

Summer Strength & Conditioning Schedule

by David F. Armstrong, CSCS, CSCCa, USA Weightlifting Senior International Coach

Program Setup

- Functional Warmup
- Divide Team Into Work Groups

Examples

Football-Skills, Linemen

ATP-PC and LA 90%, LA-O2 10%, O2 0%

Lacrosse-Goalie, Defense, Attack

ATP-PC and LA 80%, LA-O2 20%, O2 0%

Lacrosse-Midfielders, Man Down

ATP-PC and LA 60%, LA-O2 20%, O2 20%

When To Use

Summer Conditioning- Football, Late Winter-Early Spring-Lacrosse

Length Of Program

Eight Weeks - Try To Run Tuesdays And Thursdays

Organization

Football: O & D Linemen Work In 50m Intervals, Skills work in 100m & 200m intervals

Lacrosse: Goalies And Attack Work In 50m Intervals, Midfielders Work In 100m & 200m Intervals

- Use Good Footwear, Maintain Proper Running Mechanics.
- Run As Hard As You Can During Work Intertvals, Relaxed Walking During Rest Intervals
- We Start And Finish Every Interval Or Exercise Set Together.
- This Program Is Not For The Weak-Minded Individual. It Will Produce Results! The Harder You Work The Faster Your Collective Team Speed and Mental Toughness Will Be.

SUMMER STRENGTH & CONDITIONING SCHEDULE
INTERVAL TRAINING

football-lacrosseintervaltrainingprogram

O and D linemen will work in 50 yard intervals while all others will work 100 yard intervals.
 Any 200 yard intervals will be 100 yard intervals for O and D Linemen. Goalies and attack 50-100yd intervals

WEEK 1

TUESDAY **DATE** _____
 100 + 100 + 100 + 100 (RI 100 YD. WALK)
 100 + 100 + 200 + 100 (RI 100 YD. WALK)
 100 + 100 + 100

THURSDAY **DATE** _____
 100 + 100 + 100 + 100 (RI 100 YD. WALK)
 100 + 100 + 200 + 100 (RI 100 YD. WALK)
 100 + 100 + 100

EXPLANATION - 1 Set

100 yd Sprint

50 yd Walk R/I

100 yd Sprint

50 yd Walk R/I

100 yd Sprint

50 yd Walk R/I

100 yd Sprint

50 yd Walk R/I

WEEK 2

TUESDAY **DATE** _____
 100 + 100 + 100 + 100 (RI 100 YD. WALK)
 100 + 100 + 200 + 100 (RI 100 YD. WALK)
 100 + 100 + 100

THURSDAY **DATE** _____
 100 + 100 + 100 + 100 (RI 100 YD. WALK)
 100 + 100 + 200 + 100 (RI 100 YD. WALK)
 100 + 100 + 100

3 to 4 sets per workout
Varies by workout

WEEK 3

TUESDAY **DATE** _____
 100 + 100 + 100 + 100 (RI 100 YD. WALK)
 200 + 100 + 100 + 100 + 100 + (RI 100 YD WALK)
 200 + 100 + 100 + 100 + 200

THURSDAY **DATE** _____
 100 + 100 + 100 + 100 (RI 100 YD. WALK)
 200 + 100 + 100 + 100 + 100 + (RI 100 YD WALK)
 200 + 100 + 100 + 100 + 200

WEEK 4

TUESDAY **DATE** _____
 100 + 100 + 100 + 100 (RI 100 YD. WALK)
 200 + 100 + 100 + 100 + 100 + (RI 100 YD WALK)
 200 + 100 + 100 + 100 + 200

THURSDAY **DATE** _____
 100 + 100 + 100 + 100 (RI 100 YD. WALK)
 200 + 100 + 100 + 100 + 100 + (RI 100 YD WALK)
 200 + 100 + 100 + 100 + 200

WEEK 5

Skills

TUESDAY **DATE** _____
 100 + 100 + 100 + 100 (RI 100 YD. WALK)
 100 + 100 + 100 + 200 + 100 (RI 100 YD. WALK)
 200 + 100 + 100 + 100 + 200 (RI 100 YD. WALK)
 100 + 100 + 100

Skills position players and line will separate!

THURSDAY **DATE** _____
 100 + 100 + 100 + 100 (RI 100 YD. WALK)
 100 + 100 + 100 + 200 + 100 (RI 100 YD. WALK)
 200 + 100 + 100 + 100 + 200 (RI 100 YD. WALK)
 100 + 100 + 100

Week 6

Linemen

Lacrosse-Midfielders, Man Down

TUESDAY **DATE** _____ **All**
 1 - 400m jog & stride, alternate
 4 - 50 yd. dashes; full speed
 2 - 100 yd. ½ speed and ¾ speed
 20 push ups
 20 crunches
 8 - 20 to 30 yd. sprints, full speed
 10 - 10 yed. Bear crawl into a 10 yd. sprint
 8 - levy's
 1:00 up - downs

THURSDAY **DATE** _____
 1 - 400m jog & stride, alternate
 1 - Ladder set; 10,20,30,40,50,40,30,20,10 - full speed
 7 - Gassers (Use soccer field) S/L to S/L (RI 50 Yd. walk between Gassers)

Goalie, Defense, Attack

Week 7

Skills

Lacrosse-Goalies, Defense, Attack

TUESDAY **DATE** _____ **All**
 1 - 400m jog & stride, alternate
 15 - 20 YD. SPRINTS 0:25 SECONDS TO COMPLETE
 12 - 40 YD. SPRINTS 0:30 SECONDS TO COMPLETE
 10 - 60 YD. SPRINTS 0:40 SECONDS TO COMPLETE
 7 - 80 YD. SPRINTS 1:10 TO COMPLETE

THURSDAY **DATE** _____
 1 - 400m jog & stride, alternate
 100 + 100 + 100 + 100 (RI 100 YD. WALK)
 100 + 100 + 200 + 100 (RI 100 YD. WALK)
 100 + 100 + 100

Midfielders, Man Down

WEEK 8

Linemen

Lacrosse-Midfielders, Man Down

TUESDAY **DATE** _____ **All**
 1 - 400m jog & stride, alternate
 1 - 400m jog & stride, alternate
 4 - 50 yd. dashes; full speed
 2 - 100 yd. ½ speed and ¾ speed
 20 push ups
 20 crunches
 8 - 20 to 30 yd. sprints, full speed
 10 - 10 yed. Bear crawl into a 10 yd. sprint
 8 - levy's
 1:00 up - downs

THURSDAY **DATE** _____
 1 - 400m jog & stride, alternate
 1 - 400m jog & stride, alternate
 1 - Ladder set; 10,20,30,40,50,40,30,20,10 - full speed
 7 - Gassers (Use soccer field) S/L to S/L (RI 50 Yd. walk between Gassers)

Goalie, Defense, Attack