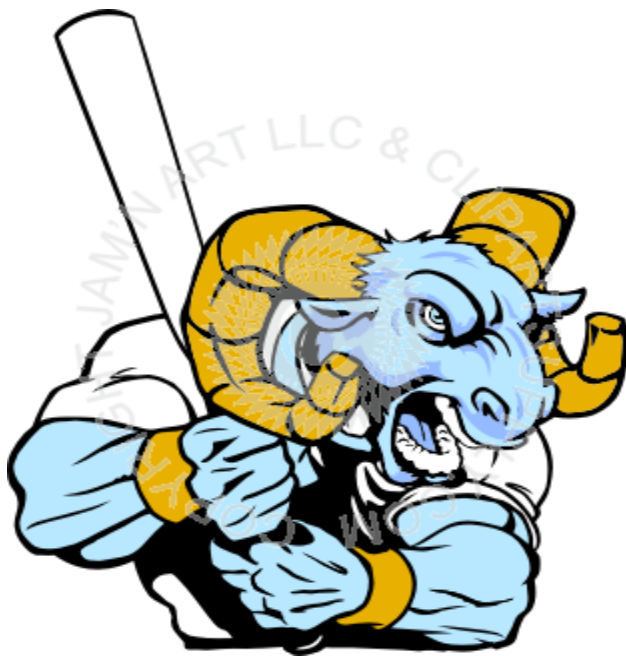


2014 SUMMER STRENGTH & CONDITIONING PROGRAM



Softball

12-Week/Body-Weight/Strength & Conditioning Summer Program

Summer Conditioning



Hello Lady Rams,

Welcome to 1st annual summer conditioning program for Ram Softball. As you know the sport of Softball is a very explosive. Every year players are becoming stronger, and faster. With faster and stronger athletes as your competition you as an athlete must be prepared. The importance of coming into the pre-season in the best shape possible is a plus. By coming back pre-season out of shape you are already behind your competition that has been training for the whole summer. This is what separates the good players from the mediocre ones. Championship teams and players come into pre-season in shape and only improve from then on. Mediocre players come into the pre-season out of shape and are always trying to catch up with the winning teams the whole season. Remember you cannot play yourself into shape. You must prepare before you win a championship not prepare as you are trying to win a championship.

The importance of employing a summer conditioning program for softball is critical for the prevention of injuries. Scientifically based programs will get you into the best shape possible for the upcoming season. The following program will help get into shape for the fall-season and with a little luck will keep you injury free. Remember you do not help the team if you are on the sidelines nursing an injury that could have been prevented. Enjoy the program and enjoy your upcoming fall season.

Good Luck and Have Fun,

Coach McCormick
Head Strength & Conditioning Coach
512-799-6472

12-Week/Body-Weight/Strength & Conditioning Summer Program

8-Week/Body-Weight/Training/Program May 19th /July 8th 2014

Training is the same for the first 2 weeks of each 3-week cycle, with the third, sixth, and ninth week used for recovery and adaptation. Do these workouts 3 times per week. As you progress, initially increase volume (# of reps with body weight), then decrease volume and increase intensity () and recovery period.

Weeks 1 and 2

Inverted Rows: 3 x 10 reps with body weight (or weight-assisted machine), with 1-minute rest

OH Doll Squats: 3 x 10 reps, with 1-minute rest

Push-ups: 2 x 8–10 reps, with 1-minute rest

Wall Squats: 3x :30

Core Work; crunches, V-ups, stability ball crunches, reverse crunches, Russian twist, medicine ball crunches: 3 x 20 reps for each exercise.

Week 3

Same as above, using 66% of # of reps from weeks 1 and 2 for each exercise.

Weeks 4 and 5

Pull-ups: 3 x 6 reps with body weight (or weight-assisted machine), with 1-minute rest

OH Doll Squats: 3 x 15 reps, with 1-minute rest

Push-ups: 2 x 12–15 reps, with 1-minute rest

Wall Squats: 3x :45

Core Work, V-ups, stability ball crunches, reverse crunches, toe touches, scissors, medicine ball Russian twist: 3 x 30 reps for each.

Week 6 (Recovery)

Same as above, using 66% of # of reps from weeks 4 and 5 for each exercise.

