

Supplemental Table

Supplemental Table S1. Description of sprint interval training and field lacrosse-specific training.

Sprint Interval Training			
	Monday	Wednesday	Friday
Weeks 1 through 4	40m sprint with 10 repetitions 20 seconds of passive rest	2 sets of 15m sprints with 10 repetitions 15 seconds of passive rest between repetitions 2 minutes of passive rest between sets	3 suicides (16, 25, 50, 75 m, touch line with foot) 1 minute of passive rest between each repetition
Weeks 5 through 8	40m sprint with 12 repetitions 20 seconds of passive rest	3 sets of 15m sprints with 10 repetitions 15 seconds of passive rest between repetitions 2 minutes of passive rest between sets	3 suicides (16, 25, 50, 75 m, touch line with foot) 1 minute of passive rest between each repetition
Weeks 9 through 12	40m sprint with 14 repetitions 20 seconds of passive rest	3 sets of 15m sprints with 12 repetitions 15 seconds of passive rest between repetitions 2 minutes of passive rest between sets	4 suicides (16, 25, 50, 75 m, touch line with foot) 1 minute of passive rest between each repetition
Field Lacrosse-specific Training			
<i>Fundamental / Skill Development</i>			
<ul style="list-style-type: none"> - Passing and catching drills (e.g. line passing, four corners) - Ground ball drills (e.g. line drills, 1 verse 1) - Shooting drills (both stationary and in motion) - Position specific drills: <ul style="list-style-type: none"> - Attack player specific drills focusing on passing, catching, dodging, ground balls, and shooting - Midfield player specific drills focusing on passing, catching, dodging, ground balls, and defensive stick / foot work - Defensive player specific drills focusing on passing, catching, ground balls, and defensive stick / foot work 			
<i>Team Offense and Defense Development</i>			
<ul style="list-style-type: none"> - 3 verses 2 and 3 verses 3 games 			

- 6 verses 5 and 6 verses 6 games
- situational scrimmages

m = meters and e.g. = example.
