

**Eight Week Workout Program to Enhance Base
Stealing Speed for Baseball Players**

This workout program was designed to be used by a college baseball or strength coach during the fall semester. Generally, the fall semester for any college program is divided into three phases; the pre-practice phase, practice/game phase, and the conditioning phase. This program was designed to be used during the conditioning phase of the semester. This time was considered ideal because a strength base has already been developed during the two previous phases. Therefore, the exercises presented in this workout are assumed to have been introduced to the athlete previously. The athlete has been instructed on proper form and technique for all the exercises and the athlete has trained with all the exercises during the two months prior to this workout. The development of the strength base cannot be overlooked if the coach wishes to decrease the risk of injury and maximize the training time during this short and specific eight week workout.

As with any workout program one undertakes, the specificity of training is the most essential issue. Therefore, one must understand the bodily systems which are most stressed while attempting to steal a base. Base stealing is considered by many baseball players and coaches as a "science." This is probably so because of the numerous factors which contribute to a successful stolen base attempt. Field conditions, the count on the batter, the duration of a pitcher's motion to the plate, the quality of a pitcher's pickoff move, the catcher's arm strength and accuracy, the runner's reaction time, the game situation, and the runner's speed are all factors that need to be considered when attempting a stolen base. Expertise in this "science" often is developed through game playing experience or good coaching, but one factor that cannot be denied is the speed of the player. Good speed more often than not makes up for deficiencies in the other

aforementioned factors in base stealing. Therefore, developing the athlete's speed will enhance his ability to steal a base in game situations.

Speed

Acceleration and Force

Speed is often divided into two phases, acceleration and maximal velocity. The acceleration phase is up to approximately 30 meters and the maximal velocity phase takes place from 30 to 60 meters. The acceleration phase is then subdivided into two additional parts: the pure acceleration phase (0-15 meters), and the transition phase (15-30 meters) (8). Baseball is a game where speed is needed in short bursts or in the acceleration phase. The bases are 90 feet apart. The player usually has a lead off the base between 8-10 feet. Therefore the runner is running a little over 80 feet. The runner is expected to run this distance from a standing position in 3.6 seconds or less (11) in order to successfully steal second base. Due to the short duration of the exercise, the anaerobic energy system is the most stressed when base stealing. Since there is not a significant relationship between aerobic endurance and anaerobic performance the training program is focused on anaerobic conditioning (11). Short sprints of 30 to 100 meters train the ATP-PC system (1). Therefore, these ideal distances are used in this workout program and will be discussed in greater detail later.

Speed is the ability to move the body through a range of motion in the least amount of time. This involves producing the greatest force possible within the amount of time needed to perform an activity also described as rate of force development (RDF). Foot contact during sprinting lasts for only about 0.1 seconds. Half of this time, 0.05 seconds, is spent in amortization where the muscles and tendons prepare for the next take

off this time is also the eccentric contraction. RDF is the most important factor in an explosive movement such as sprinting. Heavy resistance training has been shown to improve maximum isometric strength but it does not improve RDF and may even reduce it may even reduce the muscle's ability to develop force rapidly (10). Therefore, exercises concentrating on explosive power need to be used in any sprint enhancing workout.

Components of Speed

It has been said that a slow athlete cannot become fast, but he can be trained to achieve the fastest times within his limited ability (3). In order to understand how to achieve the fastest times a strength coach must understand what components contribute to increasing an individual's speed. The components are stride frequency, stride length, form, and speed endurance (11).

Stride frequency is the number of steps taken in a specific period of time, in this case 3.6 seconds or less. This is limited by physiological differences between each athlete. Each individual has a different ratio of fast twitch muscle fibers to slow twitch muscle fibers. The higher the ratio of fast to slow twitch the higher the ability to move quickly. Therefore, stride frequency often depends on one's individual genetic make up. However, it has been proven that stride frequency can be improved with assisted training (11). Types of assisted training are towing or downhill training.

Stride length is the distance covered with each step. It can be increased by improving the sprinter's strength, power, and flexibility. Increased strength and power improves the athlete's ability to apply more force against the ground with pushing the leg

while running allowing the athlete to travel farther with each stride. Weight training, plyometrics, and resistance running have shown increases in stride length (6).

