</u> | 3 | х | 7s | | Bottom 1/2, Reactive-AMAP | | | | | | |
| E | Banded Cuban Press | 3 | Х | 7s | | | | | | | | |
| | | | | neously for 3 | | a una da | | | | | | |
| Block F | 25 Seconds Rest | Between | | - | | ounas | | | | | | |
| Block 5 | Eversice | Sets | | Auxiliary S Duration | | Notes | | | | | | |
| Order ^ | <u>Exercise</u> | Sets 3 | • | | Load | | | | | | | |
| Α | Switch Cycle Lunge | 3 | Х | 3 EA | | Switch Legs in Air to Land in Start Pos | | | | | | |

Reactive-AMAP/Push-Pull-EA

OC-D+1

Reactive-AMAP/Push-Pull-EA

Banded Speed Groin

Glute Ham Bar Lift

Banded Paw Back

3

3

Х

Х

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

7s

7s

7s

35-40%

В

С

| | Triphasic | Lacı | osse | Trainir | ng Manı | ual | | | | | | |
|--|---|---------|-----------|-----------------|-------------|------------------------------------|--|--|--|--|--|--|
| Speed 3-Day Elite Training Block Week 34 - Wednesday | | | | | | | | | | | | |
| <u>Pre</u> | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | | | | |
| Block 1 | Lower Body Warm-up | | | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | | |
| Α | Safety Bar Split Squat | 1,1,1 | Х | 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 | | | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | | |
| Α | <u>Drop Jump DB Split Squat</u> | 6 | Х | 2 EA | 45-55% | Drop into Position and Explode Out | | | | | | |
| В | Kneel. 3-Way Hip Flex | 6 | Х | 5 EA | | 5-FWD,5-LT,5-RT, EA Leg | | | | | | |
| | | | | neously for 6 | | | | | | | | |
| | 25 Seconds Rest B | etween | | · | | ounds | | | | | | |
| Block 3 | | | | er Body Spe | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | <u> </u> | /Duration | Load | Notes | | | | | | |
| Α | <u>Chin-Up</u> | 3 | Х | 5s | | OC-D+1 | | | | | | |
| В | MB OH Slams | 3 | Х | 5 | _ | | | | | | | |
| С | Delt Bent Over OH Rebound Drop | 3 | X | 5 EA | | | | | | | | |
| | | | | neously for 3 | | | | | | | | |
| Block 4 | 23 | Second | | | | | | | | | | |
| | Evereice | Sets | | Auxiliary S | <u>Load</u> | Notes | | | | | | |
| Order A | <u>Exercise</u> Switch Cycle Lunge | 3 | х | /Duration 5s | Load | Notes OC-D+1 | | | | | | |
| В | DB SL RDL | 3 | x | 5s | 45-55% | OC-D+1, EA | | | | | | |
| C | Bench Glute | 3 | X | 5s | 43 3370 | OC-D+1, EA | | | | | | |
| | | | | neously for 3 | Sets | 00 5.1, 17 | | | | | | |
| | | | | etween Exerc | | | | | | | | |
| Block 5 | - | | Upper | Auxiliary S | peed | | | | | | | |
| Order | Exercise | Sets | | /Duration | Load | Notes | | | | | | |
| Α | Split Stance Cable Rotational Row | 3 | Х | 5s EA | Speed | Reactive-AMAP/Push-Pull | | | | | | |
| В | DB Shoulder Press | 3 | х | 5s | 45-55% | OC-D+1 | | | | | | |
| С | Cable Rotational Pull to Press | 3 | Х | 4 EA | | Low to High, Violent Hip Drive | | | | | | |
| • | Per | form A- | C Simulta | neously for 3 | 3 Sets | • | | | | | | |
| | 25 | Second | ls Rest B | etween Exerc | ises | | | | | | | |
| Block 6 | | | Lower | Auxiliary S | peed | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | | |
| Α | Banded Hip Flexor Pulls | 3 | х | 5s | | Reactive-AMAP/Push-Pull-EA | | | | | | |
| В | Glute Ham Bar Lift | 3 | Х | 5s | 45-55% | OC-D+1 | | | | | | |
| С | <u>Bench Groin</u> | 3 | х | 5s | <u> </u> | OC-D+1, EA | | | | | | |
| i e | Dor | form A- | C Simulta | neously for 3 | ₹ Sets | | | | | | | |
| | | | | etween Exerc | | | | | | | | |

| | Triphasio | Lacı | osse | Trainir | ng Mani | ual | | | | | | |
|---|---|-----------|------------|--------------------------|--------------|--|--|--|--|--|--|--|
| Speed 3-Day Elite Training Block Week 34 - Friday | | | | | | | | | | | | |
| Pre | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | | | | |
| Block 1 | Lower Body Warm-up | | | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | | |
| Α | Safety Bar Split Squat | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | | | |
| В | Ankle Rocker Hops | 3 | Х | 6 | | Drive Knee FWD, Vertical Femur | | | | | | |
| | Perforn | 1 A & B S | Series Sin | nultaneously | for 3 Sets | | | | | | | |
| | | 1:00 Mi | nute Res | t Between Se | ts | | | | | | | |
| Block 2 | ck 2 Lower Body Speed | | | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | | |
| Α | Lunge OC Hops | 3 | Х | 10s,10s-Clu | | Reactive-AMAP/Push-Pull-EA | | | | | | |
| В | <u>Hurdle Hop</u> | 3 | Х | 4 | | Jump for Distance, Continuous | | | | | | |
| С | Wt. Squat Jump | 3 | Х | 4 | | Pull-In, Explode Out Immediately | | | | | | |
| D | Accel. Band Jump | 3 | Х | 4 | | Pull-In, Explode Out Immediately | | | | | | |
| E | Swissball 4-Way Neck | 3 | Х | 10s | | Reactive-AMAP/Push-Pull-EA | | | | | | |
| F | Ball Groin Squeeze | 3 | Х | 10s | | Reactive-AMAP/Push-Pull | | | | | | |
| G | Glute Wind-Up | 3 | Х | 4 EA | | Wind-Up Around Glute | | | | | | |
| | Per | form A-0 | G Simulta | aneously for 3 | 3 Sets | | | | | | | |
| | 25 Seconds Rest E | Between | Exercise | s; 2:00 minut | es between R | lounds | | | | | | |
| Block 3 | | | Uppe | er Body Spe | ed | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | | |
| Α | <u>Chin-Up</u> | 3 | Х | 10s | 35-40% | Reactive-AMAP/Push-Pull-EA | | | | | | |
| В | MB OH Slams | 3 | х | 5 | | | | | | | | |
| С | Banded Cuban Press | 3 | Х | 10s | | Reactive-AMAP/Push-Pull-EA | | | | | | |
| | Per | form A- | C Simulta | aneously for 3 | Sets | | | | | | | |
| | 25 Seconds Rest E | Between | Exercise | s; 2:00 minut | es between R | lounds | | | | | | |
| Block 4 | | | Lower | Auxiliary S _l | oeed | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | | |
| Α | Switch Cycle Lunge | 3 | Х | 4 EA | | Switch Legs in Air to Land in Start Pos. | | | | | | |
| В | Banded Paw Back | 3 | Х | 10s | | Reactive-AMAP/Push-Pull-EA | | | | | | |

10s

10s

Reactive-AMAP/Push-Pull-EA

Reactive-AMAP/Push-Pull-EA

3

3

Х

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

Banded Speed Glute
Banded Hip Flexor Pulls

С

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.

- 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 | ock 1 Glute Function Series Warm-Up | | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | | |
| Α | Banded Big Toe Work | 1 | Х | 20 EA | | | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 20 EA | | | | | | | |
| С | Level 1 Glute Iso Training Protocol | 1 | Х | 18m | Green/Blue | | | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 10 EA | 1" Band | Hips Drive, Shoulders Follow | | | | | |
| | Perform A-D as a G | lute Fur | ntion Wa | rm-Up S | eries Prior to 1 | Training | | | | | |
| Block 2 | <u>(</u> | Oxidat | ive Ene | rgy Sys | tem Training | g | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | | |
| Α | 3-D Contralateral Circuit | 1 | Х | 20s | | Complete As Many Reps As Possible | | | | | |
| | Perfo | rm A fo | or 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 | Block 1 Glute Function Series Warm-Up | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | Banded Big Toe Work | 1 | Х | 20 EA | | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 20 EA | | | | | | |
| С | Level 1 Glute Iso Training Protocol | 1 | Х | 18m | Green/Blue | | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 10 EA | 1" Band | Hips Drive, Shoulders Follow | | | | |
| | Perform A-D as a G | lute Fui | ntion Wa | rm-Up S | eries Prior to | Training | | | | |
| Block 2 | <u>(</u> | Oxidat | ive Ene | rgy Sys | tem Trainin | g | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | | |
| Α | Metabolic Sandbell Circuit | 1 | Х | 20s | | Complete As Many Reps As Possible | | | | |
| | Perfo | rm A fo | or 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.

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

| Triphasic I | acrosse i | Training | Manual |
|-------------|-----------|------------|-----------|
| TIPHUSIC | Laciosse | T I WILLIE | IVIGITAGI |

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

Pre Pre-Training, Multi-Dimensional Warm-Up

| Block 1 | | Lower Body Warm-up | | | | | | | | | | |
|--------------|------------------|--------------------|--------------------|-------|---------|----------------------|--|--|--|--|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Sets Reps/Duration | | Load | Notes | | | | | | |
| Α | Hex Bar Deadlift | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | | | |
| В | Ankle Band Work | 3 | Х | 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 | | | | | | | | | | |
|--------------|-------------------------|------------------|---------------|------|--------|---------------------------------------|--|--|--|--|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/Duration | | Load | Notes | | | | | | |
| Α | <u>Hex Bar Deadlift</u> | 3 | Х | 3x5s | 65-80% | 5 Sec Ecc, 3 Reps, % Based on Athlete | | | | | | |
| В | <u>Hurdle Hop</u> | 3 | х | 4 | | Jump for Distance, Continuous | | | | | | |
| С | Wt. Squat Jump | 3 | Х | 4 | | Pull-In, Explode Out Immediately | | | | | | |
| D | Accel. Band Jump | 3 | Х | 4 | | Pull-In, Explode Out Immediately | | | | | | |
| E | Swissball 4-Way Neck | 3 | Х | 5s | | 5 Sec Ecc, EA | | | | | | |
| F | Kneel. 3-Way Hip Flex | 3 | х | 5 EA | | 5-FWD,5-LT,5-RT, EA Leg | | | | | | |
| G | Bench Glute | 3 | Х | 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 | <u>Upper Body Warm-up</u> | | | | | | | | | | |
|--------------|---------------------------|-------|------|-----------|-----------|---------|--|--|--|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | |
| Α | Bench Press | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | | |
| В | Band Pull-Aparts | 3 | х | 10 | 1/2" Band | | | | | | |

Perform A & B Series Simultaneously for 3 Sets

1:00 Minute Rest Between Sets

| <u>Upper Body Speed</u> | | | | | | | | | | |
|-----------------------------------|---|---|--|---|--|--|--|--|--|--|
| <u>Exercise</u> | Sets | Reps/Duration | | Load | Notes | | | | | |
| Bench Press | 3 | Х | 3x5s | 65-80% | 5 Sec Ecc, 3 Reps, % Based on Athlete | | | | | |
| One Arm Med Ball Pass | 3 | Х | 5 EA | | Use Hips | | | | | |
| Split Stance Cable Rotational Row | 3 | Х | 3x5s | | 5 Sec Ecc, 3 Reps EA, Load Glute | | | | | |
| <u>Pull-Up</u> | 3 | Х | 3x5s | | 5 Sec Ecc, 3 Reps | | | | | |
| Banded Cuban Press | 3 | Х | 3x5s | | 5 Sec Ecc, 3 Reps EA | | | | | |
| | Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up | Bench Press 3 One Arm Med Ball Pass 3 Split Stance Cable Rotational Row 3 Pull-Up 3 | Exercise Sets Reps Bench Press 3 x One Arm Med Ball Pass 3 x Split Stance Cable Rotational Row 3 x Pull-Up 3 x | Exercise Sets Reps/Duration Bench Press 3 x 3x5s One Arm Med Ball Pass 3 x 5 EA Split Stance Cable Rotational Row 3 x 3x5s Pull-Up 3 x 3x5s | Bench Press 3 x 3x5s 65-80% One Arm Med Ball Pass 3 x 5 EA Split Stance Cable Rotational Row 3 x 3x5s Pull-Up 3 x 3x5s | | | | | |

