



Name: \_\_\_\_\_

# Schedule & Plan Recorder

## Work-out Recorder

Check off if  
if you worked out  
with weights or conditioning

June						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4

July						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2

August						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22

## Summer Schedule

**9:30 – 12:30** 1<sup>st</sup> Hr Conditioning; 2<sup>nd</sup> Hr Lacrosse; 3<sup>rd</sup> Hr Weights

June				
Mon	Tues	Wed	Thurs	Fri
		3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	1	2	3

July				
Mon	Tues	Wed	Thurs	Fri
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	1

August				
Mon	Tues	Wed	Thurs	Fri
3	4	<b>To Be Determined</b>		7
10	11	12	13	14
17	18	19	20	21

**Football Camp**

**4:00 – 6:00 Practice**  
**6:00 Family Barbecue**



# Bolles Lacrosse

## 2009 Summer Work-Out programs

### 8th & 9<sup>th</sup> Grade Program

Day	Exercise	Set	Rep	% RM
1	Bench Press	3	12	60
	Squat	3	10	60
	Wrist Curls	3	10	60
	Forearm Curls	3	10	60
2	Lat Pull Downs	3	10	60
	Push-ups	4	25	
	Jump Rope	3	1min	
	Crunches	4	50	
	Ab Twists w/weight	4	25	
	Dips	2	6to10	
3	Bench Press	4	8	70
	Squat	3	8	70
	Cleans	3	8	60
	Wrist Curls	4	8	70
	Butterfly Curls	4	8	70
4	Military Presses	3	10	60
	Push-ups	4	25	
	Jump Rope	3	1	
	Crunches	4	50	
	Ab Twists w/weight	4	25	
	Dips	2	6-10	

All 1 Min Rest Btw Sets

### Conditioning

1 mile warm-up
100 sprint, 100 jog for 1 mile
1 mile cool down

1 mile warm-up
10 meter sideways shuttle run: 2 sets of 3 with 1min rest
10 meter shuttle sprint: 3 sets of 3 with 1 min rest
1 mile cool down

2-3 mile jog
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1 mile warm-up
100 sprint, 200 jog for 2 miles
1 mile cool down

1 mile warm-up
50 meter jog/50 meter sprint: 10 with 30sec rest
10 meter crossover shuttle run: 2 sets of 3 with 1min rest
1 mile cool down

2-3 mile jog
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# Hit The Wall Everyday!



You must have a physical on file at the Bolles Office to practice on a Bolles facility.

1RM = the maximum weight a player can lift one time. To find your 1RM, do a four set warm-up: 2 sets of 10 reps with light weight followed by 2 sets of 8 reps with moderate weight. Then do 1 set of 6-10 reps with heavy weight; this should be enough weight to barely complete 10 reps or fatigue before the 10th rep



# Bolles Lacrosse

## 2009 Summer Work-Out programs

### 10<sup>th</sup>, 11<sup>th</sup>, & 12<sup>th</sup> Grade Program

Day	Exercise	Set	Rep	Rest	RM
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1	Bench Press	2	10	2	70
	Bench Press	2	10	2	80
	Squat	3	10	2	70
	Wrist Curls	4	8	2	70
	Forearm Curls	4	8	2	70

2	Lat Pull Downs	4	10	1	65
	Incline Press	3	8	1	65
	Decline Press	3	8	1	65
	box jumps	4	15-20	1	
	Crunches	4	50	1	
	Ab Twists w/weight	4	25	1	
	Dips	3	8-12	1	

3	Bench Press	3	6-8	3	80
	Bench Press	3	4-6	3	90
	Squat	5	6	3	85
	Wrist Curls	4	6	2	85
	Butterfly Curls	4	6	2	85
	Butterfly Curls	4	6	2	85

4	Military Press	4	10	1	65
	Cleans	5	6	3	80
	Push-ups	4	25	1	
	Jump Rope	4	1	1	
	Crunches	4	50	1	
	Ab Twists w/weight	4	25	1	
	Dips	3	6-10	1	

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# Hit The Wall Everyday!

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### Conditioning

1 mile warm-up
100 sprint, 200 jog for 2 miles
1 mile cool down

1 mile warm-up
10 meter sideways shuttle run: 3 sets of 3 with 1min rest
10 meter shuttle run: 3 sets of 3 with 30sec rest
1 mile cool down

3-5 mile jog
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1 mile warm-up
200 sprint, 200 jog for 1/2 mile
100 sprint, 200 jog for 1 mile
1 mile cool down

1 mile warm-up
50 meter jog/50 meter sprint: 15 with 30sec rest
10 meter crossover shuttle run: 2 sets of 3 with 30sec rest
1 mile cool down

3-5 mile jog
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You must have a physical on file at the Bolles Office to practice on a Bolles facility.

1RM = the maximum weight a player can lift one time. To find your 1RM, do a four set warm-up: 2 sets of 10 reps with light weight followed by 2 sets of 8 reps with moderate weight. Then do 1 set of 6-10 reps with heavy weight; this should be enough weight to barely complete 10 reps or fatigue before the 10th rep