Form running or running mechanics are essential to sprinting because it stresses efficiency and economy during running. Overstriding or reaching with the legs must be avoided. This occurs when the athlete's foot lands in front of the leg. When this happens the athlete is working against the body's natural strength of pushing in the running motion. This causes the athlete to decelerate because the athlete is pulling the body. When the athlete pulls the body he must decrease stride frequency in order to wait for the pushing action to begin (1). At the beginning of a sprint, the body should have some forward lean which will decrease as the rate of acceleration slows. The arms should work in opposition to the legs with the shoulders and hands relaxed to help provide force for the legs. The elbows should remain close to the body and not swing out away from the body. Some drills that can be used to improve running form are high knees, power skips, and butt kicks (11).

Speed endurance training should stress the ATP-PC energy system because this is the sprinter's primary energy system as stated previously. Speed endurance training occurs when a player performs repeated maximal or near maximal sprints with sufficient recovery intervals. Developing the ATP-PC system will enhance quickness, power, and speed (11).

Training Principles

Overload Principle

The overload principle refers to the practice of continually increasing the stress placed on the muscle as it become capable of producing greater force or has more

endurance (5). Methods used to overload the body include volume and intensity of the workout. As stated previously, a general strength and conditioning phase has already occurred by the time this workout is to be used. Therefore, the intensity and the volume of this workout are much higher than if the workout was to take place at the beginning of the fall semester. As a general rule the volume of the workout decreases as the intensity increases. The overload principle was applied to both the weight training workouts and the speed/conditioning workouts. It is important to note that plyometrics, sprints, and jumps involve higher intensities, therefore when incorporating them into a workout the coach must take into account the added intensity involved.

Periodization and Adaptation

Workout intensity cannot be increased every workout. Alternating between hard, moderate, and easy workouts for each week of the workout program is practiced. This alternating allows for the athlete to recover and adapt to the new stimulus to achieve maximal strength gains. The workout consists of 8 weeks of training. Notice during the fourth week and eighth week of training, volume is reduced greatly. This allows the athlete's body to recover and eliminates staleness from the workout. This decrease in volume is primarily used during the eighth and final week of training to allow the athlete to be fully rested and in essence "peak" for the final testing day.

Specificity

Specificity of the workout is categorized as how closely it matches the sport you are training for. In other words, the more specific the training is the better the transfer to sports performance. The movements used in running involve the high powered flexors and extensors of the foot, leg, and thigh. The use of these muscle groups constitutes

approximately 45.8% of the muscle mass of the entire body. Single joint exercises such as leg extension and leg curls involve the quadriceps and the hamstring muscle groups respectively. However, these exercises only incorporate 11.3% and 10.6% respectively of the muscle mass of the body. A more specific workout would consist of multiple joint exercises such as power cleans and squats. Each exercise individually incorporates 36.4% of the muscle mass while allowing the extensor muscles of the foot, leg, and thigh to work in synergy and synchronization (4). Multiple joint exercises are more beneficial to the athlete because sprinting involves multiple joint coordinated actions. Therefore, free weight multiple joint exercises are used in this program as much as possible.

Velocity specific actions are also important when designing a speed training workout. Even though back squats involve the muscle mass needed for sprinting they do not include the velocity training needed for sprinting. They are good for building a strength base, but not for increasing power which is what this program is concerned with. Olympic lifts such as the power clean or power snatch develop and recruit the fast twitch muscles needed to increase sprinting speed. Other exercises that are more specific are plyometrics and ballistic exercises. Single leg exercises have a higher specificity than double leg exercises in sprinting because of the nature of the exercise. These types of exercises avoid strength imbalances in the legs. This limits the chance of injuries and improper running synchronization (9).

Program Components

Testing

There is two speed testing times during the workout program. They occur on the first and last days of the workout program. The test will consist of two 30 yard sprints

for each testing period and will be performed from a standing start. The start will replicate the base stealing position with the athletes facing the starter and running in a perpendicular angle to their right hand side. The test should be done on dirt and with two athletes at a time running. This will save time and may induce competition if the runners are matched with another runner of equal speed. Records of the times should be kept to chart improvements.

