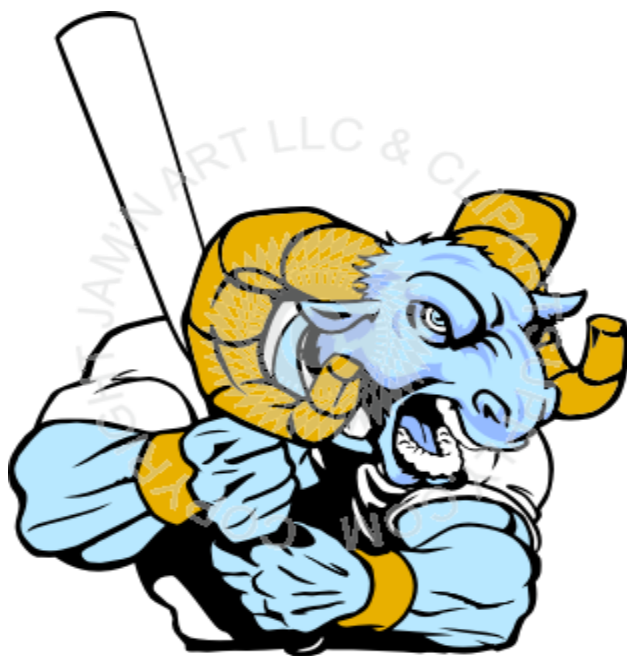


# ***2015 SUMMER STRENGTH & CONDITIONING PROGRAM***



Baseball

## *Summer Conditioning*



Hello Rams,

Welcome to 2nd annual summer conditioning program for Ram Baseball. As you know the sport of Baseball 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 Baseball 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. **12-Week Power, Speed, Agility and Conditioning Program**

Will Develop your speed and conditioning specifically for Baseball and its metabolic demands. This 12-week conditioning outline plan will prepare each athlete for the upcoming fall-season. It will incorporate speed drills, dynamic flexibility, foot speed, plyometrics, agility drills and speed and acceleration sprints. This plan will also be adapted to the preseason conditioning after fall ball is complete and before the regular season.

The program uses what I call the "funnel" principle. The running starts off with longer anaerobic sprints and funnels down to more explosive starts, agilities and plyometrics. It is very important that you put the time in early to build a good anaerobic base before doing the sport specific work later in the schedule. This will help prevent overtraining and injuries. The conditioning program should be done four times per week on Tuesdays and Thursdays speed/Monday & Wednesdays endurance .