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

| Block 5 | Lower Auxiliary Speed | | | | | | | | | | |
|--------------|------------------------|------|--------------------|------|----------|-----------------------|--|--|--|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Sets Reps/Duration | | Load | Notes | | | | | |
| Α | Glute Ham Bar Lift | 3 | Х | 3x5s | 65-80% | 5 Sec Ecc, 3 Reps | | | | | |
| В | Bench Groin | 3 | Х | 3x5s | | 5 Sec Ecc, 3 Reps EA | | | | | |
| С | DB Common Lunge Matrix | 3 | Х | 5s | 65-80% | 5 Sec Ecc-FWD,LAT,ROT | | | | | |
| D | SA Farmers Carry | 3 | Х | 20Y | Moderate | | | | | | |

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

| | Triphasic | Lacı | rosse | Trainir | ng Manı | ual | | | |
|--------------|---|-----------|----------------|-----------------|--------------|------------------------------------|--|--|--|
| | ntric Hybrid 2-Day E | | | | | | | | |
| <u>Pre</u> | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | |
| Block 1 | Lower Body Warm-up | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | |
| Α | Safety Bar Split Squat | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | |
| | | | | -Up for Heavi | | | | | |
| | | 1:00 Mi | nute Res | t Between Se | ets | | | | |
| Block 2 | | | Lowe | er Body Spe | <u>eed</u> | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | |
| Α | Drop Jump DB Split Squat | 6 | Х | 2 EA | 45-55% | Drop into Position and Explode Out | | | |
| В | Glute Wind-Up | 6 | х | 5 EA | | Wind-Up Around Glute | | | |
| | | | | aneously for 6 | | | | | |
| | 25 Seconds Rest B | etween | Exercise | s; 1:30 minut | es between R | ounds | | | |
| Block 3 | | | | er Body Spe | <u>eed</u> | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | |
| Α | <u>Chin-Up</u> | 3 | х | 5s | | OC-D+1 | | | |
| В | MB OH Slams | 3 | Х | 5 | | | | | |
| С | <u>Delt Bent Over OH Rebound Drop</u> | 3 | Х | 5 EA | | | | | |
| | | | | neously for 3 | | | | | |
| | 25 | Second | | etween Exerc | | | | | |
| Block 4 | | | _ | Auxiliary S | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | | /Duration | Load | Notes | | | |
| Α | Switch Cycle Lunge | 3 | Х | 5s | | OC-D+1 | | | |
| В | DB SL RDL | 3 | Х | 5s | 45-55% | OC-D+1, EA | | | |
| С | Banded Speed Glute | 3 | X C C:lb- | 5s | 2.6-4- | Reactive-AMAP/Push-Pull-EA | | | |
| | | | | aneously for 3 | | | | | |
| 51 1 5 | 25 | Second | | etween Exerc | | | | | |
| Block 5 | | 1- | | Auxiliary S | _ | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | | /Duration | Load | Notes | | | |
| A | Split Stance Cable Rotational Row | 3 | X | 5s EA | Speed | Reactive-AMAP/Push-Pull | | | |
| B C | DB Shoulder Press Cable Rotational Pull to Press | 3 | X | 5s 4 EA | 45-55% | OC-D+1 | | | |
| C | | | X C Simulta | neously for 3 | 2 Cots | Low to High, Violent Hip Drive | | | |
| | | | | etween Exerc | | | | | |
| Block 6 | 23 | , JCCOIIC | | Auxiliary S | | | | | |
| | Eversion | Sets | | <i>I</i> = | | Notes | | | |
| Order A | Banded Hip Flexor Pulls | 3 | х | /Duration 5s | Load | Notes Reactive-AMAP/Push-Pull-EA | | | |
| В | Glute Ham Bar Lift | 3 | X | 5s | 45-55% | OC-D+1 | | | |
| С | Banded Speed Groin | 3 | X | 5s | .5 55,0 | Reactive-AMAP/Push-Pull-EA | | | |
| - | | _ | | neously for 3 | 3 Sets | | | | |
| | | | | etween Exerc | | | | | |
| | | | | | - | | | | |

| Triphasic Lacrosse Trainii | ng I | Vlanual | |
|----------------------------|------|---------|--|
|----------------------------|------|---------|--|

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

Pre Pre-Training, Multi-Dimensional Warm-Up

| Block 1 | <u>Lower Body Warm-up</u> | | | | | | | | |
|--------------|---------------------------|-------|------|-----------|---------|----------------------|--|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | |
| Α | Hex Bar Deadlift | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | |
| В | Ankle Band Work | 3 | Х | 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 | | <u>Lower Body Speed</u> | | | | | | | | |
|--------------|-------------------------|-------------------------|------|-----------|--------|---------------------------------------|--|--|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | <u>Hex Bar Deadlift</u> | 3 | Х | 3x5s | 65-80% | 5 Sec Ecc, 3 Reps, % Based on Athlete | | | | |
| В | <u>Hurdle Hop</u> | 3 | х | 4 | | Jump for Distance, Continuous | | | | |
| С | Wt. Squat Jump | 3 | Х | 4 | | Pull-In, Explode Out Immediately | | | | |
| D | Accel. Band Jump | 3 | Х | 4 | | Pull-In, Explode Out Immediately | | | | |
| E | Swissball 4-Way Neck | 3 | Х | 5s | | 5 Sec Ecc, EA | | | | |
| F | Kneel. 3-Way Hip Flex | 3 | х | 5 EA | | 5-FWD,5-LT,5-RT, EA Leg | | | | |
| G | Bench Glute | 3 | Х | 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 | | | | | | | | |
|--------------|--------------------|-------|------|-----------|-----------|---------|--|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | |
| Α | Bench Press | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | |
| В | Band Pull-Aparts | 3 | Х | 10 | 1/2" Band | | | | |

Perform A & B Series Simultaneously for 3 Sets

1:00 Minute Rest Between Sets

| Block 4 | <u>Upper Body Speed</u> | | | | | | | | |
|--|-----------------------------------|---------|-----------|----------------|--------|---------------------------------------|--|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | |
| Α | Bench Press | 3 | Х | 3x5s | 65-80% | 5 Sec Ecc, 3 Reps, % Based on Athlete | | | |
| В | One Arm Med Ball Pass | 3 | Х | 5 EA | | Use Hips | | | |
| С | Split Stance Cable Rotational Row | 3 | Х | 3x5s | | 5 Sec Ecc, 3 Reps EA, Load Glute | | | |
| D | <u>Pull-Up</u> | 3 | Х | 3x5s | | 5 Sec Ecc, 3 Reps | | | |
| E Banded Cuban Press 3 x 3x5s 5 Sec Ecc, 3 Reps EA | | | | | | | | | |
| - | Per | form A- | E Simulta | aneously for 3 | Sets | • | | | |

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

| Block 5 | | Lower Auxiliary Speed | | | | | | | | |
|--------------|------------------------|-----------------------|----------|-------------|----------|-----------------------|--|--|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Glute Ham Bar Lift | 3 | Х | 3x5s | 65-80% | 5 Sec Ecc, 3 Reps | | | | |
| В | Bench Groin | 3 | Х | 3x5s | | 5 Sec Ecc, 3 Reps EA | | | | |
| С | DB Common Lunge Matrix | 3 | Х | 5s | 65-80% | 5 Sec Ecc-FWD,LAT,ROT | | | | |
| D | SA Farmers Carry | 3 | Х | 20Y | Moderate | | | | | |
| | Do | rform 1 | C Cimult | noously for | 2 Cots | | | | | |

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

| | Triphasic | Lacı | osse | Trainir | ng Mani | ual | | | |
|--------------|---|---------|----------------|----------------------|--------------|------------------------------------|--|--|--|
| | ntric Hybrid 2-Day E | | | | | | | | |
| <u>Pre</u> | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | |
| Block 1 | Lower Body Warm-up | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | |
| Α | Safety Bar Split Squat | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | |
| | | | | -Up for Heavi | | | | | |
| | | 1:00 Mi | nute Res | t Between Se | ts | | | | |
| Block 2 | | | Lowe | er Body Spe | ed | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | |
| Α | <u>Drop Jump DB Split Squat</u> | 6 | Х | 2 EA | 45-55% | Drop into Position and Explode Out | | | |
| В | Glute Wind-Up | 6 | Х | 5 EA | | Wind-Up Around Glute | | | |
| | | | | aneously for 6 | | | | | |
| | 25 Seconds Rest B | etween | Exercise | s; 1:30 minut | es between R | ounds | | | |
| Block 3 | | | <u>Uppe</u> | er Body Spe | <u>ed</u> | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | |
| Α | <u>Chin-Up</u> | 3 | Х | 5s | | OC-D+1 | | | |
| В | MB OH Slams | 3 | Х | 5 | | | | | |
| С | <u>Delt Bent Over OH Rebound Drop</u> | 3 | Х | 5 EA | | | | | |
| | | | | aneously for 3 | | | | | |
| | 25 | Second | | etween Exerc | | | | | |
| Block 4 | | | | Auxiliary S | <u>peed</u> | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | |
| Α | Switch Cycle Lunge | 3 | Х | 5s | | OC-D+1 | | | |
| В | DB SL RDL | 3 | Х | 5s | 45-55% | OC-D+1, EA | | | |
| С | Banded Speed Glute | 3 | X | 5s | | Reactive-AMAP/Push-Pull-EA | | | |
| | | | | neously for 3 | | | | | |
| _, , _ | 25 | Second | | etween Exerc | | | | | |
| Block 5 | | | | Auxiliary S | <u>peed</u> | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | - | /Duration | Load | Notes | | | |
| A | Split Stance Cable Rotational Row | 3 | Х | 5s EA | Speed | Reactive-AMAP/Push-Pull | | | |
| В | DB Shoulder Press | 3 | Х | 5s | 45-55% | OC-D+1 | | | |
| С | Cable Rotational Pull to Press | 3 | X | 4 EA | | Low to High, Violent Hip Drive | | | |
| | | | | neously for 3 | | | | | |
| DI 1.6 | 25 | Second | | etween Exerc | | | | | |
| Block 6 | | 1 | Lower | Auxiliary S | peed | | | | |
| <u>Order</u> | Exercise | Sets | • | /Duration | Load | Notes | | | |
| A | Banded Hip Flexor Pulls | 3 | X | 5s | 45 550/ | Reactive-AMAP/Push-Pull-EA | | | |
| В | Glute Ham Bar Lift | 3 | X | 5s | 45-55% | OC-D+1 | | | |
| С | Banded Speed Groin | | X C Simulta | 5s aneously for 3 |) Cots | Reactive-AMAP/Push-Pull-EA | | | |
| | | | | etween Exerc | | | | | |
| | 25 | วยเบทต | וז עבצו פו | etween Exerc | いっとう | | | | |

| Triphasic | Lacrosse | Training | Manual |
|------------|----------|----------|------------|
| 1110114515 | | | 1110110101 |

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

Pre Pre-Training, Multi-Dimensional Warm-Up

| Block 1 | <u>Lower Body Warm-up</u> | | | | | | | | |
|--------------|---------------------------|-------|------|-----------|---------|----------------------|--|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | |
| Α | Hex Bar Deadlift | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | |
| В | Ankle Band Work | 3 | Х | 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 | | | | | | | |
|--------------|-------------------------|------|------|-----------|--------|---------------------------------------|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | |
| Α | <u>Hex Bar Deadlift</u> | 3 | Х | 3x5s | 65-80% | 5 Sec Ecc, 3 Reps, % Based on Athlete | | |
| В | <u>Hurdle Hop</u> | 3 | х | 4 | | Jump for Distance, Continuous | | |
| С | Wt. Squat Jump | 3 | Х | 4 | | Pull-In, Explode Out Immediately | | |
| D | Accel. Band Jump | 3 | Х | 4 | | Pull-In, Explode Out Immediately | | |
| E | Swissball 4-Way Neck | 3 | Х | 5s | | 5 Sec Ecc, EA | | |
| F | Kneel. 3-Way Hip Flex | 3 | х | 5 EA | | 5-FWD,5-LT,5-RT, EA Leg | | |
| G | Bench Glute | 3 | Х | 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 | | | | | | | | |
|--------------|--------------------|-------|------|-----------|-----------|---------|--|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | |
| Α | Bench Press | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | |
| В | Band Pull-Aparts | 3 | Х | 10 | 1/2" Band | | | | |

Perform A & B Series Simultaneously for 3 Sets

1:00 Minute Rest Between Sets

| Block 4 | <u>Upper Body Speed</u> | | | | | | | | | |
|--------------|-----------------------------------|---------|---------------|---------------|--------|---------------------------------------|--|--|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/Duration | | Load | Notes | | | | |
| Α | Bench Press | 3 | х | 3x5s | 65-80% | 5 Sec Ecc, 3 Reps, % Based on Athlete | | | | |
| В | One Arm Med Ball Pass | 3 | Х | 5 EA | | Use Hips | | | | |
| С | Split Stance Cable Rotational Row | 3 | Х | 3x5s | | 5 Sec Ecc, 3 Reps EA, Load Glute | | | | |
| D | <u>Pull-Up</u> | 3 | Х | 3x5s | | 5 Sec Ecc, 3 Reps | | | | |
| E | Banded Cuban Press | 3 | Х | 3x5s | | 5 Sec Ecc, 3 Reps EA | | | | |
| | Per | form A- | E Simulta | neously for 3 | Sets | | | | | |