Warm up and Dynamic Flexibility

Before beginning any weight training or running exercises, athletes should complete a general warm up of jogging around a track or baseball field for 5 to 10 minutes. This should be followed by 15-20 minutes of dynamic flexibility exercises (11). The purpose of the warm up is to increase heart rate, muscle and body temperatures, and blood flow. The purpose of the dynamic flexibility exercises is to use the muscles in same movement patterns they will be used in sprinting or game situations. Dynamic exercises include high knees, backwards run, and butt kicks. These drills also improve coordination, balance, flexibility, running form, and speed (11). These exercises should be used daily before the workout program and daily during the season before practice.

Weight Training

Free weights are most beneficial to training sprinters (1). Free weights do not constrict movement and greater coordination is required for the exercises. A power sport such as sprinting is associated with high levels of neuromuscular coordination (13). As stated earlier these movements are complex and involve multiple joint exercises in order to increase power. In weight training the most efficient way to increase power with multiple joint exercises is through Olympic lifting. Exercises such as the power clean

develop the ATP system and closely resembles the explosive action seen in the sprint start and each subsequent action in the sprint (4).

Due to the reasons stated earlier, this workout program consists mainly of Olympic style lifts to increase power and improve sprint time. As you can see in the workout, the order of the workout is very important. The exercises using the most muscle mass are done at the beginning of the weight workout. The majority of the Olympic lifts are done at moderately high intensity 75-85% 1RM with 3-5 sets of 4-6 reps. During the fourth and eighth weeks intensity is increased to 85-95% 1RM for one to three repetitions. This is done to vary the workout and allow the athlete time to recover.

Some machine work is incorporated into this workout for single leg strength development. Single leg strength can also be developed through plyometric and ballistic training. There are also abdominal workouts placed at the end of workout sessions. The abdominals are exercised because of the stabilizing qualities they possess in sprinting and baseball specific exercises (12). When attempting this workout, a full knowledge of 1RM has to be attained. This has to be done prior to the workout beginning so the full effect of the program may take place. Again, squats were not used during this phase of the workout season because of their deficiency in power output. However, squats should be used in the strength base workout program prior to this time of year.

Plyometrics

In power sports such as sprinting, you are dealing with more parts of the body than just muscles. Connective tissues store elastic energy used to help the muscle work. Normal muscle contraction may take .6 to .8 seconds to develop a maximal volitional

contraction. However, we know that running requires much less time. Therefore, the faster the muscular contraction is we can assume the faster the person will run (13). The ability to stretch the elastic component of the muscle, especially the tendons increases the efficiency of movement. Plyometrics are designed to produce a fast eccentric contraction followed immediately by a forceful concentric contraction. Plyometrics are used in this workout program because of the benefits stated above. It is important however to control the volume of plyometrics because of their inherent intensity and risk of injury.

Plyometrics should follow a slow progression that began before this workout. They should be performed from 5-15 seconds followed by approximately 45 seconds of relief (6). The jumps should be performed on a mat or grassy area and progress from easy to difficult with increasing volume.

Ballistic Exercises

Ballistic exercises involve acceleration to a high velocity with actual projection into space. The ideal weight for producing greatest increase in force and power production through ballistic training is 30% of maximum (5). Ballistics offset the deceleration action of traditional weight lifting exercises which is detrimental to explosive performance. Some ballistic exercises are used in this workout.

Sprint Workouts

Sprint workouts are used to increase stride frequency, stride length, speed endurance, and to work on running form. Because of the energy systems used in base stealing, none of the workouts are of long distances (10-60yds.) but they vary in intensity, volume, and recovery. The days in which assisted running is prescribed a coach must find a hill that has about 3-5% grade. Downhill running is considered the most practical

method of increasing stride frequency (3). Downhill running should not be introduced in the first few weeks of sprint training. Rather it should be used once the athlete has confidence in his form. Using good sprint form and driving down the hill are essential to a quality downhill workout. Athletes have been shown to increase their 40 yard dash times by two or three tenths of a second in just one eight week period of downhill training (3). However, the athlete will also peak very quickly with downhill training and injuries may occur if not monitored correctly.

