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Thread: [Pre-Pre season work out](#)

AcidSuit - January 15, 2014, 10:43 pm

Ok, so soon it will be time for me to start pre-season for lacrosse and I am looking for suggestions on workouts to get back into shape? I have let go a bit over the holidays so I have started cutting back on all the junk I have been eating and drinking and am now just going for runs every night. What else do you guys reckon I should do? My goal is to be able to run longer and faster (I was never that much of a long distance person)

Autopost - January 15, 2014, 10:44 pm

Posting as I am also interested in hearing the replies, can't really help you though OP ?

Gold? - January 15, 2014, 10:45 pm

Everything you want to get better at is included in Crossfit training lol.

imperlin - January 15, 2014, 10:48 pm

Idd, crossfit would probably good For you because That is what you want. You could also try and Use an pre-workout. I recommend to Google: Assault from Muclepharm. Good luck on this.

Autopost - January 15, 2014, 10:49 pm

(Jan 15, 2014 11:45 PM)Gold? Wrote: [\[CITE\]](#) Everything you want to get better at is included in Crossfit training lol.

Think he is looking for a routine though ?

AcidSuit - January 16, 2014, 12:05 am

(Jan 15, 2014 11:49 PM)Autopost Wrote: [\[CITE\]](#) Think he is looking for a routine though ?

Yes :D

Looking for some things I can do at home as well as the Gym which will just help with overall fitness.

nuvexy. - January 16, 2014, 12:07 am

(Jan 15, 2014 11:49 PM)Autopost Wrote: [\[CITE\]](#) Think he is looking for a routine though ?

...What?

Just look up a Crossfit routine. But remember, you'll look like an idiot.