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

| Block 5 | <u>Lower Auxiliary Speed</u> | | | | | | | | |
|--------------|------------------------------|------|------|-----------|----------|-----------------------|--|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | |
| Α | Glute Ham Bar Lift | 3 | х | 3x5s | 65-80% | 5 Sec Ecc, 3 Reps | | | |
| В | Bench Groin | 3 | Х | 3x5s | | 5 Sec Ecc, 3 Reps EA | | | |
| С | DB Common Lunge Matrix | 3 | Х | 5s | 65-80% | 5 Sec Ecc-FWD,LAT,ROT | | | |
| D | SA Farmers Carry | 3 | Х | 20Y | Moderate | | | | |
| | • | | 0.01 | 1.6 | | | | | |

Perform A-C Simultaneously for 3 Sets

| | Triphasic | Lacı | rosse | Trainir | ng Manı | ual | |
|--------------|---------------------------------------|---------------|----------------|--------------------|--------------|------------------------------------|--|
| Ecce | ntric Hybrid 2-Day E | | | | | | |
| <u>Pre</u> | <u>Pre</u> | <u>-Train</u> | ing, Mu | <u>lti-Dimensi</u> | ional Warm | -Up | |
| Block 1 | | | Lower | Body Warr | n-up | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | |
| Α | Safety Bar Split Squat | 1,1,1 | х | 5,3,3 | 50-80% | Warm-Up | |
| | | | | -Up for Heavi | | | |
| | | 1:00 Mi | nute Res | t Between Se | ets | | |
| Block 2 | | | Lowe | er Body Spe | <u>eed</u> | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | |
| Α | <u>Drop Jump DB Split Squat</u> | 6 | х | 2 EA | 45-55% | Drop into Position and Explode Out | |
| В | Glute Wind-Up | 6 | Х | 5 EA | | Wind-Up Around Glute | |
| | | | | aneously for 6 | | | |
| | 25 Seconds Rest B | etween | Exercise | s; 1:30 minut | es between R | ounds | |
| Block 3 | Upper Body Speed | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | |
| Α | <u>Chin-Up</u> | 3 | х | 5s | | OC-D+1 | |
| В | MB OH Slams | 3 | Х | 5 | | | |
| С | <u>Delt Bent Over OH Rebound Drop</u> | 3 | Х | 5 EA | | | |
| | | | | neously for 3 | | | |
| | 25 | Second | | etween Exerc | | | |
| Block 4 | | | | Auxiliary S | <u>peed</u> | | |
| <u>Order</u> | <u>Exercise</u> | Sets | 1 | /Duration | Load | Notes | |
| Α | Switch Cycle Lunge | 3 | Х | 5s | | OC-D+1 | |
| В | DB SL RDL | 3 | Х | 5s | 45-55% | OC-D+1, EA | |
| С | Banded Speed Glute | 3 | X | 5s | 2.6-4- | Reactive-AMAP/Push-Pull-EA | |
| | | | | neously for 3 | | | |
| 51 1 5 | 25 | Second | | etween Exerc | | | |
| Block 5 | | | | Auxiliary S | _ | | |
| <u>Order</u> | Exercise | Sets | - | /Duration | Load | Notes | |
| A | Split Stance Cable Rotational Row | 3 | Х | 5s EA | Speed | Reactive-AMAP/Push-Pull | |
| В | DB Shoulder Press | 3 | X | 5s 4 EA | 45-55% | OC-D+1 | |
| С | Cable Rotational Pull to Press | | X C Simulta | neously for 3 | 2 Coto | Low to High, Violent Hip Drive | |
| | | | | etween Exerc | | | |
| Block 6 | | Jecond | | | | | |
| | Eversion | Sot- | _ | Auxiliary S | | Notes | |
| Order A | Banded Hip Flexor Pulls | Sets 3 | x x | /Duration 5s | Load | Notes Reactive-AMAP/Push-Pull-EA | |
| В | Glute Ham Bar Lift | 3 | X | 5s | 45-55% | OC-D+1 | |
| С | Banded Speed Groin | 3 | X | 5s | 45-55/0 | Reactive-AMAP/Push-Pull-EA | |
| · | | _ | | neously for 3 | 3 Sets | Redective ANIAL /1 USII-1 UII-LA | |
| | | | | etween Exerc | | | |
| | 25 | . 5000110 | D | CINCON EACH | | | |

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.

- 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 L | .acro | osse | Train | ing Mar | nual | | | |
|--------------|---|----------|--------------------|----------|------------------|-----------------------------------|--|--|--|
| | Download 2-Day Elite | e Tra | ainin | g Blo | ck Wee | k 39 - Monday | | | |
| <u>Pre</u> | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | |
| Block 1 | Glute Function Series Warm-Up | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Sets Reps/Duration | | Load | Notes | | | |
| Α | Banded Big Toe Work | 1 | Х | 20 EA | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 20 EA | | | | | |
| С | Level 1 Glute Iso Training Protocol | 1 | Х | 18m | Green/Blue | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 10 EA | 1" Band | Hips Drive, Shoulders Follow | | | |
| | Perform A-D as a G | lute Fur | ntion Wa | rm-Up S | eries Prior to 1 | Training | | | |
| Block 2 | <u>(</u> | Oxidat | ive Ene | rgy Sys | tem Training | g | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | 3-D Contralateral Circuit | 1 | Х | 20s | | Complete As Many Reps As Possible | | | |
| | Perfo | rm A fo | or 1 Set (| @ 20s on | 15s off | | | | |

| | Triphasic L | | | | | | | |
|---|-------------------------------------|----------|---------------|----------------|----------------|-----------------------------------|--|--|
| Download 2-Day Elite Training Block Week 39 - Wednesday | | | | | | | | |
| <u>Pre</u> | <u>Pre-T</u> | rainin | g, Mult | i-Dime | nsional War | m-Up | | |
| Block 1 | 1 Glute Function Series Warm-Up | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/Duration | | Load | Notes | | |
| Α | Banded Big Toe Work | 1 | Х | 20 EA | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 20 EA | | | | |
| С | Level 1 Glute Iso Training Protocol | 1 | Х | 18m | Green/Blue | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 10 EA | 1" Band | Hips Drive, Shoulders Follow | | |
| | Perform A-D as a G | lute Fui | ntion Wa | arm-Up S | eries Prior to | Training | | |
| Block 2 | <u>(</u> | Oxidat | ive Ene | rgy Sys | tem Trainin | g | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | |
| Α | Metabolic Sandbell Circuit | 1 | Х | 20s | | Complete As Many Reps As Possible | | |
| | Perfo | rm A fo | or 1 Set (| <u> 20s on</u> | 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.

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

| Triphasic Lacrosse Trainii | ng I | Vlanual | |
|----------------------------|------|---------|--|
|----------------------------|------|---------|--|

Isometric Hybrid 2-Day Elite Training Block Week 40 - Monday

Pre Pre-Training, Multi-Dimensional Warm-Up

| Block 1 | <u>Lower Body Warm-up</u> | | | | | | | | | |
|--------------|---------------------------|-------|------|-----------|---------|----------------------|--|--|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Hex Bar Deadlift | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | |
| В | Ankle Band Work | 3 | Х | 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 | <u>Lower Body Speed</u> | | | | | | | | |
|--------------|-------------------------|------|------|-----------|--------|---------------------------------------|--|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | |
| Α | <u>Hex Bar Deadlift</u> | 3 | Х | 3x5s | 65-80% | 5 Sec Iso, 3 Reps, % Based on Athlete | | | |
| В | <u>Hurdle Hop</u> | 3 | х | 4 | | Jump for Distance, Continuous | | | |
| С | Wt. Squat Jump | 3 | Х | 4 | | Pull-In, Explode Out Immediately | | | |
| D | Accel. Band Jump | 3 | Х | 4 | | Pull-In, Explode Out Immediately | | | |
| E | Swissball 4-Way Neck | 3 | Х | 5s | | 5 Sec Iso, EA | | | |
| F | Kneel. 3-Way Hip Flex | 3 | х | 5 EA | | 5-FWD,5-LT,5-RT, EA Leg | | | |
| G | Bench Glute | 3 | Х | 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 | <u>Upper Body Warm-up</u> | | | | | | | | |
|--------------|---------------------------|-------|--------------------|-------|-----------|---------|--|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Sets Reps/Duration | | Load | Notes | | | |
| Α | Bench Press | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | |
| В | Band Pull-Aparts | 3 | Х | 10 | 1/2" Band | | | | |

Perform A & B Series Simultaneously for 3 Sets

1:00 Minute Rest Between Sets

| <u>Upper Body Speed</u> | | | | | | | | | |
|-----------------------------------|---|---|--|---|--|--|--|--|--|
| <u>Exercise</u> | Sets | Reps/Duration | | Load | Notes | | | | |
| Bench Press | 3 | Х | 3x5s | 65-80% | 5 Sec Iso, 3 Reps, % Based on Athlete | | | | |
| One Arm Med Ball Pass | 3 | Х | 5 EA | | Use Hips | | | | |
| Split Stance Cable Rotational Row | 3 | Х | 3x5s | | 5 Sec Iso, 3 Reps EA, Load Glute | | | | |
| <u>Pull-Up</u> | 3 | Х | 3x5s | | 5 Sec Iso, 3 Reps | | | | |
| Banded Cuban Press | 3 | Х | 3x5s | | 5 Sec Iso, 3 Reps EA | | | | |
| | Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up | Bench Press 3 One Arm Med Ball Pass 3 Split Stance Cable Rotational Row 3 Pull-Up 3 | Exercise Sets Reps Bench Press 3 x One Arm Med Ball Pass 3 x Split Stance Cable Rotational Row 3 x Pull-Up 3 x | Exercise Sets Reps/Duration Bench Press 3 x 3x5s One Arm Med Ball Pass 3 x 5 EA Split Stance Cable Rotational Row 3 x 3x5s Pull-Up 3 x 3x5s | Bench Press 3 x 3x5s 65-80% One Arm Med Ball Pass 3 x 5 EA Split Stance Cable Rotational Row 3 x 3x5s Pull-Up 3 x 3x5s | | | | |

Perform A-E Simultaneously for 3 Sets

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

| Block 5 | <u>Lower Auxiliary Speed</u> | | | | | | | | |
|--------------|------------------------------|------|------|-----------|----------|-----------------------|--|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | |
| Α | Glute Ham Bar Lift | 3 | х | 3x5s | 65-80% | 5 Sec Iso, 3 Reps | | | |
| В | Bench Groin | 3 | х | 3x5s | | 5 Sec Iso, 3 Reps EA | | | |
| С | DB Common Lunge Matrix | 3 | Х | 5s | 65-80% | 5 Sec Iso-FWD,LAT,ROT | | | |
| D | SA Farmers Carry | 3 | Х | 20Y | Moderate | | | | |
| | | | | | | | | | |