Resistance training consisting of running up hills, steps, or towing is also beneficial to sprinting speed because it increases stride length. The athlete is already receiving resistance training through the weight program and therefore up hill running is not used much in this workout program. If you are using towing however, it is not beneficial to pull more than 10% of your body weight (11).

The running workouts consist of accelerations, strides, starts, and sprints over varying distances with varying work-to-rest ratios. Acceleration drills are done by jogging, striding, and sprinting over 10 yd. intervals over 30 yards. Striding is done by running below maximal effort with emphasis on good form and lengthening strides. Starts (10yds) are short maximal explosions used to help players work on their explosiveness to steal bases. Sprints are maximal effort runs not lasting more than 60 yards. The work-to-rest ratios were chosen based on the intensity of the exercise. Accelerations and strides have smaller work-to-rest ratios compared to sprints and starts because these workouts have higher intensities. This longer rest ratio allows for complete recovery of the ATP-PC system when doing short duration exercises.

Conclusion

It has been my experience that much of the training time in college baseball is often wasted on exercises that are not sport specific. Bench press and squat are used as the basic measures of strength with no concern for power production. Power is the essence of all actions in baseball where short, quick, powerful movements are needed. Unfortunately, even more time is wasted by coaches in conditioning position players by making them run long distances. Aerobic conditioning does little for position players who very rarely run more than 100 feet at a time. Hopefully this workout program will increase base stealing speed and be something I can use in my own coaching practices.

Week 1

Monday--Hard

1. Warm Up Jog--5min
2. Dynamic Flexibility Exercises
 - Side Shuffle Down & Back 30yd
 - Back Peddle Down & Back 30yd
 - Butt Kicks Down & Back 30yd
 - High Knees Down & Back 30yd
 - Carioca Down & Back 30yd
 - High Knee Carioca Down & Back 30yd
 - Lunge Walk x 6, then Stride Down & Back 30yd
 - Power Skips Down & Back 30yd
 - Stride Down & Back 30yd
3. 30 yd Sprint Test:
 - Two times--record results
4. Power Clean: 4x5 @ 80% 1RM
5. Clean Pulls: 4x5 @ 75% 1RM
6. Leg Extensions (One Leg): 3x10 @ 30% 1RM
7. Leg Curls (One Leg) 3x10 @ 30% 1RM
8. Abdominal Work: Various Exercises utilizing whole abdominal and lower back
200-400 reps

Tuesday--Easy

1. Warm Up Jog--5 min
2. Dynamic Flexibility Routine
3. Stride 6x60yd (Rest 1:6)
4. Sprint 6x60yd (Rest 1:15)
5. Sprint 2x30yd (Complete Recovery)

Wednesday--Moderate

1. Warm Up Jog--5 min
2. Dynamic Flexibility Routine
3. Power Snatch: 4x5 @ 75% 1RM
4. Split Squat Jumps: 3x20 @ 10lb. Each hand
5. Vertical Jumps: 3x8 (1min rest)
6. One Leg Vertical Jumps 3x8 (1min rest)
7. Tuck Jumps: 3x15 sec. (45 sec. Rest)
8. Two Foot Bounds 3x15 sec. (45 sec. Rest)
9. One Foot Bounds 3x15 sec. (45 sec. Rest)
10. Triple Jump--Switch Starting Legs--Repeat 2x each leg
11. Box Jumps: 3x10 @ 20 inch Box
12. Abdominal Routine

Friday--Easy

1. Warm Up Jog--5 min
2. Dynamic Flexibility Routine
3. Power Cleans 4x5 @ 80% 1RM
4. D.B. Lunge Goodmorning: 3x10 @ 25% Body Weight
5. Leg Extensions (One Leg): 3x10 @ 30% 1RM
6. Leg Curls (One Leg) 3x10 @ 30% 1RM
7. Med. Ball Donkey Kick 1x10