Weeks 7 and 8

Bench dips: 3 x 15 reps with body weight (or add 10lbs. weight plate to lap), with 90-second rest

Single Leg Box Squats: 3 x 10 reps with 105%–110% of body weight, with 90-second rest

Push-ups: 3 x 10 reps with body weight, with 90-second rest

Lunge Matrix 3x 5 ea.

Core Work; crunches, Single leg V-ups, stability ball knee tucks, superman, half Russian twist, medicine ball crunches: 3 x 20 reps with body weight, with 30-second rest.

Week 9 (Recovery)

Same as above, using 75% of # of reps from weeks 7 and 8 for each exercise

Hip Mobility work three times a week (M-W-F)

Split squats with isometric hold

Kneeling hip circles

Kneeling Fire Hydrate

12-Week/Body-Weight/Strength & Conditioning Summer Program

July 8th 2014 Week 1/2 Regular Progression (1:1 Work to Rest Ratio) DB Complex

Workout # 1	Workout # 2	Workout # 3
High Pull x 6 Shoulder Press x 6 Squat x 6 Three Sets	High Pull x 6 Shoulder Press x 6 Squat x 6 Three Sets	High Pull x 6 Shoulder Press x 6 Squat x 6 Three Sets
Workout # 4	Workout # 5	Workout # 6
High Pull x 6 Alternate Press x 6 Squat x 6 RDL's w/upright Row x 6 Three Sets	High Pull x 6 Alternate Press x 6 Squat x 6 RDL's w/upright Row x 6 Four Sets	High Pull x 6 Alternate Press x 6 Squat x 6 RDL's w/upright Row x 6 Four Sets

Week 3/4 DB Complex

Workout # 7	Workout # 8	Workout # 9
High Pull x 6 Alternate Press x 6 Squat x 6 One Arm Row x6 Four Sets	Alternate High Pull x 6 Alternate Press x 6 Squat x 6 One Arm Row x 6 Four Sets	Alternate High Pull x 6 Alternate Press x 6 Squat x 6 One Arm Row x 6 Four Sets
Workout # 10	Workout # 11	Workout # 12
One Arm Snatch x 6 Alternate Press x 6 Squat x 6 One Arm Row x 6 Four Sets	Alternate High Pull x 6 Curl & Press x 6 Squat(2 down,1up) x 6 One Arm Row x 6 Four Sets	Alternate High Pull x 6 Curl & Press x 6 Lunge & Reach x 6 One Arm Row x 6 Four Sets

Week 5/6 DB Complex

Workout # 13	Workout # 14	Workout # 15
High Pull x 6 Alternate Press x 6 Squat Jumps x 6 Renegades w/pushup x6 Four Sets	Alternate High Pull x 6 Alternate Press x 6 Squat Jumps x 6 Renegades w/pushup x 6 Four Sets	Alternate High Pull x 6 Alternate Press x 6 Squat Jumps x 6 Lunge w/reach x 6 Five Sets
Workout # 16	Workout # 17	Workout # 18
One Arm Snatch x 6 Alternate Press x 6 Squat/Box Jumps x 6 (super set) Renegade w/pushup x 6 Four Sets	Alternate High Pull x 6 Curl & Press x 6 Squat/Box jumps x 6 (super set) One Arm Row x 6 Four Sets	Alternate High Pull x 6 Curl & Press x 6 Lunge & Reach x 6 One Arm Row x 6 Five Sets

12-Week/Body-Weight/Strength & Conditioning Summer Program

Below conditioning for the summer. Outline of sprints, times, reps and rest. When you are not playing matches

Dynamic Movement 2x 20m, before each workout complete

Butt Kicks, 45*

Walking Lunge

Knee to Chest (walking)