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

Phase1 Summer Work June 8th July 8<sup>th</sup>

Monday	Tuesday	Thursday	Friday
Jump Rope 200	Jump Rope 200	Jump Rope 200	Jump Rope 200
Squats Rest: 45 sec: ___x12 Rps 1.00: ___x12 Rps 1.15: ___x12 Rps	DB Bench Press Rest: 45 sec: ___x12 Rps 1.00: ___x12 Rps 1.15: ___x12 Rps	Front Squats Rest: 45 sec: ___x12 Rps 1.00: ___x12 Rps 1.15: ___x12 Rps	DB Incline Bench Rest: 45 sec ___x12 Rps 1.00 ___x12 Rps 1.15 ___x12 Rps
Leg Curls Rest: 45 sec: ___x12 Rps 1.00: ___x12 Rps 1.15: ___x12 Rps	Hammer Row Rest: 45 sec: ___x12 Rps 1.00: ___x12 Rps 1.15: ___x12 Rps	Hamstring Roll Rest: 45 sec: ___x12 Rps 1.00: ___x12 Rps 1.15: ___x12 Rps	Reverse Grip Pullups Rest: 45 sec: ___x12 Rps 1.00: ___x12 Rps 1.15: ___x12 Rps
Step Ups Rest: 45 sec: ___x12 Rps 1.00: ___x12 Rps 1.15: ___x12 Rps	DB Incline Rest: 45 sec: ___x12 Rps 1.00: ___x12 Rps 1.15: ___x12 Rps	Side Lunges Rest: 45 sec: ___x12 Rps 1.00: ___x12 Rps 1.15: ___x12 Rps	STB DB Bench Rest: 45 sec: ___x12 Rps 1.00: ___x12 Rps 1.15: ___x12 Rps
DB Squats Jumps Rest: 45 sec: ___x12 Rps 1.00: ___x12 Rps 1.15: ___x12 Rps	Lat Pulldown Rest: 45 sec: ___x12 Rps 1.00: ___x12 Rps 1.15: ___x12 Rps	Walking Lunges Rest: 45/1.00/1.15 3x max sets	Cuban Press Rest: 45 sec: ___x12 Rps 45 sec: ___x12 Rps 45 sec: ___x12 Rps
Cross Over Lunges Rest: 45 sec: ___x12 Rps 1.00: ___x12 Rps 1.15: ___x12 Rps	Tri Shoulder Raise Super Set DB Lat Raise ___x12 DB Front Raise x12 DB Bent Over Raise ___x12 Rest: 45/1.00/1.15 Repeat 3x	Calf Raises Rest: 45 sec: ___x20 Rps 1.00: ___x20 Rps 1.15: ___x20 Rps	Hammer Curls Rest: 45 sec: ___x12 Rps 1.00: ___x12 Rps 1.15: ___x12 Rps
Mini bands Hip Abductor Rest: 45 sec: ___x12 Rps 1.00: ___x12 Rps 1.15: ___x12 Rps	SB Curls Rest: 45 sec: ___x12 Rps 1.00: ___x12 Rps 1.15: ___x12 Rps	Back Extentions Rest: 45 sec: ___x12 Rps 1.00: ___x12 Rps 1.15: ___x12 Rps	Tricep Extensions Rest: 45 sec: ___x12 Rps 1.00: ___x12 Rps 1.15: ___x12 Rps
Calf Raises Rest: 45 sec: ___x20 Rps 1.00: ___x20 Rps 1.15: ___x20 Rps	Tricep Pushdown Rest: 45 sec: ___x12 Rps 1.00: ___x12 Rps 1.15: ___x12 Rps	Leg Circuit FW Squats x20 +10 Squat Jumps FW Step Ups x20 +10 Split Jumps FW Lunges x20 +10 Ice Skaters Rest: 1.00/1.30/1.45 Repeat 3x	Rice Buckets * Dig to bottom flexing and extending fingers *roll wrists *extend fingers *flex fingers *open and close fingers laterally *work thumbs back and forth Work all excercises to the point of fatigue
Hip Extensions Rest: 45 sec: ___x15 Rps 1.00: ___x15 Rps 1.15: ___x15 Rps	Wrist Curls Rest: 30 sec: ___x20 Rps 45 sec: ___x20 Rps 1.00: ___x20 Rps	MB Throws (each side) Rest: 30 sec ___x15 30 sec ___x15 30 sec ___x15	
Wood Chops (each side) Rest: 30 sec: ___x15 Rps 30 sec: ___x15 Rps 30 sec: ___x15 Rps	Reverse Curls Rest: 30 sec: ___x20 Rps 45 sec: ___x20 Rps 1.00: ___x20 Rps		
Core Training	Core Training	Core Training	Prone Holds
Flexibility Routine	Flexibility Routine	Flexibility Routine	Flexibility Routine

