

Fallball Week 1 - Nov 23-29

Welcome to fallball! It's time to get to work. Every day gives you the opportunity to get better. Each day will contain a variety of endurance, strength/agility, and/or stickwork. The chart below contains links to each section with more detail for each day. Please let coaches know if you have ANY questions or need modifications for any exercise. As we begin this first week, you may feel uncomfortable or unprepared for certain sections - and that's okay! This is your time to get back into a routine, regardless of what your workout/lacrosse routine has been. You will have your own starting point, and we recognize that. What we ask of you is this:

DO YOUR BEST
ASK QUESTIONS
NO EXCUSES
LISTEN TO YOUR BODY
GO HARD

	Endurance	Strength/ Agility	Stickwork
Monday November 23th	Easy* Run (20 minutes)	Agility A Strength A	Monday Wallball
Tuesday November 24th	Fartlek (25 minutes)	Agility B Strength B	Tuesday Wallball
Wednesday November 25th	Long run (40 minutes)	Agility A Strength B	Wednesday Wallball
Thursday November 26th	Easy Run (20 minutes)	OFF	OFF
Friday November 27th	OFF	Agility C Strength A	Friday Wallball
Saturday November 28	Recovery Run (try for 25 minutes)	Agility B Strength A	Saturday Wallball
Sunday November 29	OFF	OFF	OFF