

# PRACTICE LOAD COMPARISONS BETWEEN OFF-SEASON AND PRESEASON IN DII WOMEN'S LACROSSE

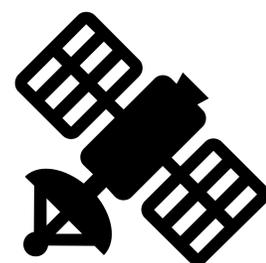
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## INTRODUCTION

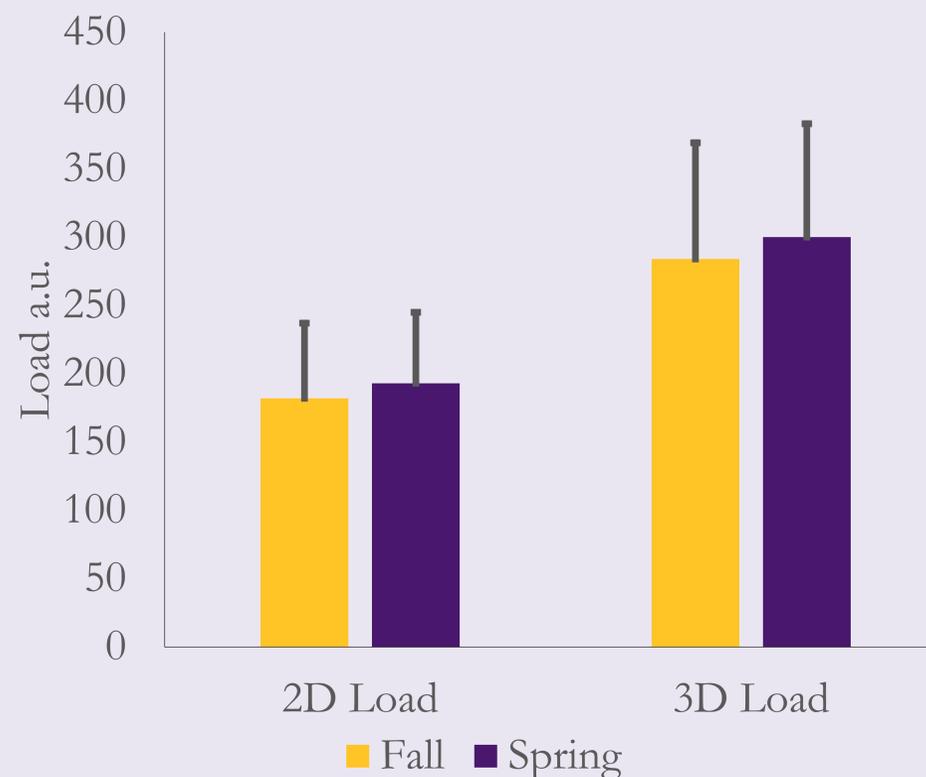
- Within the annual plan, off-season, on-field practices are structured differently than preseason, on-field practices.
- The purpose of this project was to compare external load metrics recorded during off-season versus preseason NCAA Division II Women's lacrosse practices.

## METHODS

- Total of 33 practices include in analysis
  - Off-Season – n = 18
  - Preseason (prior to 1<sup>st</sup> match) – n = 15
- Total athlete observation – n = 405
  - Off-Season – n = 214
  - Preseason – n = 191
- Means and standard deviations calculated
  - 2D load (au)
  - 3D load (au)
  - Total distance (m)
  - Work rate ( $\text{m} \cdot \text{min}^{-1}$ )
  - Hard running ( $> 4.5 \text{ m} \cdot \text{s}^{-1}$ ) distance (m)



## Loads Increased in Preseason



## RESULTS

Table 1. Descriptive Data From WLAX DII

	Off-Season	Preseason
2D Load	182 ± 55	193 ± 52
3D Load	284 ± 85	300 ± 83
Total Distance	3987 ± 890	4388 ± 1117
Work Rate	35 ± 6	37 ± 5
Hard Running	123 ± 147	159 ± 131

## CONCLUSIONS

- *t*-tests indicated differences between off-season and preseason for:
  - 2D load ( $p = .048$ ,  $d = 0.197$ )
  - Total distance ( $p < .001$ ,  $d = 0.398$ )
  - Hard running distance ( $p = .010$ ,  $d = 0.255$ )
  - Work rate ( $p < .001$ ,  $d = 0.407$ )
- No difference in 3D load ( $p = .059$ ,  $d = 0.188$ )

## PRACTICAL APPLICATIONS

- The load increased as the team moved from off-season to preseason training
- Coaches may be able to better understand the demands on the athletes and modify future practices accordingly whether they are under- or overtraining, especially while in season.