Phase1 Summer Work July 9<sup>th</sup> August 20<sup>th</sup>

Monday	Tuesday	Thursday	Friday
Jump Rope 200	Jump Rope 200	Jump Rope 200	Jump Rope 200
Squats Rest: 30 sec: ___x15 Rps 45 sec: ___x15 Rps 1.00: ___x15 Rps	Lat Pulldown Rest: 30 sec: ___x15 Rps 45 sec: ___x15 Rps 1.00: ___x15 Rps	Squats Rest: 30 sec: ___x15 Rps 45 sec: ___x15 Rps 1.00: ___x15 Rps	Pull Ups Rest: 30 sec ___x max 45 sec ___x max 1.00 ___x max
Hamstring Rolls Rest: 30 sec: ___x20 Rps 45 sec: ___x20 Rps 1.00: ___x20 Rps	DB Bench Rest: 30 sec: ___x15 Rps 45 sec: ___x15 Rps 1.00: ___x15 Rps	Leg Curls Rest: 30 sec: ___x15 Rps 45 sec: ___x15 Rps 1.00: ___x15 Rps	STB DB Incline Rest: 30 sec: ___x15 Rps 45 sec: ___x15 Rps 1.00: ___x15 Rps
Forward Lunges Rest: 30 sec: ___x15 Rps 45 sec: ___x15 Rps 1.00: ___x15 Rps	1 arm row Rest: 30 sec: ___x15 Rps 45 sec: ___x15 Rps 1.00: ___x15 Rps	DB SL Squats Rest: 30 sec: ___x15 Rps 45 sec: ___x15 Rps 1.00: ___x15 Rps	Hammer Row Rest: 30 sec: ___x15 Rps 45 sec: ___x15 Rps 1.00: ___x15 Rps
Side Lunges Rest: 30 sec: ___x15 Rps 45 sec: ___x15 Rps 1.00: ___x15 Rps	Clap Pushups Rest: 30 sec: ___max 45 sec: ___max 1.00: ___max	Mini band Adduction Rest: 30 sec: ___x20 Rps 45 sec: ___x20 Rps 1.00: ___x20 Rps	DB Renadge Rest: 30 sec: ___x max 45 sec: ___x max 1.00: ___x max
Step-Ups Rest: 30 sec: ___x15 Rps 45 sec: ___x15 Rps 1.00: ___x15 Rps	Tri Shoulder Raise Super Set DB Lat Raise ___x15 DB Front Raise x15 DB Bent Over Raise ___x15 Rest: 30/45/1.00 Repeat 3x	Walking Lunges 3x Max Sets Rest: 30/45/1.00	DB Shrugs Rest: 30 sec: ___x15 Rps 45 sec: ___x15 Rps 1.00: ___x15 Rps
Single Box Leg Squats Rest: 30 sec: ___x15 Rps 45 sec: ___x15 Rps 1.00: ___x15 Rps	Hammer Curls Rest: 30 sec: ___x15 Rps 45 sec: ___x15 Rps 1.00: ___x15 Rps	FW Calf Raises Rest: 30 sec: ___x20 Rps 30 sec: ___x20 Rps 30 sec: ___x20 Rps	Burpees Raises Rest: 30 sec: ___x15 Rps 45 sec: ___x15 Rps 1.00: ___x15 Rps
Calf Raises Rest: 30 sec: ___x20 Rps 30 sec: ___x20 Rps 30 sec: ___x20 Rps	Tricep Pushdown Rest: 30 sec: ___x15 Rps 45 sec: ___x15 Rps 1.00: ___x15 Rps	Back Extensions Rest: 30 sec: ___x20 Rps 30 sec: ___x20 Rps 30 sec: ___x20 Rps	Plate Twist+Punch Rest: 30 sec: ___x15 Rps 45 sec: ___x15 Rps 1.00: ___x15 Rps
Supermans Rest: 30 sec: ___x15 Rps 45 sec: ___x15 Rps 1.00: ___x15 Rps	Wrist Curls Rest: 30 sec: ___x20 Rps 45 sec: ___x20 Rps 1.00: ___x20 Rps	Leg Circuit FW Squats ___x20 FW Step Ups ___x20 FW Lunges ___x20 Squat Jumps ___x20 Rest: 30/45/1.00 Repeat 3x	Tricep Extensions Rest: 30 sec: ___x15 Rps 45 sec: ___x15 Rps 1.00: ___x15 Rps
Wood Chops (each side) Rest: 30 sec: ___x15 Rps 30 sec: ___x15 Rps 30 sec: ___x15 Rps	Reverse Curls Rest: 30 sec: ___x20 Rps 45 sec: ___x20 Rps 1.00: ___x20 Rps	MB Throws (each side) Rest: 30 sec ___x20 30 sec ___x20 30 sec ___x20	Roll-outs Rest: 30 sec: ___x15 Max 45 sec: ___x15 Max 1.00: ___x15 Max
Core Training	Core Training	Core Training	Prone Holds
Flexibility Routine	Flexibility Routine	Flexibility Routine	Flexibility Routine

Start off all conditioning sessions with this warm-up and finish with a 5-10 comprehensive static stretching routine.