Perform A-C Simultaneously for 3 Sets

| | Triphasic | Lacı | osse | Trainir | ng Manu | ual | | | |
|--------------|-----------------------------------|-----------|-----------|--------------------|-------------|------------------------------------|--|--|--|
| Isom | etric Hybrid 2-Day E | lite | Trair | ing Blo | ck Wee | k 40 - Wednesday | | | |
| <u>Pre</u> | <u>Pre</u> | -Traini | ng, Mu | lti-Dimensi | onal Warm | -U <u>p</u> | | | |
| Block 1 | Lower Body Warm-up | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | |
| Α | Safety Bar Split Squat | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | |
| | | | | -Up for Heav | | | | | |
| | | 1:00 Mi | nute Res | t Between Se | ets | | | | |
| Block 2 | <u>Lower Body Speed</u> | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | |
| Α | <u>Drop Jump DB Split Squat</u> | 6 | Х | 2 EA | 45-55% | Drop into Position and Explode Out | | | |
| В | Glute Wind-Up | 6 | Х | 5 EA | | Wind-Up Around Glute | | | |
| | | | | neously for 6 | | | | | |
| | 25 Seconds Rest B | etween | | - | | ounds | | | |
| Block 3 | <u>Upper Body Speed</u> | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | | /Duration | Load | Notes | | | |
| Α | <u>Chin-Up</u> | 3 | Х | 5s | | OC-D+1 | | | |
| В | MB OH Slams | 3 | Х | 5 | | | | | |
| С | Delt Bent Over OH Rebound Drop | 3 | X | 5 EA | 2.6-1- | | | | |
| | | | | neously for 3 | | | | | |
| Die els 4 | 23 | second | | | | | | | |
| Block 4 | Francisc | Cata | | Auxiliary S | | Nata | | | |
| Order A | Exercise Switch Cycle Lunge | Sets 3 | x | /Duration 5s | Load | Notes OC-D+1 | | | |
| В | DB SL RDL | 3 | X | 5s | 45-55% | OC-D+1 OC-D+1, EA | | | |
| C | Banded Speed Glute | 3 | × | 5s | 45-5570 | Reactive-AMAP/Push-Pull-EA | | | |
| | | | | neously for 3 | l 3 Sets | Redelive Alviai /1 dail 1 dil EA | | | |
| | | | | etween Exerc | | | | | |
| Block 5 | | | | Auxiliary S | | | | | |
| Order | Exercise | Sets | | /Duration | Load | Notes | | | |
| A | Split Stance Cable Rotational Row | 3 | X | 5s EA | Speed | Reactive-AMAP/Push-Pull | | | |
| В | DB Shoulder Press | 3 | X | 5s | 45-55% | OC-D+1 | | | |
| С | Cable Rotational Pull to Press | 3 | х | 4 EA | | Low to High, Violent Hip Drive | | | |
| * | Per | form A- | C Simulta | neously for 3 | 3 Sets | | | | |
| | 25 | Second | ls Rest B | etween Exerc | ises | | | | |
| Block 6 | | | Lower | Auxiliary S | peed | | | | |
| Order | <u>Exercise</u> | Sets | | /Duration | Load | Notes | | | |
| Α | Banded Hip Flexor Pulls | 3 | Х | 5s | | Reactive-AMAP/Push-Pull-EA | | | |
| В | Glute Ham Bar Lift | 3 | х | 5s | 45-55% | OC-D+1 | | | |
| С | Banded Speed Groin | 3 | Х | 5s | | Reactive-AMAP/Push-Pull-EA | | | |
| | | | | neously for 3 | | | | | |
| | ၁ ୮ | Cocone | o Doct D | etween Exerc | ricoc | | | | |

| Triphasic Lacrosse Trainii | ng I | Vlanual | |
|----------------------------|------|---------|--|
|----------------------------|------|---------|--|

Isometric Hybrid 2-Day Elite Training Block Week 41 - Monday

Pre Pre-Training, Multi-Dimensional Warm-Up

| Block 1 | | <u>Lower Body Warm-up</u> | | | | | | | | | |
|--------------|------------------|---------------------------|------|-----------|---------|----------------------|--|--|--|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | |
| Α | Hex Bar Deadlift | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | | |
| В | Ankle Band Work | 3 | Х | 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 | | <u>Lower Body Speed</u> | | | | | | | | | |
|--------------|-------------------------|-------------------------|------|-----------|--------|---------------------------------------|--|--|--|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | |
| Α | <u>Hex Bar Deadlift</u> | 3 | х | 3x5s | 65-80% | 5 Sec Iso, 3 Reps, % Based on Athlete | | | | | |
| В | <u>Hurdle Hop</u> | 3 | х | 4 | | Jump for Distance, Continuous | | | | | |
| С | Wt. Squat Jump | 3 | х | 4 | | Pull-In, Explode Out Immediately | | | | | |
| D | Accel. Band Jump | 3 | х | 4 | | Pull-In, Explode Out Immediately | | | | | |
| E | Swissball 4-Way Neck | 3 | х | 5s | | 5 Iso Ecc, EA | | | | | |
| F | Kneel. 3-Way Hip Flex | 3 | х | 5 EA | | 5-FWD,5-LT,5-RT, EA Leg | | | | | |
| G | Bench Glute | 3 | х | 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 | | | | | | | | | |
|--------------|------------------|--------------------|------|-----------|-----------|---------|--|--|--|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | |
| Α | Bench Press | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | | |
| В | Band Pull-Aparts | 3 | Х | 10 | 1/2" Band | | | | | | |

Perform A & B Series Simultaneously for 3 Sets

1:00 Minute Rest Between Sets

| Block 4 | <u>Upper Body Speed</u> | | | | | | | | | |
|--------------|---------------------------------------|------|------|-----------|--------|---------------------------------------|--|--|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Bench Press | 3 | Х | 3x5s | 65-80% | 5 Sec Iso, 3 Reps, % Based on Athlete | | | | |
| В | One Arm Med Ball Pass | 3 | Х | 5 EA | | Use Hips | | | | |
| С | Split Stance Cable Rotational Row | 3 | Х | 3x5s | | 5 Sec Iso, 3 Reps EA, Load Glute | | | | |
| D | <u>Pull-Up</u> | 3 | Х | 3x5s | | 5 Sec Iso, 3 Reps | | | | |
| E | Banded Cuban Press | 3 | Х | 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 | | | | | | | | |
|--------------|--|-----------------------|------|-----------|----------|-----------------------|--|--|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Glute Ham Bar Lift | 3 | Х | 3x5s | 65-80% | 5 Sec Iso, 3 Reps | | | | |
| В | Bench Groin | 3 | Х | 3x5s | | 5 Sec Iso, 3 Reps EA | | | | |
| С | DB Common Lunge Matrix | 3 | Х | 5s | 65-80% | 5 Sec Iso-FWD,LAT,ROT | | | | |
| D | SA Farmers Carry | 3 | Х | 20Y | Moderate | | | | | |
| | Parform A.C. Simultaneously for 2 Sets | | | | | | | | | |

Perform A-C Simultaneously for 3 Sets

| | Triphasic | Lacı | osse | Trainir | ng Manu | ual | | | | |
|---|---|--------|------------------|-------------------------------|--------------|------------------------------------|--|--|--|--|
| | etric Hybrid 2-Day E | | | | | | | | | |
| <u>Pre</u> | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | | |
| Block 1 | Lower Body Warm-up | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Safety Bar Split Squat | 1,1,1 | Х | 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 | | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | <u>Drop Jump DB Split Squat</u> | 6 | Х | 2 EA | 45-55% | Drop into Position and Explode Out | | | | |
| В | Glute Wind-Up | 6 | Х | 5 EA | | Wind-Up Around Glute | | | | |
| | | | | neously for 6 | | | | | | |
| | 25 Seconds Rest B | etween | Exercise | s; 1:30 minut | es between R | ounds | | | | |
| Block 3 | | | <u>Uppe</u> | er Body Spe | <u>:ed</u> | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | <u>Chin-Up</u> | 3 | Х | 5s | | OC-D+1 | | | | |
| В | MB OH Slams | 3 | Х | 5 | | | | | | |
| С | <u>Delt Bent Over OH Rebound Drop</u> | 3 | Х | 5 EA | | | | | | |
| | | | | neously for 3 | | | | | | |
| | 25 | Second | | etween Exerc | | | | | | |
| Block 4 Lower Auxiliary Speed | | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Switch Cycle Lunge | 3 | Х | 5s | | OC-D+1 | | | | |
| В | DB SL RDL | 3 | Х | 5s | 45-55% | OC-D+1, EA | | | | |
| С | Banded Speed Glute | 3 | X | 5s | | Reactive-AMAP/Push-Pull-EA | | | | |
| | | | | neously for 3 | | | | | | |
| | 25 | Second | | etween Exerc | | | | | | |
| Block 5 | | | | Auxiliary S _l | <u>peed</u> | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | • | /Duration | Load | Notes | | | | |
| Α | Split Stance Cable Rotational Row | 3 | Х | 5s EA | Speed | Reactive-AMAP/Push-Pull | | | | |
| В | DB Shoulder Press | 3 | Х | 5s | 45-55% | OC-D+1 | | | | |
| С | Cable Rotational Pull to Press | 3 | X | 4 EA | | Low to High, Violent Hip Drive | | | | |
| | | | | neously for 3 | | | | | | |
| DII-C | 25 | second | | etween Exerc | | | | | | |
| Block 6 | | • | Lower | Auxiliary S | <u>peed</u> | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | • | /Duration | Load | Notes | | | | |
| A | Banded Hip Flexor Pulls | 3 | Х | 5s | 45 | Reactive-AMAP/Push-Pull-EA | | | | |
| В | Glute Ham Bar Lift | 3 | X | 5s | 45-55% | OC-D+1 | | | | |
| С | Banded Speed Groin | 3 | X C Cironalto | 5s | Coto | Reactive-AMAP/Push-Pull-EA | | | | |
| | | | | neously for 3 etween Exerc | | | | | | |
| | | SUCONC | | | | | | | | |

| Triphasic Lacrosse Trainii | ng I | Vlanual | |
|----------------------------|------|---------|--|
|----------------------------|------|---------|--|

Isometric Hybrid 2-Day Elite Training Block Week 42 - Monday

Pre Pre-Training, Multi-Dimensional Warm-Up

| Block 1 | | <u>Lower Body Warm-up</u> | | | | | | | | | |
|--------------|------------------|---------------------------|------|-----------|---------|----------------------|--|--|--|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | |
| Α | Hex Bar Deadlift | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | | |
| В | Ankle Band Work | 3 | Х | 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 | | | | | | | | | |
|--------------|-------------------------|------|------|-----------|--------|---------------------------------------|--|--|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | <u>Hex Bar Deadlift</u> | 3 | Х | 3x5s | 65-80% | 5 Sec Iso, 3 Reps, % Based on Athlete | | | | |
| В | <u>Hurdle Hop</u> | 3 | х | 4 | | Jump for Distance, Continuous | | | | |
| С | Wt. Squat Jump | 3 | Х | 4 | | Pull-In, Explode Out Immediately | | | | |
| D | Accel. Band Jump | 3 | Х | 4 | | Pull-In, Explode Out Immediately | | | | |
| E | Swissball 4-Way Neck | 3 | Х | 5s | | 5 Sec Iso, EA | | | | |
| F | Kneel. 3-Way Hip Flex | 3 | х | 5 EA | | 5-FWD,5-LT,5-RT, EA Leg | | | | |
| G | Bench Glute | 3 | Х | 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 | <u>Upper Body Warm-up</u> | | | | | | | | | |
|--------------|---------------------------|-------|------|-----------|-----------|---------|--|--|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Bench Press | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | |
| В | Band Pull-Aparts | 3 | Х | 10 | 1/2" Band | | | | | |

Perform A & B Series Simultaneously for 3 Sets

1:00 Minute Rest Between Sets

| Block 4 | <u>Upper Body Speed</u> | | | | | | | | | |
|--------------|---------------------------------------|------|-------------------|------|--------|---------------------------------------|--|--|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | ets Reps/Duration | | Load | Notes | | | | |
| Α | <u>Bench Press</u> | 3 | х | 3x5s | 65-80% | 5 Sec Iso, 3 Reps, % Based on Athlete | | | | |
| В | One Arm Med Ball Pass | 3 | х | 5 EA | | Use Hips | | | | |
| C | Split Stance Cable Rotational Row | 3 | х | 3x5s | | 5 Sec Iso, 3 Reps EA, Load Glute | | | | |
| D | <u>Pull-Up</u> | 3 | Х | 3x5s | | 5 Sec Iso, 3 Reps | | | | |
| E | Banded Cuban Press | 3 | Х | 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 | | <u>Lower Auxiliary Speed</u> | | | | | | | | | | |
|--------------|------------------------|------------------------------|-----------|-----------|-----------|-----------------------|--|--|--|--|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | | |
| Α | Glute Ham Bar Lift | 3 | Х | 3x5s | 65-80% | 5 Sec Iso, 3 Reps | | | | | | |
| В | Bench Groin | 3 | Х | 3x5s | | 5 Sec Iso, 3 Reps EA | | | | | | |
| С | DB Common Lunge Matrix | 3 | Х | 5s | 65-80% | 5 Sec Iso-FWD,LAT,ROT | | | | | | |
| D | SA Farmers Carry | 3 | Х | 20Y | Moderate | | | | | | | |
| | D- | C A | C Cinn la | | 2 C - 4 - | | | | | | | |