8. Med. Ball Squat and Chest Throw 1X10
9. Med. Ball Under Hand Granny Throw 1x10
10. Med Ball Two Jumps and Throw 1x10
11. Med. Ball Discus Throw 1x10
12. Abdominal Routine

Saturday--Hard

1. Warm Up Jog--5 min
2. Dynamic Flexibility Routine
3. Sride 16x60yd (Rest 1:6)
4. Sprint 8x60yd (Complete Recovery)
5. Sprint 4x30yd (Complete Recovery)

Week 2

Monday--Hard

1. Warm Up Jog--5 min
2. Dynamic Flexibility Routine
4. Power Clean: 4x5 @ 80% 1RM
5. Clean Pulls: 4x5 @ 75% 1RM
6. D.B. One Arm Snatch: 4x6 @ 25% Body weight
7. Leg Press (One Leg): 3x10 @ 75% 1RM
8. Box Jumps: 3x10 @ 20 inch Box
9. Single Leg Step Ups: 3x10 @ 10 inch Box
10. Abdominal Routine

Tuesday--Easy

1. Warm Up Jog--5 min
2. Dynamic Flexibility Routine
3. Stride 6x60yd (Rest 1:6)
4. Accelerations 6x30yd (Rest 1:15)
5. Starts 10x10yds. (Complete Recovery)

Wednesday--Moderate

1. Warm Up Jog--5 min
2. Dynamic Flexibility Routine
3. Hang Cleans: 3x5 @ 75% 1RM
4. D.B. Lunge Jumps: 3x10 @ 35% Body Weight
5. D.B. Dynamic Step-up 3x10 @ 35% Body Weight 12inch Box
6. Depth Jumps: 3x10 @ 12 to 20 Inch Box
7. Cone Jumps: Over 10 Cones 18 inches apart 2x10
8. Box Jump: 10 inch box 2x10
9. Crossover Jump: 10 inch box 2x10
10. One foot Cone Jumps: 1x10 for each foot
11. Abdominal Routine

Friday--Easy

1. Warm Up Jog--5 min
2. Dynamic Flexibility Routine
3. Power Cleans 4x5 @ 80% 1RM
4. D.B. Lunge: 3x10 @ 25% Body Weight
5. Leg Extensions (One Leg): 3x10 @ 30% 1RM

6. Leg Curls (One Leg) 3x10 @ 30% 1RM
7. Med. Ball Cone Jump and Chest Throw 1x10
8. Med. Ball Squat and Chest Throw 1X10
9. Med. Ball Under Hand Granny Throw 1x10
10. Med Ball Two Jumps and Throw 1x10
11. Med. Ball Discus Throw 1x10
12. Abdominal Routine

Saturday--Hard

1. Warm Up Jog--5 min
2. Dynamic Flexibility Routine
3. Stride 10x60yd. (Rest 1:6)
4. Accelerations 6x30yd (Rest 1:15)
5. Sprints 6x60yd (Complete Recovery)
6. Starts 4x10yd (Complete Recovery)

Week 3

Monday--Hard

1. Warm Up Jog--5 min
2. Dynamic Flexibility Routine
4. Power Clean: 4x5 @ 85% 1RM
5. Clean Pulls: 4x5 @ 80% 1RM
6. D.B. One Arm Snatch: 4x6 @ 25% Body weight
7. Leg Press (One Leg): 3x10 @ 75% 1RM
8. Box Jumps: 3x10 @ 20 inch Box
9. Single Leg Step Ups: 3x10 @ 10 inch Box
10. Abdominal Routine

Tuesday--Easy

1. Warm Up Jog--5 min
2. Dynamic Flexibility Routine
3. Stride 4x30yd (Rest 1:6)
4. Accelerations 4x 30yd (Rest 1:15)
5. Sprint 6x30yd (Complete Recovery)