Lunge w/Skip

High Knee

Back pedal

DAY ONE

DAY TWO

DAY THREE

	Distance / Reps / Time / Rest*	Distance / Reps / Time / Rest*	Distance / Reps / Time / Rest*
WEEK 1	100 YD / 8 / 19 Sec / 3:1	40 YD / 6 / Max Effort / 6:1	60 YD / 6 / Max Effort / 7:1
WEEK 2	100 YD / 10 / 19 Sec / 3:1	40 YD / 8 / Max Effort / 6:1	60 YD / 8 / Max Effort / 7:1
WEEK 3	100 YD / 12 / 19 Sec / 3:1	40 YD / 10 / Max Effort / 6:1	60 YD / 10 / Max Effort / 7:1
WEEK 4	80 YD / 12 / 16 Sec / 4:1	20-30 YD / 6-8 / Max Effort / 7:1	40 YD / 8 / Max Effort / 7:1
WEEK 5	80 YD / 14 / 16 Sec / 4:1	20-30 YD / 6-8 / Max Effort / 7:1	40 YD / 10 / Max Effort / 7:1
WEEK 6	80 YD / 16 / 16 Sec / 4:1	20-30 YD / 6-8 / Max Effort / 7:1	40 YD / 12 / Max Effort / 7:1
WEEK 7	60 YD / 8 / Max Effort / 12:1	10-20 YD / 6-8 / Max Effort / 7:1	60 YD / 6 / Max Effort / 12:1
WEEK 8	60 YD / 10 / Max Effort / 12:1	10-20 YD / 6-8 / Max Effort / 7:1	60 YD / 6 / Max Effort / 12:1
WEEK 9	60 YD / 12 / Max Effort / 12:1	10-20 YD / 6-8 / Max Effort / 7:1	60 YD / 6 / Max Effort / 12:1
WEEK 10	40 YD / 12 / Max Effort / 12:1	5-10 YD / 8-10 / Max Effort / 7:1	40 YD / 8 / Max Effort / 12:1
WEEK 11	40 YD / 12 / Max Effort / 12:1	5-10 YD / 8-10 / Max Effort / 7:1	40 YD / 8 / Max Effort / 12:1
WEEK 12	40 YD / 12 / Max Effort / 12:1	5-10 YD / 8-10 / Max Effort / 7:1	40 YD / 8 / Max Effort / 12:1

* Rest times are in work-to-rest ratios. For example, if you were prescribed a 2:1 rest time and it takes you 10 seconds to perform a sprint, rest for 20 seconds.

Components of Speed

80-100 yards - to improve body composition

30-60 yards - to improve maximum velocity

5-20 yards - to improve acceleration

*June 2nd starts week 1 of your conditioning work

12-Week/Body-Weight/Strength & Conditioning Summer Program

Summer Eating Out

The following suggestions will give you ideas on how and what to order:

Ordering at a Restaurant

- Choose items that are prepared by low fat methods-steamed, broiled, baked, grilled, stir fried.
- Eat a salad chock full of vegetables with your meal. Don't load up on cheese and meats on the salad.
- Ask for salad dressing, butter and sour cream on the side.
- Enjoy the bread basket but limit the number of rolls and the butter.
- Choose red sauces instead of white sauces.
- Go for fish or chicken as long as it is grilled
- Try low fat frozen yogurt or fruit for dessert
- Check the menu and the nutrition analysis on line

Fast Food

- Look for items that are broiled or grilled stay away from anything fried.
- Request extra tomato, onion, and lettuce.
- Ask for no cheese and order the smallest burger.
- Ask for no mayonnaise or "special" sauce.
- Top your sandwich with ketchup, mustard, barbecue sauce, or relish.
- Think salads grilled chicken salad or garden salads beat fatty taco salads. Ask for non-fat salad dressing.
- Look at the nutrition information to make the best fat gram or calorie choice.

Fast food restaurants have added many new healthy options. Most fast food restaurants and restaurant chains post nutritional information about their food offerings on their web sites. Visit some of the sites to determine your choices are. If you decide what you can and should order before you arrive, it will make it easier to avoid the less nutritious, higher calorie options. Also, pay attention to changes in the menu and new offerings because many restaurants are finally starting to pay attention to the demand for healthy options. Many restaurants try new items out before they add them to the menu permanently.

When choosing, be aware of highly caloric additions such as salad dressings, cheese, sour cream, etc. Sometimes, making your choice healthier is as simple as removing the condiments. For example, ask for a grilled chicken sandwich without the mayonnaise. Many restaurants are making progress and offering alternatives like salads with low calorie, fat free dressings, or grilled chicken sandwiches on whole wheat rolls, but if they don't, see what you can do to make your choice more nutritious and less fattening. Some healthy fast food choices include:

- Grilled chicken or fish sandwich
- Whole wheat rolls
- Fruit or fruit and yogurt
- Baked potato (with vegetables instead of cheese, butter or sour cream)
- Salad with dressing on the side or fat free salad dressing " Single hamburger (regular or children's size)
- Low fat deli sandwiches on wheat bread or on pita bread
- Wraps on whole wheat tortillas (without dressing)
- Fat free / low fat milk or water

What are the least healthy fast food choices?