Perform A-C Simultaneously for 3 Sets

| Triphasic Lacrosse Training Manual | | | | | | | | | | | |
|---|---|--------|----------------|----------------------|--------------|------------------------------------|--|--|--|--|--|
| Isometric Hybrid 2-Day Elite Training Block Week 42 - Wednesday | | | | | | | | | | | |
| <u>Pre</u> | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | | | |
| Block 1 | Lower Body Warm-up | | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | |
| Α | Safety Bar Split Squat | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | | |
| Perform A as a Warm-Up for Heavier Sets | | | | | | | | | | | |
| 1:00 Minute Rest Between Sets | | | | | | | | | | | |
| Block 2 | | | Lowe | er Body Spe | ed | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | |
| Α | <u>Drop Jump DB Split Squat</u> | 6 | Х | 2 EA | 45-55% | Drop into Position and Explode Out | | | | | |
| В | Glute Wind-Up | 6 | Х | 5 EA | | Wind-Up Around Glute | | | | | |
| | | | | aneously for 6 | | | | | | | |
| | 25 Seconds Rest B | etween | Exercise | s; 1:30 minut | es between R | ounds | | | | | |
| Block 3 | | | <u>Uppe</u> | er Body Spe | <u>ed</u> | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | |
| Α | <u>Chin-Up</u> | 3 | Х | 5s | | OC-D+1 | | | | | |
| В | MB OH Slams | 3 | х | 5 | | | | | | | |
| С | <u>Delt Bent Over OH Rebound Drop</u> | 3 | Х | 5 EA | | | | | | | |
| Perform A-C Simultaneously for 3 Sets | | | | | | | | | | | |
| | 25 | Second | | etween Exerc | | | | | | | |
| Block 4 | | | | Auxiliary S | <u>peed</u> | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | |
| Α | Switch Cycle Lunge | 3 | Х | 5s | | OC-D+1 | | | | | |
| В | DB SL RDL | 3 | Х | 5s | 45-55% | OC-D+1, EA | | | | | |
| С | Banded Speed Glute | 3 | X | 5s | | Reactive-AMAP/Push-Pull-EA | | | | | |
| | | | | neously for 3 | | | | | | | |
| | 25 | Second | | etween Exerc | | | | | | | |
| Block 5 | | | | Auxiliary S | <u>peed</u> | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | - | /Duration | Load | Notes | | | | | |
| Α | Split Stance Cable Rotational Row | 3 | Х | 5s EA | Speed | Reactive-AMAP/Push-Pull | | | | | |
| В | DB Shoulder Press | 3 | Х | 5s | 45-55% | OC-D+1 | | | | | |
| С | Cable Rotational Pull to Press | 3 | X | 4 EA | | Low to High, Violent Hip Drive | | | | | |
| | | | | neously for 3 | | | | | | | |
| DI 1.6 | 25 | Second | | etween Exerc | | | | | | | |
| Block 6 | | 1 | Lower | Auxiliary S | peed | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | • | /Duration | Load | Notes | | | | | |
| A | Banded Hip Flexor Pulls | 3 | X | 5s | 45 550/ | Reactive-AMAP/Push-Pull-EA | | | | | |
| В | Glute Ham Bar Lift | 3 | X | 5s | 45-55% | OC-D+1 | | | | | |
| С | Banded Speed Groin | _ | X C Simulta | 5s aneously for 3 |) Cots | Reactive-AMAP/Push-Pull-EA | | | | | |
| | | | | etween Exerc | | | | | | | |
| | 25 | second | is vest bi | etween Exerc | いっとう | | | | | | |

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.

- 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 | e Tra | ainin | g Blo | ck Wee | k 43 - Monday | | |
| <u>Pre</u> | <u>Pre-T</u> | rainin | g, Mult | i-Dime | nsional War | m-Up | | |
| Block 1 | Glute Function Series Warm-Up | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | |
| Α | Banded Big Toe Work | 1 | Х | 20 EA | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 20 EA | | | | |
| С | Level 1 Glute Iso Training Protocol | 1 | Х | 18m | Green/Blue | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 10 EA | 1" Band | Hips Drive, Shoulders Follow | | |
| | Perform A-D as a G | lute Fur | ntion Wa | rm-Up S | eries Prior to | Training | | |
| Block 2 | <u>(</u> | Oxidat | ive Ene | rgy Sys | tem Trainin | g | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | |
| Α | 3-D Contralateral Circuit | 1 | Х | 20s | | Complete As Many Reps As Possible | | |
| | Perfo | rm A fo | or 1 Set (| ຼື 20s on | 15s off | _ | | |

| Triphasic Lacrosse Training Manual | | | | | | | | | |
|------------------------------------|--|----------|------------|----------|----------------|------------------------------|--|--|--|
| Do | Download 2-Day Elite Training Block Week 43 - Wednesday | | | | | | | | |
| <u>Pre</u> | <u>Pre-T</u> | rainin | g, Mult | i-Dime | nsional War | m-Up | | | |
| Block 1 | | Glute | Function | on Serie | es Warm-Up | 1 | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Banded Big Toe Work | 1 | Х | 20 EA | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 20 EA | | | | | |
| С | Level 1 Glute Iso Training Protocol | 1 | Х | 18m | Green/Blue | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 10 EA | 1" Band | Hips Drive, Shoulders Follow | | | |
| | Perform A-D as a G | lute Fui | ntion Wa | rm-Up S | eries Prior to | Training | | | |
| Block 2 | <u>(</u> | Oxidat | ive Ene | rgy Sys | tem Trainin | g | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Metabolic Sandbell Circuit 1 x 20s Complete As Many Reps As Possible | | | | | | | | |
| | Perfo | rm A fo | or 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.

- 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

| | Triphasio | ·lac | rocci | a Traini | ng Man | ual | | | | |
|--|-----------------------------------|----------------|-------------|---------------|--------------|--|--|--|--|--|
| Triphasic Lacrosse Training Manual | | | | | | | | | | |
| Hybrid 2-Day Elite Training Block Week 44 - Monday | | | | | | | | | | |
| <u>Pre</u> | <u>Pr</u> | <u>e-Trair</u> | ning, M | ulti-Dimens | sional Warm | <u>1-Up</u> | | | | |
| Block 1 | Block 1 Lower Body Warm-up | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | <u>Hex Bar Deadlift</u> | 1,1,1 | х | 5,3,3 | 50-80% | Warm-Up | | | | |
| В | Ankle Band Work | 3 | Х | 3x5s | 1" Band | Reactive-AMAP/Push-Pull-EA | | | | |
| Perform A & B Series Simultaneously for 3 Sets | | | | | | | | | | |
| | | 1:00 M | inute Re | st Between S | ets | | | | | |
| Block 2 | | | Low | er Body Sp | eed | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | <u>Hex Bar Deadlift</u> | 3 | х | 7s | 65-80% | Reactive-AMAP/Push-Pull, No Floor Touc | | | | |
| В | <u>Hurdle Hop</u> | 3 | х | 4 | | Jump for Distance, Continuous | | | | |
| С | Wt. Squat Jump | 3 | х | 4 | | Pull-In, Explode Out Immediately | | | | |
| D | Accel. Band Jump | 3 | Х | 4 | | Pull-In, Explode Out Immediately | | | | |
| E | Swissball 4-Way Neck | 3 | Х | 7s | | Reactive-AMAP/Push-Pull-EA | | | | |
| F | Kneel. 3-Way Hip Flex | 3 | Х | 5 EA | | 5-FWD,5-LT,5-RT, EA Leg | | | | |
| G | <u>Bench Glute</u> | 3 | Х | 7s | | Reactive-AMAP/Push-Pull-EA | | | | |
| | | | | taneously for | | | | | | |
| | 25 Seconds Rest | Betwee | n Exercis | es; 2:00 minı | ites between | Rounds | | | | |
| Block 3 | | | <u>Uppe</u> | r Body Wai | m-up | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Bench Press | 1,1,1 | х | 5,3,3 | 50-80% | Warm-Up | | | | |
| В | Band Pull-Aparts | 3 | Х | 10 | 1/2" Band | | | | | |
| | Perforr | | | imultaneousl | • | | | | | |
| | | 1:00 M | inute Re | st Between S | ets | | | | | |
| Block 4 | | | <u>Upp</u> | er Body Sp | <u>eed</u> | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Bench Press | 3 | х | 7s | 65-80% | Reactive-AMAP/Push-Pull | | | | |
| В | One Arm Med Ball Pass | 3 | х | 5 EA | | Use Hips | | | | |
| С | Split Stance Cable Rotational Row | 3 | Х | 7s | | Reactive-AMAP/Push-Pull-EA, Load Glute | | | | |
| D | Pull-Up | 3 | х | 7s | | Reactive-AMAP/Push-Pull | | | | |
| E | <u>Banded Cuban Press</u> | 3 | Х | 7s | <u> </u> | Reactive-AMAP/Push-Pull-EA | | | | |
| | | | | taneously for | | | | | | |
| | 25 Seconds Rest | Betwee | | | | Rounds | | | | |
| Block 5 | | | | r Auxiliary S | <u>Speed</u> | | | | | |
| Order | Exercise | Sets | Reps | /Duration | Load | Notes | | | | |
| Oluci | | - | - | ī | ł | | | | | |

65-80%

65-80%

7s

7s

3 EA

7s

Reactive-AMAP/Push-Pull

Reactive-AMAP/Push-Pull-EA

Reactive-AMAP/Push-Pull-EA

Reactive-AMAP/Push-Pull-EA

Glute Ham Bar Lift

Bench Groin

DB Common Lunge Matrix

Contra. Glute Ham + DB Row

3

3

3

Х

Х

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

Α

В

С

D

| Triphasic Lacrosse Training Manual |
|--|
| Hybrid 2-Day Elite Training Block Week 44 - Wednesda |
| Pre-Training, Multi-Dimensional Warm-Up |
| Lauran Dadu Wanna un |

Pre

| Block 1 | <u>Lower Body Warm-up</u> | | | | | | | | | | |
|--------------|---------------------------|-------|------|-----------|--------|--------------------------------|--|--|--|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | |
| Α | Safety Bar Split Squat | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | | |
| В | Ankle Rocker Hops | 3 | Х | 6 | | Drive Knee FWD, Vertical Femur | | | | | |

Perform A & B Series Simultaneously for 3 Sets

1:00 Minute Rest Between Sets

| Block 2 | | <u>Lower Body Speed</u> | | | | | | | | | | |
|--------------|-----------------------|-------------------------|------|-----------|------|----------------------------------|--|--|--|--|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | | |
| Α | Lunge OC Hops | 3 | Х | 5s | | Reactive-AMAP/Push-Pull-EA | | | | | | |
| В | <u>Hurdle Hop</u> | 3 | Х | 4 | | Jump for Distance, Continuous | | | | | | |
| С | Speed Skater Jumps | 3 | Х | 3 EA | | Pull-In, Explode Out Immediately | | | | | | |
| D | Accel. Band Jump | 3 | Х | 4 | | Pull-In, Explode Out Immediately | | | | | | |
| E | Swissball 4-Way Neck | 3 | Х | 5s | | Reactive-AMAP/Push-Pull-EA | | | | | | |
| F | Banded Speed Groin | 3 | Х | 5s | | Reactive-AMAP/Push-Pull-EA | | | | | | |
| G | Glute Wind-Up to Jump | 3 | Х | 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 | <u>Upper Body Speed</u> | | | | | | | | | | | |
|--------------|-----------------------------------|------|------|-----------|--------|----------------------------|--|--|--|--|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | | |
| Α | <u>Chin-Up</u> | 3 | Х | 5s | 35-40% | Reactive-AMAP/Push-Pull | | | | | | |
| В | MB OH Slams | 3 | Х | 5 | | | | | | | | |
| С | Split Stance Cable Rotational Row | 3 | Х | 5s | Speed | Reactive-AMAP/Push-Pull | | | | | | |
| D | Banded Cuban Press | 3 | х | 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 | | | | | | | | | |
|---------------------------------------|-------------------------|----------|-----------|--------------|------|--|--|--|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Switch Cycle Lunge | 3 | х | 4 EA | | Switch Legs in Air to Land in Start Pos. | | | | |
| В | Banded Paw Back | 3 | Х | 10s | | Reactive-AMAP/Push-Pull-EA | | | | |
| С | Banded Speed Glute | 3 | Х | 10s | | Reactive-AMAP/Push-Pull-EA | | | | |
| D | Banded Hip Flexor Pulls | 3 | Х | 10s | | Reactive-AMAP/Push-Pull-EA | | | | |
| Perform A-D Simultaneously for 3 Sets | | | | | | | | | | |
| | 2 | 5 Second | ls Rest B | etween Exerc | ises | | | | | |

