

## Speed Workout for Lacrosse

Lacrosse is a game of short bursts of speed. This simple running workout, created by Matt Ward, simulates game conditions, and develops the muscles you'll need to be explosive and play fast.

**Workout:** Run two to three miles. Warm up the first mile, then run intervals the next one to two miles: Sprint about 40 yards, then slow-run 40-80 yards, then sprint again, and so forth. A good benchmark is to run between mail boxes or telephone poles. Sprint from one mailbox to the next, then slow-run past two mailboxes, then sprint to the next, and repeat. Run hard!

To mix it up, you can throw in: kareoka, one-leg bends on block, Bosu Ball squats, rubber-band shuffle, practice dodges, and lunges (halfway through the run, do 10 sets of 10. Keep your knees behind your toe). You can also run with your stick, gloves and ball, or trail run through the woods, up and down hills, along streams, etc.

All this should take between 30 and 40 minutes and you should be spent when finished. If not, you aren't running hard enough. Discipline yourself to do this three to four times a week on alternate days for a least a couple months. Run hard and fast. You will see big results in speed, balance, quickness, endurance and injury prevention.