

NOTRE DAME
PHASE I MENS LACROSSE
LEVEL I FALL 2011



DAY 1	PILLAR 1	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
Hang Clean Pull		4x5	4x5	4x5	4x5	4x5
Front Squat		3x8	4x6	5x5	4x6	3x8
Weighted Chin Up		6x4	5x5	4x6	4x6	3x8
Stationary Step Up (Heel Touch)		3x6	3x8	3x10	3x12	3x12
DB Incline Bench		6x4	5x5	4x6	4x6	3x8
Weighted Back Ext		3x6	3x8	3x10	3x12	3x15
Decline Bench Russian Twist Throws		3x8 p/s	3x10 p/s	3x12 p/s	3x12 p/s	3x8 p/s
Paloff Press		2x15sec	2x20sec	2x25sec	2x30sec	2x30sec
Supine Exteral Rotation		2x10	2x10	2x10	2x10	2x10

DAY 2	PILLAR 3	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
Close Grip Hang Snatch		4x5	4x5	4x5	4x5	4x5
Barbell Bench Press		6x4	5x5	4x6	4x6	4x6
Overhead Split Squat (Foot Elevated)		3x6	3x8	3x10	3x12	3x12
Push Press		6x4	5x5	4x6	4x6	4x6
Trianlge 1 arm Row		6x4	5x5	4x6	4x6	3x8
Weighted Glute Bridges		3x8	3x8	3x10	3x12	3x15
Squared Med Ball Throws		3x8 p/s	3x10 p/s	3x12 p/s	3x12 p/s	3x8 p/s
Reverse Crunch		3x8	3x8	3x10	3x12	3x15
Rotating Knee Raise		3x8 p/s	3x10 p/s	3x12 p/s	3x12 p/s	3x15 p/s

DAY 3	PILLAR 8	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
Squat Jump		4x5	4x5	4x5	4x5	4x5
Back Squat (Low Box)		6x4	5x5	4x6	4x6	4x6
Weighted Overhand Pull Up		6x4	5x5	4x6	4x6	3x8
Chain Push ups (2.5lb grip)		2xMax	2xMax	3xMax	3xMax	4xMax
Seated Arnold Press		3x6	3x8	3x10	3x12	3x12
RDL (to mid shin)		6x4	5x5	4x6	4x6	3x8
Position Work- F/O, Gk, Mid, Att, Def						
Meat (DB-Hammer, Incline, Skull Crusher, Rope Press Down)			3x10	3x10	3x10	3x10

Fast Twitch Dominant %'s

REPS	%
1	100
2	92
3	87
4	82
5	79
6	76
7	73
8	70
9	67
10	64

Balanced Fiber %'s

REPS	%
1	100
2	95
3	90
4	87
5	84
6	83
7	80
8	77
9	74
10	71

Rep + Set Ranges
 1-8 sets per exercise
 24-32 per exercise