Wednesday--Moderate

1. Warm Up Jog--5 min
2. Dynamic Flexibility Routine
3. Power Snatch: 4x5 @ 80% 1RM
4. Split Squat Jumps: 3x20 @ 10lb. Each hand
5. Vertical Jumps: 3x8 (1min rest)
6. One Leg Vertical Jumps 3x8 (1min rest)
7. Tuck Jumps: 3x15 sec. (45 sec. Rest)
8. Two Foot Bounds 3x15 sec. (45 sec. Rest)
9. One Foot Bounds 3x15 sec. (45 sec. Rest)
10. Triple Jump--Switch Starting Legs--Repeat 2x each leg
11. Box Jumps: 3x10 @ 25 inch Box
12. Abdominal Routine

Friday--Easy

1. Warm Up Jog--5 min
2. Dynamic Flexibility Routine
3. Power Cleans 4x5 @ 80% 1RM
4. D.B. Lunge Goodmorning: 3x10 @ 25% Body Weight
5. Leg Extensions (One Leg): 3x10 @ 30% 1RM
6. Leg Curls (One Leg) 3x10 @ 30% 1RM
7. Med. Ball Donkey Kick 1x10
8. Med. Ball Squat and Chest Throw 1X10
9. Med. Ball Under Hand Granny Throw 1x10
10. Med Ball Two Jumps and Throw 1x10
11. Med. Ball Discus Throw 1x10
12. Abdominal Routine

Saturday--Hard

1. Warm Up Jog--5 min
2. Dynamic Flexibility Routine
3. Sride 4x60yd (Rest 1:6)
4. Stadium Steps 10x20 Steps(Complete Recovery)
5. Starts 6x10yds (Complete Recovery)

Week 4 Decreased Volume Week

Monday--Hard

1. Warm Up Jog--5 min
2. Dynamic Flexibility Routine
4. Power Clean: 3x3 @ 95% 1RM
5. Clean Pulls: 2x3 @ 95% 1RM
6. Box Jumps: 2x6 @ 25 inch Box
7. Abdominal Routine

Tuesday--Easy

1. Warm Up Jog--5 min
2. Dynamic Flexibility Routine
3. Stride 4x40yd (Rest 1:6)
4. Accelerations 4x30yd (Rest 1:15)
5. Starts 4x10yds. (Complete Recovery)

Wednesday--Moderate

1. Warm Up Jog--5 min
2. Dynamic Flexibility Routine
3. Hang Cleans: 2x3 @ 90% 1RM
4. Depth Jumps: 2x10 @ 12 to 20 Inch Box
5. Box Jump: 10 inch box 2x10
6. One foot Cone Jumps: 1x10 for each foot
7. Abdominal Routine

Friday--Easy

1. Warm Up Jog--5 min
2. Dynamic Flexibility Routine
3. D.B. Lunge: 3x10 @ 25% Body Weight
4. Med. Ball Cone Jump and Chest Throw 1x10

5. Med. Ball Squat and Chest Throw 1X10
6. Med Ball Two Jumps and Throw 1x10
7. Abdominal Routine

Saturday--Hard

1. Warm Up Jog--5 min
2. Dynamic Flexibility Routine
3. Stride 4x60yd. (Rest 1:6)
4. Accelerations 4x30yd (Rest 1:15)
5. Down hill Sprints 6x40yd (Complete Recovery)

Week 5

Monday--Hard

1. Warm Up Jog--5 min
2. Dynamic Flexibility Routine
4. Power Clean: 4x5 @ 85% 1RM
5. Clean Pulls: 4x5 @ 80% 1RM
6. D.B. One Arm Snatch: 4x6 @ 30% Body weight
7. Leg Press (One Leg): 3x10 @ 75% 1RM
8. Box Jumps: 3x10 @ 25 inch Box
9. Single Leg Step Ups: 3x10 @ 10 inch Box
10. Abdominal Routine

Tuesday--Easy

1. Warm Up Jog--5 min
2. Dynamic Flexibility Routine
3. Stride 6x60yd (Rest 1:6)
4. Accelerations 6x30yd (Rest 1:15)
5. Down Hill Training 6x50yd (Complete Recovery)