| | Trinhasio | ·lac | rossi | a Traini | ng Man | ual | | | | |
|--|-----------------------------------|--------|-------------|---------------|--------------|--|--|--|--|--|
| Triphasic Lacrosse Training Manual | | | | | | | | | | |
| Hybrid 2-Day Elite Training Block Week 45 - Monday | | | | | | | | | | |
| Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | | | |
| Block 1 | lock 1 Lower Body Warm-up | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | <u>Hex Bar Deadlift</u> | 1,1,1 | х | 5,3,3 | 50-80% | Warm-Up | | | | |
| В | Ankle Band Work | 3 | Х | 3x5s | 1" Band | Reactive-AMAP/Push-Pull-EA | | | | |
| Perform A & B Series Simultaneously for 3 Sets | | | | | | | | | | |
| | | 1:00 M | inute Re | st Between S | ets | | | | | |
| Block 2 | | | Low | er Body Sp | <u>eed</u> | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | <u>Hex Bar Deadlift</u> | 3 | Х | 7s | 65-80% | Reactive-AMAP/Push-Pull, No Floor Touc | | | | |
| В | <u>Hurdle Hop</u> | 3 | х | 4 | | Jump for Distance, Continuous | | | | |
| С | Wt. Squat Jump | 3 | х | 4 | | Pull-In, Explode Out Immediately | | | | |
| D | Accel. Band Jump | 3 | Х | 4 | | Pull-In, Explode Out Immediately | | | | |
| E | Swissball 4-Way Neck | 3 | Х | 7s | | Reactive-AMAP/Push-Pull-EA | | | | |
| F | Kneel. 3-Way Hip Flex | 3 | Х | 5 EA | | 5-FWD,5-LT,5-RT, EA Leg | | | | |
| G | <u>Bench Glute</u> | 3 | Х | 7s | | Reactive-AMAP/Push-Pull-EA | | | | |
| | | | | taneously for | | | | | | |
| | 25 Seconds Rest | Betwee | n Exercis | es; 2:00 minu | ites between | Rounds | | | | |
| Block 3 | | | <u>Uppe</u> | r Body War | m-up | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Bench Press | 1,1,1 | х | 5,3,3 | 50-80% | Warm-Up | | | | |
| В | Band Pull-Aparts | 3 | Х | 10 | 1/2" Band | | | | | |
| | Perforr | | | imultaneousl | • | | | | | |
| | | 1:00 M | inute Re | st Between S | ets | | | | | |
| Block 4 | | | Upp | er Body Sp | <u>eed</u> | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Bench Press | 3 | х | 7s | 65-80% | Reactive-AMAP/Push-Pull | | | | |
| В | One Arm Med Ball Pass | 3 | х | 5 EA | | Use Hips | | | | |
| С | Split Stance Cable Rotational Row | 3 | Х | 7s | | Reactive-AMAP/Push-Pull-EA, Load Glute | | | | |
| D | <u>Pull-Up</u> | 3 | х | 7s | | Reactive-AMAP/Push-Pull | | | | |
| E | Banded Cuban Press | 3 | Х | 7s | <u> </u> | Reactive-AMAP/Push-Pull-EA | | | | |
| | | | | taneously for | | | | | | |
| | 25 Seconds Rest | Betwee | | • | | Rounds | | | | |
| Block 5 | | | | r Auxiliary S | Speed | | | | | |
| Order | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| | | | | | | | | | | |

65-80%

65-80%

7s

7s

3 EA

7s

Reactive-AMAP/Push-Pull

Reactive-AMAP/Push-Pull-EA

Reactive-AMAP/Push-Pull-EA

Reactive-AMAP/Push-Pull-EA

Glute Ham Bar Lift

Bench Groin

DB Common Lunge Matrix

Contra. Glute Ham + DB Row

3

3

3

Х

Х

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

Α

В

С

D

| | Triphasic Lacrosse Training Manual | | | | | | | | | |
|---|---|-----------|-----------|--------------|------------|------------------------------|--|--|--|--|
| Hybrid 2-Day Elite Training Block Week 45 - Wednesday | | | | | | | | | | |
| <u>Pre</u> | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | | |
| Block 1 | Lower Body Warm-up | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Safety Bar Split Squat | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | |
| В | Ankle Rocker Hops | 3 | Х | 6 | | Drive Knee FWD, Vertical Fem | | | | |
| | Perfor | m A & B S | eries Sin | nultaneously | for 3 Sets | | | | | |
| | 1:00 Minute Rest Between Sets | | | | | | | | | |
| Block 2 | | | Lowe | er Body Spe | ed | | | | | |

| Block 2 | <u>Lower Body Speed</u> | | | | | | | | | |
|--------------|-------------------------|------|------|-----------|------|----------------------------------|--|--|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Lunge OC Hops | 3 | Х | 5s | | Reactive-AMAP/Push-Pull-EA | | | | |
| В | <u>Hurdle Hop</u> | 3 | х | 4 | | Jump for Distance, Continuous | | | | |
| С | Speed Skater Jumps | 3 | Х | 3 EA | | Pull-In, Explode Out Immediately | | | | |
| D | Accel. Band Jump | 3 | Х | 4 | | Pull-In, Explode Out Immediately | | | | |
| E | Swissball 4-Way Neck | 3 | Х | 5s | | Reactive-AMAP/Push-Pull-EA | | | | |
| F | Banded Speed Groin | 3 | х | 5s | | Reactive-AMAP/Push-Pull-EA | | | | |
| G | Glute Wind-Up to Jump | 3 | Х | 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 | | | | | | | | |
|--------------------------|-----------------------------------|------|------|-----------|--------|----------------------------|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | |
| Α | <u>Chin-Up</u> | 3 | Х | 5s | 35-40% | Reactive-AMAP/Push-Pull | | |
| В | MB OH Slams | 3 | Х | 5 | | | | |
| С | Split Stance Cable Rotational Row | 3 | Х | 5s | Speed | Reactive-AMAP/Push-Pull | | |
| D | Banded Cuban Press | 3 | х | 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 | | | | | | | | |
|---------------------------------------|-------------------------|----------|-----------|--------------|------|--|--|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | |
| Α | Switch Cycle Lunge | 3 | Х | 4 EA | | Switch Legs in Air to Land in Start Pos. | | | |
| В | Banded Paw Back | 3 | Х | 10s | | Reactive-AMAP/Push-Pull-EA | | | |
| С | Banded Speed Glute | 3 | Х | 10s | | Reactive-AMAP/Push-Pull-EA | | | |
| D | Banded Hip Flexor Pulls | 3 | Х | 10s | | Reactive-AMAP/Push-Pull-EA | | | |
| Perform A-D Simultaneously for 3 Sets | | | | | | | | | |
| | 2 | 5 Second | ls Rest B | etween Exerc | ises | | | | |

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.

- 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 | | | | | | | | |
| <u>Pre</u> | <u>Pre-T</u> | rainin | g, Mult | i-Dime | nsional War | m-Up | | | |
| Block 1 | Glute Function Series Warm-Up | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | Banded Big Toe Work | 1 | Х | 20 EA | | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 20 EA | | | | | |
| С | Level 1 Glute Iso Training Protocol | 1 | Х | 18m | Green/Blue | | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 10 EA | 1" Band | Hips Drive, Shoulders Follow | | | |
| | Perform A-D as a G | lute Fur | ntion Wa | rm-Up S | eries Prior to | Training | | | |
| Block 2 | <u>(</u> | Oxidat | ive Ene | rgy Sys | tem Trainin | g | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | | |
| Α | 3-D Contralateral Circuit | 1 | Х | 20s | | Complete As Many Reps As Possible | | | |
| | Perfo | rm A fo | or 1 Set (| @ 20s on | 15s off | | | | |

| Triphasic Lacrosse Training Manual | | | | | | | | |
|---|---|----------|------------|----------------|----------------|-----------------------------------|--|--|
| Download 2-Day Elite Training Block Week 46 - Wednesday | | | | | | | | |
| <u>Pre</u> | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | |
| Block 1 | ck 1 Glute Function Series Warm-Up | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | |
| Α | Banded Big Toe Work | 1 | Х | 20 EA | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 20 EA | | | | |
| С | Level 1 Glute Iso Training Protocol | 1 | Х | 18m | Green/Blue | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 10 EA | 1" Band | Hips Drive, Shoulders Follow | | |
| | Perform A-D as a G | lute Fui | ntion Wa | rm-Up S | eries Prior to | Training | | |
| Block 2 | <u>(</u> | Oxidat | ive Ene | rgy Sys | tem Trainin | g | | |
| <u>Order</u> | <u>Exercise</u> | Sets | | | Load | Notes | | |
| Α | Metabolic Sandbell Circuit | 1 | Х | 20s | | Complete As Many Reps As Possible | | |
| <u> </u> | Perfo | rm A fo | or 1 Set (| <u> 20s on</u> | 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.

- 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

| | Triphasio | c Lac | ross | e Traini | ng Man | ual |
|--------------|-----------------------------------|---------|-------------|---------------|--------------|---|
| | Hybrid 2-Day Elite | e Tra | ainin | g Block | Week 4 | 7 - Monday |
| <u>Pre</u> | | | | | sional Warm | |
| Block 1 | | | Lowe | r Body War | m-up | |
| Order | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes |
| Α | <u>Hex Bar Deadlift</u> | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up |
| В | Ankle Band Work | 3 | х | 3x5s | 1" Band | Reactive-AMAP/Push-Pull-EA |
| | Perfori | | | imultaneousl | | |
| | | 1:00 M | | st Between S | | |
| Block 2 | | | | er Body Sp | <u>eed</u> | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes |
| Α | <u>Hex Bar Deadlift</u> | 3 | Х | 7s | 55-65% | Reactive-AMAP/Push-Pull, No Floor Touch |
| В | <u>Hurdle Hop</u> | 3 | Х | 4 | | Jump for Distance, Continuous |
| С | Wt. Squat Jump | 3 | Х | 4 | | Pull-In, Explode Out Immediately |
| D | Accel. Band Jump | 3 | х | 4 | | Pull-In, Explode Out Immediately |
| E | Swissball 4-Way Neck | 3 | х | 7s | | Reactive-AMAP/Push-Pull-EA |
| F | Kneel. 3-Way Hip Flex | 3 | Х | 5 EA | | 5-FWD,5-LT,5-RT, EA Leg |
| G | <u>Bench Glute</u> | 3 | х | 7s | ļ | Reactive-AMAP/Push-Pull-EA |
| | | | | taneously for | | |
| | 25 Seconds Rest | Betwee | n Exercis | es; 2:00 minu | ites between | Rounds |
| Block 3 | | | <u>Uppe</u> | r Body War | <u>m-up</u> | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes |
| Α | Bench Press | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up |
| В | Band Pull-Aparts | 3 | Х | 10 | 1/2" Band | |
| | Perfori | n A & B | Series S | imultaneousl | y for 3 Sets | |
| | | 1:00 M | linute Re | st Between S | ets | |
| Block 4 | | | Upp | er Body Sp | eed | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes |
| Α | Bench Press | 2 | х | 7s | 55-65% | Reactive-AMAP/Push-Pull |
| В | One Arm Med Ball Pass | 2 | х | 5 EA | | Use Hips |
| С | Split Stance Cable Rotational Row | 2 | Х | 7s | | Reactive-AMAP/Push-Pull-EA, Load Glute |
| D | <u>Pull-Up</u> | 2 | Х | 7s | | Reactive-AMAP/Push-Pull |
| E | Banded Cuban Press | 2 | Х | 7 s | <u> </u> | Reactive-AMAP/Push-Pull-EA |
| | | | | taneously for | | |
| | 25 Seconds Rest | Betwee | | | | Kounds |
| Block 5 | | | | r Auxiliary S | <u>Speed</u> | |
| <u>Order</u> | <u>Exercise</u> | Sets | • | /Duration | Load | Notes |
| Α | Glute Ham Bar Lift | 2 | Х | 7s | 55-65% | Reactive-AMAP/Push-Pull |
| n . | | | | | | |

В

С

D

Bench Groin

Common Lunge Matrix Plyo

Contra. Glute Ham + DB Row

2

Х

Perform A-C Simultaneously for 2 Sets 25 Seconds Rest Between Exercises

7s

3 EA

7s

55-65%

Reactive-AMAP/Push-Pull-EA

Continuous, 3 EA Way, EA Leg

Reactive-AMAP/Push-Pull-EA

| Triphasic Lacrosse Training Manual |
|---|
| Hybrid 2-Day Elite Training Block Week 47 - Wednesday |
| Pre-Training, Multi-Dimensional Warm-Up |
| Lower Body Warm-up |