Jump Rope 200 rotations Jog 3-5 minutes

**Speed Improvement Drills (SID's):**

Stationary Arm Swings 2 x 20 sec  
A Skips  
B Skips  
High Knees 2 x 20 yds  
Butt Kicks 2 x 20 yds  
Lateral Shuffle 2 x 20 yds  
Carioca 2 x 20 yds  
Backpedal 2 x 20 yds

**Dynamic Flexibility:**

Walking Angled Lunges 1 x 20 yds  
Backward Angled Lunges 1 x 20 yds  
Walking Knee Hugs 1 x 20 yds  
Walking Quad Pulls 1 x 20 yds  
Inch Worm 1 x 20 yds  
Walking High Kick Toe Touches 1 x 20 yds

**Week 1: Complete conditioning below twice a week Tuesday & Thursday  
Monday & Wednesday run 1.5 miles (keep under 11min.)**

Warm-up Drills  
**4x 400 yd sprints**  
Work Time: 1:20 min  
Rest Time: 2:45 min  
Cool-down and Stretch

**Week 2: Complete conditioning below twice a week Tuesday & Thursday  
Monday & Wednesday run 1.5 miles (keep under 11min.)**

Warm-ups Drills  
**2x 400 yd sprints**  
Work Time: 1:15 min  
Rest Time: 2:30 min  
**4x 200 yd sprints**  
Work Time: 30 sec  
Rest Time: 1:30 min  
Cool-down and Stretch

**Week 3: Complete conditioning below twice a week Tuesday & Thursday  
Monday & Wednesday run 1.5 miles (keep under 11min.)**

Warm-up Drills  
**4x 200 yd sprints**  
Work Time: 28 sec  
Rest Time: 1:20 min  
**6x 100 yd sprints**  
Work Time: 15 sec  
Rest Time: 45 sec  
Cool-down and Stretch

**Week 4: Complete conditioning below twice a week Tuesday & Thursday**

**Monday & Wednesday run 1.5 miles (keep under 11min.)**

Warm-up Drills  
**12 x 100 yd sprints**  
Work Time: 14 sec  
Rest Time: 40 sec  
Cool-down and Stretch

**Week 5: Complete conditioning below twice a week Tuesday & Thursday**

**Monday & Wednesday run 1.5 miles (keep under 11min.)**

Warm-up Drills  
**8x 100 yd sprints**  
Work Time: All-out  
Rest Time: 40 sec  
**6x 80 yd sprints**  
Work Time: All-out  
Rest Time: 35 sec  
**4x 60 yd sprints**  
Work Time: All-out  
Rest Time: 30 sec  
Cool-down and Stretch

**Week 6: Complete conditioning below twice a week Tuesday & Thursday**

**Monday & Wednesday swimming for 30min.)**

Warm-up Drills  
**10x 80 yd sprints**  
Work Time: All-out  
Rest Time: 35 sec  
**8x 60 yd sprints**  
Work Time: All-out  
Rest Time: 30 sec  
**6x 40 yd sprints**  
Work Time: All-out  
Rest Time: 25 sec  
Cool-down and Stretch

**Week 7: Complete conditioning below twice a week Tuesday & Thursday**

**Monday & Wednesday swimming for 30min.)**

Warm-up Drills  
Agility Ladder Drills x 2 each pattern  
Stride Run, Speed Run, Icky Shuffle, In-out Shuffle  
**10x 60 yd sprints**  
Work Time: All-out  
Rest Time: 30 sec  
**8x 40 yd sprints**  
Work Time: All-out  
Rest Time: 25 sec  
**6x 20 yd sprints**  
Work Time: All-out  
Rest Time: 20 sec  
Cool-down and Stretch

**Week 8/9: Complete conditioning below twice a week Tuesday & Thursday**

**Monday & Wednesday swimming for 30min.)**

Warm-up Drills

Agility Ladder Drills x 2 each pattern

Stride Run, Speed Run, Icky Shuffle, In-out Shuffle, Lateral Shuffle, Snake Jump

**Plyometrics** (full recovery between sets!!)

- Ankle Hops 2 x 8

- Squat Jumps 3 x 5

- Tuck Jumps 3 x 5

**10x 40 yd sprints**

Work Time: All-out

Rest Time: 25 sec

Cool-down and Stretch

**Week 10/12: Complete conditioning below twice a week Tuesday & Thursday**

**Monday & Wednesday swimming for 30min.)**

Warm-up Drills

Agility Ladder Drills x 2 each pattern

Stride Run, Speed Run, Icky Shuffle, In-out Shuffle, Lateral Shuffle, Snake Jump

**Plyometrics** (full recovery between sets!!)

- Ankle Hops 2 x 10

- Squat Jumps 3 x 8

- Tuck Jumps 3 x 6

**6x 60 yd sprints**

Work Time: All-out

Rest Time: 20 sec

**10x 20 yd sprints**

Work Time: All-out

Rest Time: 15 sec

Cool-down and Stretch