

TIME INTERVAL LACROSSE TRAINING BEGINNER CORE - WEEK 1

1	Gloves	ear -	Extra Gear	_	Workout Link	Notes
Day 1 Date: - S Time: - B Partner: - C 2 Date: - S Time: - B Partner: - S Time: - B Partner: - G Time: - C 3 Date: - S Time: - C 3 Date: - S Time: - S	Stick Ball(s) Bloves	- - -	Extra Gear	_	Workout Link	Notes
Date:	Stick Ball(s) Bloves	- - -	Extra Gear	_	Workout Link	Notes
Date: - S Fime: - B Partner: - C Date: - S Date: - S Date: - S Fime: - B Partner: - G Date: - S Fime: - B Partner: - G Date: - S Date: - S Date: - S	Stick Ball(s) Bloves	- - -	Extra Gear	_	Workout Link	Notes
1 Date: - S Time: - B Partner: - G Location: - S Time: - B Partner: - G Time: - S Time: - S Time: - S Partner: - G	Stick Ball(s) Bloves	- - -	Extra Gear	_	Workout Link	Notes
Date: - S Time: - B Partner: - G Location: - C Date: - S Time: - B Partner: - C 3 - S Date: - S Time: - B Partner: - G	Ball(s) Bloves	_ -				
Time: - B Partner: - G Location: - C 2 - S Date: - S Time: - B Partner: - C 3 - S Date: - S Time: - B Partner: - G	Ball(s) Bloves	_ -		_ '		
Partner: - G Location: - C 2 - S Date: - B Partner: - G Location: - C 3 - S Date: - S Time: - B Partner: - G	Gloves					
Location: - C 2 - S Date: - S Time: - B Partner: - C 3 - S Date: - S Time: - B Partner: - G		□ I -				
2 Date: - S Time: - B Partner: - G Location: - C 3 Date: - S Time: - S Time: - S	Clothing	_				
Time: - B Partner: - G Location: - C 3 - S Date: - S Time: - B Partner: - G					D2/7/H210	
Time: Partner: Location: 3 Date: Time: Partner: - B						
Partner: Location: 3 Date: Time: Partner: - G - C	Stick	⊓ I-				
Location: - C 3 Date: - S Time: - B Partner: - G	Ball(s)	_ I-				
3 Date: - S Time: - B Partner: - G	Bloves	_ I-				
Time: - B Partner: - G	Clothing	<u> </u>				
Time: - B Partner: - G						
Partner: - G	Stick	□ -				
	Ball(s)	□ -				
Location: - C	Bloves	□ -				
	Clothing	□ -				
4						
Date: - S	Stick	□ I -				
Time: -B	Ball(s)	<u> </u>				
_	Bloves	¦ -			100000 B	
Location: - C	Clothing	<u> </u>				
5						
Date: - S	Stick	□ -				
Time: - B	Ball(s)	<u> </u>				
Partner: - G	Gloves	□ I-				
Location: - C	Clothing	<u> </u>				
Day 6 - Rest			Day 7	7 - Rest		

1a) What did you enjoy most?

1b) What made it so enjoyable?

2) What did you enjoy the least?

2b) What made that more difficult?



TIME INTERVAL LACROSSE TRAINING BEGINNER CORE - WEEK 2

NAME:.	
GOAL:	

Day	Essential	Gear	Extr	a Gear	Workout Link	Notes
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Date:	- Stick		-		在1927年 2	
Time:	- Ball(s)		-			
Partner:	- Gloves		-			
Location:	- Clothing		-			
9						
Date:	- Stick		-			
Time:	- Ball(s)		-			
Partner:	- Gloves		-			
Location:	- Clothing		-			
10						
Date:	- Stick		-			
Time:	- Ball(s)		-			
Partner:	- Gloves		-			
Location:	- Clothing		-			
11						
Date:	- Stick		-			
Time:	- Ball(s)		-		并	
Partner:	- Gloves		-			
Location:	- Clothing		-			
12						
Date:	- Stick		-			
Time:	- Ball(s)		-			
Partner:	- Gloves		-			
Location:	- Clothing		-			

Weekly Reflections:

1a) What did you enjoy most?

1b) What made it so enjoyable?

2) What did you enjoy the least?

2b) What made that more difficult?