Pre

| Block 1 | | <u>Lower Body Warm-up</u> | | | | | | | | |
|--------------|------------------------|---------------------------|--------------------|-------|--------|--------------------------------|--|--|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Sets Reps/Duration | | Load | Notes | | | | |
| Α | Safety Bar Split Squat | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | |
| В | Ankle Rocker Hops | 3 | Х | 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 | | | | | | | | |
|--------------|-----------------------|------|------|-----------|------|----------------------------------|--|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | |
| Α | Lunge OC Hops | 3 | Х | 5s | | Reactive-AMAP/Push-Pull-EA | | | |
| В | <u>Hurdle Hop</u> | 3 | Х | 4 | | Jump for Distance, Continuous | | | |
| С | Speed Skater Jumps | 3 | Х | 3 EA | | Pull-In, Explode Out Immediately | | | |
| D | Accel. Band Jump | 3 | Х | 4 | | Pull-In, Explode Out Immediately | | | |
| E | Swissball 4-Way Neck | 3 | Х | 5s | | Reactive-AMAP/Push-Pull-EA | | | |
| F | Banded Speed Groin | 3 | Х | 5s | | Reactive-AMAP/Push-Pull-EA | | | |
| G | Glute Wind-Up to Jump | 3 | Х | 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 | | | | | | | | |
|--------------------------|-----------------------------------|------|------|-----------|--------|----------------------------|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | |
| Α | <u>Chin-Up</u> | 2 | Х | 5s | 35-40% | Reactive-AMAP/Push-Pull | | |
| В | MB OH Slams | 2 | Х | 5 | | | | |
| С | Split Stance Cable Rotational Row | 2 | Х | 5s | Speed | Reactive-AMAP/Push-Pull | | |
| D | Banded Cuban Press | 2 | Х | 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 | | | | | | | | |
|---------------------------------------|-------------------------|----------|-----------|--------------|------|--|--|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | |
| Α | Switch Cycle Lunge | 2 | х | 4 EA | | Switch Legs in Air to Land in Start Pos. | | | |
| В | Banded Paw Back | 2 | Х | 10s | | Reactive-AMAP/Push-Pull-EA | | | |
| С | Banded Speed Glute | 2 | Х | 10s | | Reactive-AMAP/Push-Pull-EA | | | |
| D | Banded Hip Flexor Pulls | 2 | Х | 10s | | Reactive-AMAP/Push-Pull-EA | | | |
| Perform A-D Simultaneously for 2 Sets | | | | | | | | | |
| | 2 | 5 Second | ls Rest B | etween Exerc | ises | | | | |

| | Triphasio | c Lac | ross | e Traini | ng Man | ual |
|--------------|-----------------------------------|---------|-----------|---------------|--------------|---|
| | Hybrid 2-Day Elit | | | | | |
| Pre | Pr | e-Trair | ning, M | ulti-Dimens | sional Warn | n-Up |
| Block 1 | | | Lowe | r Body Wai | m-up | |
| Order | Exercise | Sets | | /Duration | Load | Notes |
| Α | Hex Bar Deadlift | 1,1,1 | х | 5,3,3 | 50-80% | Warm-Up |
| В | Ankle Band Work | 3 | х | 3x5s | 1" Band | Reactive-AMAP/Push-Pull-EA |
| • | Perfor | m A & B | Series S | imultaneousl | y for 3 Sets | |
| | | 1:00 M | linute Re | est Between S | Sets | |
| Block 2 | | | Low | er Body Sp | eed | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes |
| Α | <u>Hex Bar Deadlift</u> | 3 | Х | 7s | 55-65% | Reactive-AMAP/Push-Pull, No Floor Touch |
| В | <u>Hurdle Hop</u> | 3 | х | 4 | | Jump for Distance, Continuous |
| С | Wt. Squat Jump | 3 | Х | 4 | | Pull-In, Explode Out Immediately |
| D | Accel. Band Jump | 3 | Х | 4 | | Pull-In, Explode Out Immediately |
| E | Swissball 4-Way Neck | 3 | Х | 7s | | Reactive-AMAP/Push-Pull-EA |
| F | Kneel. 3-Way Hip Flex | 3 | х | 5 EA | | 5-FWD,5-LT,5-RT, EA Leg |
| G | <u>Bench Glute</u> | 3 | Х | 7s | | Reactive-AMAP/Push-Pull-EA |
| | | | | taneously for | | |
| | 25 Seconds Rest | Betwee | | • | | Rounds |
| Block 3 | | | | r Body Wai | <u>rm-up</u> | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes |
| Α | Bench Press | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up |
| В | Band Pull-Aparts | 3 | Х | 10 | 1/2" Band | |
| | Perfor | | | imultaneousl | • | |
| | | 1:00 M | linute Re | est Between S | ets | |
| Block 4 | | | | er Body Sp | <u>eed</u> | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes |
| Α | Bench Press | 2 | Х | 7s | 55-65% | Reactive-AMAP/Push-Pull |
| В | One Arm Med Ball Pass | 2 | х | 5 EA | | Use Hips |
| С | Split Stance Cable Rotational Row | 2 | Х | 7s | | Reactive-AMAP/Push-Pull-EA, Load Glute |
| D | Pull-Up | 2 | Х | 7s | | Reactive-AMAP/Push-Pull |
| E | Banded Cuban Press | 2 | X Circuit | 7s | 2.6-+- | Reactive-AMAP/Push-Pull-EA |
| | Pe 25 Seconds Rest | | | taneously for | | Pounds |
| Block 5 | 25 Securius Rest | berwee | | r Auxiliary | | Nourius |
| Order | <u>Exercise</u> | Sets | | /Duration | Load | Notes |
| A A | Glute Ham Bar Lift | 2 | х | 7s | 55-65% | Reactive-AMAP/Push-Pull |
| | Parala Caria | 2 | ^ | 7.5 | 33-03/0 | Reactive-AMAR/Push-Pull-FA |

В

С

D

Bench Groin

Common Lunge Matrix Plyo

Contra. Glute Ham + DB Row

2

Х

Perform A-C Simultaneously for 2 Sets 25 Seconds Rest Between Exercises

7s

3 EA

7s

55-65%

Reactive-AMAP/Push-Pull-EA

Continuous, 3 EA Way, EA Leg

Reactive-AMAP/Push-Pull-EA

| | Triphasic Lacrosse Training Manual | | | | | | | | | | |
|---|------------------------------------|----------|----------|------------------|--------------|----------------------------------|--|--|--|--|--|
| Hybrid 2-Day Elite Training Block Week 48 - Wednesday | | | | | | | | | | | |
| <u>Pre</u> | <u>Pr</u> | e-Traini | ng, Mu | lti-Dimensi | onal Warm- | ·Up | | | | | |
| Block 1 | | | Lower | Body Warn | n-u <u>p</u> | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | |
| Α | Safety Bar Split Squat | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | | |
| В | Ankle Rocker Hops | 3 | Х | 6 | | Drive Knee FWD, Vertical Femur | | | | | |
| Perform A & B Series Simultaneously for 3 Sets | | | | | | | | | | | |
| 1:00 Minute Rest Between Sets | | | | | | | | | | | |
| Block 2 | | | Lowe | er Body Spe | ed | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | |
| Α | <u>Lunge OC Hops</u> | 3 | Х | 5s | | Reactive-AMAP/Push-Pull-EA | | | | | |
| В | <u>Hurdle Hop</u> | 3 | Х | 4 | | Jump for Distance, Continuous | | | | | |
| С | Speed Skater Jumps | 3 | Х | 3 EA | | Pull-In, Explode Out Immediately | | | | | |
| D | Accel. Band Jump | 3 | Х | 4 | | Pull-In, Explode Out Immediately | | | | | |
| E | Swissball 4-Way Neck | 3 | Х | 5s | | Reactive-AMAP/Push-Pull-EA | | | | | |
| F | Banded Speed Groin | 3 | Х | 5s | | Reactive-AMAP/Push-Pull-EA | | | | | |
| G | Glute Wind-Up to Jump | 3 | Х | 4 EA | | Wind-Up Around Glute | | | | | |
| Perform A-G Simultaneously for 3 Sets | | | | | | | | | | | |
| | 25 Seconds Rest | Between | Exercise | s; 2:00 minut | es between R | ounds | | | | | |
| Block 3 | | | Uppe | er Body Spe | ed | | | | | | |
| Order | Exercise | Sets | Reps | /Duration | Load | Notes | | | | | |

| Block 3 | Block 3 Upper Body Speed | | | | | | | | | |
|--------------|---------------------------------------|------|------|-----------|--------|----------------------------|--|--|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | <u>Chin-Up</u> | 2 | Х | 5s | 35-40% | Reactive-AMAP/Push-Pull | | | | |
| В | MB OH Slams | 2 | Х | 5 | | | | | | |
| С | Split Stance Cable Rotational Row | 2 | Х | 5s | Speed | Reactive-AMAP/Push-Pull | | | | |
| D | Banded Cuban Press | 2 | Х | 5s | | Reactive-AMAP/Push-Pull-EA | | | | |
| | Parform A. P. Circultura and J. Carta | | | | | | | | | |

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

| Block 4 | <u>Lower Auxiliary Speed</u> | | | | | | | | | |
|---------------------------------------|------------------------------|----------|--------------------|--------------|------|--|--|--|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Sets Reps/Duration | | Load | Notes | | | | |
| Α | Switch Cycle Lunge | 2 | Х | 4 EA | | Switch Legs in Air to Land in Start Pos. | | | | |
| В | Banded Paw Back | 2 | Х | 10s | | Reactive-AMAP/Push-Pull-EA | | | | |
| С | Banded Speed Glute | 2 | Х | 10s | | Reactive-AMAP/Push-Pull-EA | | | | |
| D | Banded Hip Flexor Pulls | 2 | Х | 10s | | Reactive-AMAP/Push-Pull-EA | | | | |
| Perform A-D Simultaneously for 2 Sets | | | | | | | | | | |
| | 2 | 5 Second | ls Rest B | etween Exerc | ises | | | | | |

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.

- 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 | | | | | | | | |
| <u>Pre</u> | | | | | | | | |
| Block 1 | 1 Glute Function Series Warm-Up | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | |
| Α | Banded Big Toe Work | 1 | Х | 20 EA | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 20 EA | | | | |
| С | Level 1 Glute Iso Training Protocol | 1 | Х | 18m | Green/Blue | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 10 EA | 1" Band | Hips Drive, Shoulders Follow | | |
| | Perform A-D as a G | lute Fur | ntion Wa | rm-Up S | eries Prior to | Training | | |
| Block 2 | <u>(</u> | Oxidat | ive Ene | rgy Sys | tem Trainin | g | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | |
| Α | 3-D Contralateral Circuit | 1 | Х | 15s | | Complete As Many Reps As Possible | | |
| | Perfo | rm A fo | or 1 Set (| @ 15s on | 15s off | | | |

| Triphasic Lacrosse Training Manual | | | | | | | | |
|---|--|--------------------|-----------|-----------|-----------------------------|------------------------------|--|--|
| Download 2-Day Elite Training Block Week 49 - Wednesday | | | | | | | | |
| <u>Pre</u> | <u>Pre-Training, Multi-Dimensional Warm-Up</u> | | | | | | | |
| Block 1 | Block 1 Glute Function Series Warm-Up | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets Reps/Duration | | Load | Notes | | | |
| Α | Banded Big Toe Work | 1 | Х | 20 EA | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 20 EA | | | | |
| С | Level 1 Glute Iso Training Protocol | 1 | Х | 18m | Green/Blue | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 10 EA | 1" Band | Hips Drive, Shoulders Follow | | |
| | Perform A-D as a G | lute Fui | ntion Wa | ırm-Up S | eries Prior to | Training | | |
| Block 2 | | Rege | enerati | on Traiı | ning Series | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/D | uration | Load | Notes | | |
| Α | Foam Roller Regen. Circuit | 1 | Х | Ind. | | | | |
| В | Band Mobility Series | 1 | Х | Ind. | | | | |
| | Perform A an | d/or B | as Desire | ed per In | dividual Athle [.] | te | | |

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.

- 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

| | Trinbasia | | YOCC. | o Troini | na Man | ual . | | | | |
|--|-----------------------------------|---------|-----------|---------------|--------------|---|--|--|--|--|
| Triphasic Lacrosse Training Manual | | | | | | | | | | |
| Hybrid 2-Day Elite Training Block Week 50 - Monday | | | | | | | | | | |
| Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | | | |
| Block 1 | | | Lowe | r Body War | m-up | | | | | |
| Order | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Hex Bar Deadlift | 1,1,1 | х | 5,3,3 | 50-80% | Warm-Up | | | | |
| В | Ankle Band Work | 3 | Х | 3x5s | 1" Band | Reactive-AMAP/Push-Pull-EA | | | | |
| • | Perfor | n A & B | Series S | imultaneousl | y for 3 Sets | • | | | | |
| | | 1:00 M | linute Re | st Between S | Sets | | | | | |
| Block 2 | | | Low | er Body Sp | eed | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | <u>Hex Bar Deadlift</u> | 2 | х | 7s | 55-65% | Reactive-AMAP/Push-Pull, No Floor Touch | | | | |
| В | <u>Hurdle Hop</u> | 2 | Х | 4 | | Jump for Distance, Continuous | | | | |
| С | Wt. Squat Jump | 2 | Х | 4 | | Pull-In, Explode Out Immediately | | | | |
| D | Accel. Band Jump | 2 | Х | 4 | | Pull-In, Explode Out Immediately | | | | |
| E | Swissball 4-Way Neck | 2 | Х | 7s | | Reactive-AMAP/Push-Pull-EA | | | | |
| F | Kneel. 3-Way Hip Flex | 2 | Х | 5 EA | | 5-FWD,5-LT,5-RT, EA Leg | | | | |
| G | Bench Glute | 2 | Х | 7s | | Reactive-AMAP/Push-Pull-EA | | | | |
| | | | | taneously for | | | | | | |
| | 25 Seconds Rest | Betwee | n Exercis | es; 2:00 minu | utes between | Rounds | | | | |
| Block 3 | | | Uppe | r Body War | m-up | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Bench Press | 1,1,1 | х | 5,3,3 | 50-80% | Warm-Up | | | | |
| В | Band Pull-Aparts | 3 | Х | 10 | 1/2" Band | | | | | |
| | Perform | n A & B | Series S | imultaneousl | y for 3 Sets | | | | | |
| | | 1:00 M | linute Re | st Between S | Sets | | | | | |
| Block 4 | | | Upp | er Body Sp | eed | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Bench Press | 2 | Х | 7s | 55-65% | Reactive-AMAP/Push-Pull | | | | |
| В | One Arm Med Ball Pass | 2 | Х | 5 EA | | Use Hips | | | | |
| С | Split Stance Cable Rotational Row | 2 | Х | 7s | | Reactive-AMAP/Push-Pull-EA, Load Glute | | | | |
| D | <u>Pull-Up</u> | 2 | Х | 7s | | Reactive-AMAP/Push-Pull | | | | |
| E | <u>Banded Cuban Press</u> | 2 | Х | 7s | | Reactive-AMAP/Push-Pull-EA | | | | |
| | | | | taneously for | | | | | | |
| | 25 Seconds Rest | Betwee | | • | | Rounds | | | | |
| Block 5 | | | | r Auxiliary S | <u>Speed</u> | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| _ | -1 | | | | | | | | | |