While the choice of meal can be unhealthy, often times it is the condiment or side order that packs in the fat and calories. Additionally, drinks are often a significant source of nutritionally empty calories. (For example, a large cola (32 ounces) has 310 calories.) Make your beverage selection healthier by switching to water or low fat milk. Some particularly unhealthy menu choices include:

- Chicken nuggets
- Croissant breakfast sandwiches (and croissants or pastries in general)
- Fried fish or fried chicken sandwiches
- Fried chicken
- Large and jumbo size fries
- Onion rings

12-Week/Body-Weight/Strength & Conditioning Summer Program

As mentioned above, condiments often contain significant calories and fat. As an example Newman's Own Ranch dressing (offered at McDonald's) contains 170 calories and 15 grams of fat per serving. Choosing Newman's Own Low Fat Balsamic Vinaigrette brings the totals down to 40 calories and 3 grams of fat. Unhealthy condiments and some sample calorie and fat counts include:

- Most 'special sauce'
- Mayonnaise
- Cheese sauce
- Salad dressing
- Tartar sauce
- Ketchup

Where's The Fat?

- Look for items that are broiled or grilled stay away from anything fried.
- Request extra tomato, onion, and lettuce.
- Ask for no cheese and order the smallest burger.
- Ask for no mayonnaise or "special" sauce.
- Top your sandwich with ketchup, mustard, barbecue sauce, or relish.
- Think salads grilled chicken salad or garden salads beat fatty taco salads. Ask for non-fat salad dressing.
- Order nonfat or lowfat frozen yogurt for dessert.
- Look at the nutrition information to make the best fat gram or calorie choice.

Food	Grams of fat	Calories
Dominoes Pizza		
Plain Cheese (2 slices)	9	314
Subway		
Ham on Deli Round	4	210
Six inch Turkey Breast	4.5	280
Burger King		
Chicken Whopper	8	408 (without mayo)
Smokey BBQ baguette	4	380
Hardees		
Hamburger	10	267
BBQ Chicken Sandwich	3	268
McDonalds		
Hamburger	10	280
Chicken Caesar Salad Grilled	6	200
Taco Bell		
Grilled Chicken Gordita	14	300
Fiesta Chicken Gordita	10	260
Hard taco	9	180
Wendys		
Jr. Hamburger	9 grams	270
Grilled chicken sandwich	6	300

12-Week/Body-Weight/Strength & Conditioning Summer Program

Chili (large)	7	300
Mandarin Chicken Salad	25	420 (with half the dressing)

To Lower The Fat

Make sure your chicken or turkey sandwich has not been breaded, fried or smothered in cheese. Chicken salad and tuna salad made with mayonnaise are usually very high in fat. Poultry are very low in fat but can be made much higher by adding sauces, mayonnaise, bacon, or cheese. A good alternative would be ketchup, mustard, fat free salad dressing or BBQ sauce.

Chinese Food

Make sure that you look at portion sizes

- Soups are good they all are pretty low in fat. Hot and Sour Soup is 110 calories and 4 grams of fat. The soup is very high in sodium over 1000 mg. The little fried noodles are very high in fat and calories so you want to avoid those.
- Avoid the egg roll, 190 calories and 11 grams of fat
- Avoid breaded and fried items. General Tso Chicken for example has 1600 calories and 59 grams of fat in the average entrée serving(approx. 4 cups).
- Stay with the chicken or fish and vegetable entrees. Or order steamed or stir fried vegetables. Chicken chow mein or shrimp with Garlic sauce are better entree choices.
- Go for white rice not fried rice. Ask for brown rice if they offer it. Fried rice is very high in calories approx. 325 calories per cup.
- Aim for around 1 cup of the rice (which is usually about ¼ the usual portion).

Better choices at a Mexican Restaurant

- Watch out for the chips just 8-10 chips have about 12 grams of fat. A basket of chips has about 640 calories and 34 grams of fat!
- Try to avoid fried things, such as hard taco shells. A typical beef taco has about 210 calories and 12 grams of fat.
- Go for the soft tortilla and little cheese, guacamole, and sour cream
- Fajitas are best because you have lots of control over what you put into that tortilla. Pass on the guacamole, refried beans and sour cream and save about half the fat!