55-65%

55-65%

Light

7s

7s

3 EA

7s

Reactive-AMAP/Push-Pull

Reactive-AMAP/Push-Pull-EA

Continuous, 3 EA Way, EA Leg

Reactive-AMAP/Push-Pull-EA

Glute Ham Bar Lift

Bench Groin

Common Lunge Matrix Plyo

Contra. Glute Ham + DB Row

1

1

1

Х

Х

Perform A-C Simultaneously for 1 Set 25 Seconds Rest Between Exercises

Α

В

С

D

| | Triphasic Lacrosse Training Manual | | | | | | | | | | |
|---|--|---------------------------------------|-----------|------------------|---------------|----------------------------------|--|--|--|--|--|
| Hybrid 2-Day Elite Training Block Week 50 - Wednesday | | | | | | | | | | | |
| <u>Pre</u> | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | | | |
| Block 1 | | | Lower | Body Warn | n-u <u>p</u> | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | |
| Α | Safety Bar Split Squat | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | | |
| В | Ankle Rocker Hops | 3 | Х | 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 | | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | |
| Α | Lunge OC Hops | 2 | Х | 5s | | Reactive-AMAP/Push-Pull-EA | | | | | |
| В | <u>Hurdle Hop</u> | 2 | Х | 4 | | Jump for Distance, Continuous | | | | | |
| С | Speed Skater Jumps | 2 | Х | 3 EA | | Pull-In, Explode Out Immediately | | | | | |
| D | Accel. Band Jump | 2 | Х | 4 | | Pull-In, Explode Out Immediately | | | | | |
| E | Swissball 4-Way Neck | 2 | Х | 5s | | Reactive-AMAP/Push-Pull-EA | | | | | |
| F | Banded Speed Groin | 2 | Х | 5s | | Reactive-AMAP/Push-Pull-EA | | | | | |
| G | Glute Wind-Up to Jump | 2 | Х | 4 EA | | Wind-Up Around Glute | | | | | |
| | Perf | orm A-0 | G Simulta | aneously for 2 | 2 Sets | | | | | | |
| | 25 Seconds Rest B | etween | Exercise | s; 2:00 minut | es between Ro | ounds | | | | | |
| Block 3 | | | Uppe | er Body Spe | <u>ed</u> | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | | |
| Α | <u>Chin-Up</u> | 2 | Х | 5s | 35-40% | Reactive-AMAP/Push-Pull | | | | | |
| В | MB OH Slams | 2 | Х | 5 | | | | | | | |
| С | Split Stance Cable Rotational Row | 2 | Х | 5s | Speed | Reactive-AMAP/Push-Pull | | | | | |
| D | Banded Cuban Press | 2 | Х | 5s | | Reactive-AMAP/Push-Pull-EA | | | | | |
| | Perf | Perform A-D Simultaneously for 2 Sets | | | | | | | | | |

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

Х

Х

Х Perform A-D Simultaneously for 1 Set 25 Seconds Rest Between Exercises

Sets

1

1

1

Lower Auxiliary Speed Reps/Duration

4 EA

10s

10s

10s

Load

Notes

Switch Legs in Air to Land in Start Pos.

Reactive-AMAP/Push-Pull-EA

Reactive-AMAP/Push-Pull-EA

Reactive-AMAP/Push-Pull-EA

Block 4

Order

Α

В

С

D

Exercise

Switch Cycle Lunge

Banded Paw Back

Banded Speed Glute

Banded Hip Flexor Pulls

| Triphasic Lacrosse Training Manual | | | | | | | | | | |
|--|-----------------------------------|---------|-------------|---------------|--------------|---|--|--|--|--|
| Hybrid 2-Day Elite Training Block Week 51 - Monday | | | | | | | | | | |
| Pre Pre-Training, Multi-Dimensional Warm-Up | | | | | | | | | | |
| Block 1 | Block 1 Lower Body Warm-up | | | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | <u>Hex Bar Deadlift</u> | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | |
| В | Ankle Band Work | 3 | Х | 3x5s | 1" Band | Reactive-AMAP/Push-Pull-EA | | | | |
| Perform A & B Series Simultaneously for 3 Sets | | | | | | | | | | |
| <u> </u> | | 1:00 M | inute Re | st Between S | ets | | | | | |
| Block 2 | | | Low | er Body Sp | eed | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | <u>Hex Bar Deadlift</u> | 2 | Х | 7s | 55-65% | Reactive-AMAP/Push-Pull, No Floor Touch | | | | |
| В | <u>Hurdle Hop</u> | 2 | Х | 4 | | Jump for Distance, Continuous | | | | |
| С | Wt. Squat Jump | 2 | Х | 4 | | Pull-In, Explode Out Immediately | | | | |
| D | Accel. Band Jump | 2 | Х | 4 | | Pull-In, Explode Out Immediately | | | | |
| E | Swissball 4-Way Neck | 2 | Х | 7s | | Reactive-AMAP/Push-Pull-EA | | | | |
| F | Kneel. 3-Way Hip Flex | 2 | Х | 5 EA | | 5-FWD,5-LT,5-RT, EA Leg | | | | |
| G | <u>Bench Glute</u> | 2 | Х | 7s | | Reactive-AMAP/Push-Pull-EA | | | | |
| | | | | taneously for | | | | | | |
| | 25 Seconds Rest I | Betweer | n Exercis | es; 2:00 minւ | ites between | Rounds | | | | |
| Block 3 | | | <u>Uppe</u> | r Body War | m-up | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Bench Press | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | | | |
| В | Band Pull-Aparts | 3 | Х | 10 | 1/2" Band | | | | | |
| | Perforr | | | multaneousl | • | | | | | |
| | | 1:00 M | inute Re | st Between S | ets | | | | | |
| Block 4 | | | <u>Upp</u> | er Body Sp | eed | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Bench Press | 2 | Х | 7s | 55-65% | Reactive-AMAP/Push-Pull | | | | |
| В | One Arm Med Ball Pass | 2 | Х | 5 EA | | Use Hips | | | | |
| С | Split Stance Cable Rotational Row | 2 | Х | 7s | | Reactive-AMAP/Push-Pull-EA, Load Glute | | | | |
| D | Pull-Up | 2 | Х | 7s | | Reactive-AMAP/Push-Pull | | | | |
| E | Banded Cuban Press | 2 | X | 7s | <u> </u> | Reactive-AMAP/Push-Pull-EA | | | | |
| | | | | aneously for | | | | | | |
| | 25 Seconds Rest I | Betweer | | | | Rounds | | | | |
| Block 5 | | | _ | Auxiliary S | Speed | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |

7s

7s

3 EA

7s

1

1

1

х

Х

Perform A-C Simultaneously for 1 Set 25 Seconds Rest Between Exercises

55-65%

55-65%

Light

Reactive-AMAP/Push-Pull

Reactive-AMAP/Push-Pull-EA

Continuous, 3 EA Way, EA Leg

Reactive-AMAP/Push-Pull-EA

Glute Ham Bar Lift

Bench Groin

Common Lunge Matrix Plyo

Contra. Glute Ham + DB Row

Α

В

С

D

| Lower Body Warm-up |
|--|
| Pre-Training, Multi-Dimensional Warm-Up |
| Hybrid 2-Day Elite Training Block Week 51 - Wednesda |
| Triphasic Lacrosse Training Manual |

Pre

| Block 1 Lower Body Warm-up | | | | | | | | |
|----------------------------|------------------------|-------|--------------------|-------|--------|--------------------------------|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Sets Reps/Duration | | Load | Notes | | |
| Α | Safety Bar Split Squat | 1,1,1 | Х | 5,3,3 | 50-80% | Warm-Up | | |
| В | Ankle Rocker Hops | 3 | Х | 6 | | Drive Knee FWD, Vertical Femur | | |

Perform A & B Series Simultaneously for 3 Sets

1:00 Minute Rest Between Sets

| Block 2 | <u>Lower Body Speed</u> | | | | | | | | | |
|--------------|-------------------------|------|------|-----------|------|----------------------------------|--|--|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | Lunge OC Hops | 2 | Х | 5s | | Reactive-AMAP/Push-Pull-EA | | | | |
| В | <u>Hurdle Hop</u> | 2 | х | 4 | | Jump for Distance, Continuous | | | | |
| С | Speed Skater Jumps | 2 | Х | 3 EA | | Pull-In, Explode Out Immediately | | | | |
| D | Accel. Band Jump | 2 | Х | 4 | | Pull-In, Explode Out Immediately | | | | |
| E | Swissball 4-Way Neck | 2 | Х | 5s | | Reactive-AMAP/Push-Pull-EA | | | | |
| F | Banded Speed Groin | 2 | Х | 5s | | Reactive-AMAP/Push-Pull-EA | | | | |
| G | Glute Wind-Up to Jump | 2 | Х | 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 | <u>Upper Body Speed</u> | | | | | | | | | |
|--------------|-----------------------------------|------|------|-----------|--------|----------------------------|--|--|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Reps | /Duration | Load | Notes | | | | |
| Α | <u>Chin-Up</u> | 2 | Х | 5s | 35-40% | Reactive-AMAP/Push-Pull | | | | |
| В | MB OH Slams | 2 | Х | 5 | | | | | | |
| С | Split Stance Cable Rotational Row | 2 | Х | 5s | Speed | Reactive-AMAP/Push-Pull | | | | |
| D | Banded Cuban Press | 2 | Х | 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 | | | | | | | | |
|--------------------------------------|-------------------------|------|---------------|------|------|--|--|--|--|
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/Duration | | Load | Notes | | | |
| Α | Switch Cycle Lunge | 1 | Х | 4 EA | | Switch Legs in Air to Land in Start Pos. | | | |
| В | Banded Paw Back | 1 | Х | 10s | | Reactive-AMAP/Push-Pull-EA | | | |
| С | Banded Speed Glute | 1 | Х | 10s | | Reactive-AMAP/Push-Pull-EA | | | |
| D | Banded Hip Flexor Pulls | 1 | Х | 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.

- 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 | | | | | | | | |
| <u>Pre</u> | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | |
| Block 1 | Glute Function Series Warm-Up | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/Duration | | Load | Notes | | |
| Α | Banded Big Toe Work | 1 | Х | 20 EA | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 20 EA | | | | |
| С | Level 1 Glute Iso Training Protocol | 1 | Х | 18m | Green/Blue | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 10 EA | 1" Band | Hips Drive, Shoulders Follow | | |
| Perform A-D as a Glute Funtion Warm-Up Series Prior to Training | | | | | | | | |
| Block 2 | Oxidative Energy System Training | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/Duration | | Load | Notes | | |
| Α | 3-D Contralateral Circuit | 1 | Х | 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 | | | | | | | | |
| <u>Pre</u> | Pre-Training, Multi-Dimensional Warm-Up | | | | | | | |
| Block 1 | Glute Function Series Warm-Up | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/Duration | | Load | Notes | | |
| Α | Banded Big Toe Work | 1 | Х | 20 EA | | | | |
| В | Banded Other 4 Toe Work | 1 | Х | 20 EA | | | | |
| С | Level 1 Glute Iso Training Protocol | 1 | х | 18m | Green/Blue | | | |
| D | Swiss Ball Hip Patterning | 1 | Х | 10 EA | 1" Band | Hips Drive, Shoulders Follow | | |
| Perform A-D as a Glute Funtion Warm-Up Series Prior to Training | | | | | | | | |
| Block 2 | Regeneration Training Series | | | | | | | |
| <u>Order</u> | <u>Exercise</u> | Sets | Reps/Duration | | Load | Notes | | |
| Α | Foam Roller Regen. Circuit | 1 | Х | Ind. | | | | |
| В | Band Mobility Series | 1 | Х | 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.