Wednesday--Moderate

1. Warm Up Jog--5 min
2. Dynamic Flexibility Routine
3. Hang Cleans: 4x5 @ 80% 1RM
4. D.B. Lunge Jumps: 3x8 @ 40% Body Weight
5. D.B. Dynamic Step-up 3x8 @ 40% Body Weight 12inch Box
6. Depth Jumps: 3x10 @ 12 to 20 Inch Box
7. Single Leg Cone Jumps: Over 10 Cones 18 inches apart 2x10
8. Box Jump: 20 inch box 2x10
9. Crossover Jump: 10 inch box 3x10
10. Triple Jump 5x for each foot
11. Abdominal Routine

Friday--Easy

1. Warm Up Jog--5 min
2. Dynamic Flexibility Routine
3. Power Cleans 4x5 @ 80% 1RM
4. D.B. Lunge: 3x10 @ 30% Body Weight
5. Leg Extensions (One Leg): 3x10 @ 35% 1RM
6. Leg Curls (One Leg) 3x10 @ 35% 1RM

7. Med. Ball Cone Jump and Chest Throw 1x12
8. Med. Ball Squat and Chest Throw 1X12
9. Med. Ball Under Hand Granny Throw 1x10
10. Med Ball Two Jumps and Throw 1x10
11. Med. Ball Discus Throw 2x10
12. Abdominal Routine

Saturday--Hard

1. Warm Up Jog--5 min
2. Dynamic Flexibility Routine
3. Stride 10x60yd. (Rest 1:6)
4. Accelerations 6x30yd (Rest 1:15)
5. Sprints 8x60yd (Complete Recovery)
6. Down hill running 5x20yd (Complete Recovery)
7. Starts 6x10yds. (Complete Recovery)

Week 6

Monday--Hard

1. Warm Up Jog--5 min
2. Dynamic Flexibility Routine
4. Power Clean: 5x5 @ 85% 1RM
5. Clean Pulls: 5x5 @ 85% 1RM
6. D.B. One Arm Snatch: 4x6 @ 35% Body weight
7. Leg Press (One Leg): 3x10 @ 80% 1RM
8. Box Jumps: 3x10 @ 25 inch Box
9. Single Leg Step Ups: 3x10 @ 10 inch Box
10. Abdominal Routine

Tuesday--Easy

1. Warm Up Jog--5 min
2. Dynamic Flexibility Routine
3. Stride 4x30yd (Rest 1:6)
4. Accelerations 6x 30yd (Rest 1:15)
5. Downhill Sprint 6x30yd (Complete Recovery)
6. Starts 5x10yd (Complete Recovery)

Wednesday--Moderate

1. Warm Up Jog--5 min
2. Dynamic Flexibility Routine
3. Power Snatch: 4x5 @ 85% 1RM
4. Split Squat Jumps: 3x20 @ 15lb. Each hand
5. Vertical Jumps: 3x10 (1min rest)
6. One Leg Vertical Jumps 3x10 (1min rest)
7. Tuck Jumps: 4x15 sec. (45 sec. Rest)
8. Two Foot Bounds 4x15 sec. (45 sec. Rest)
9. One Foot Bounds 4x15 sec. (45 sec. Rest)
10. Triple Jump--Switch Starting Legs--Repeat 4x each leg
11. Box Jumps: 3x10 @ 30 inch Box
12. Abdominal Routine

Friday--Easy

1. Warm Up Jog--5 min
2. Dynamic Flexibility Routine
3. Power Cleans 3x5 @ 85% 1RM
4. D.B. Lunge Goodmorning: 3x10 @ 30% Body Weight
5. Leg Extensions (One Leg): 3x10 @ 30% 1RM
6. Leg Curls (One Leg) 3x10 @ 30% 1RM
7. Med. Ball Donkey Kick 1x15
8. Med. Ball Squat and Chest Throw 1X15
9. Med. Ball Under Hand Granny Throw 2x10
10. Med Ball Two Jumps and Throw 2x10
11. Med. Ball Discus Throw 1x15
12. Abdominal Routine

Saturday--Hard

1. Warm Up Jog--5 min
2. Dynamic Flexibility Routine
3. Sride 6x30yd (Rest 1:6)
4. Stadium Steps 15x20 Steps(Complete Recovery)
5. Starts 8x10yds (Complete Recovery)

Week 7

Monday--Hard

1. Warm Up Jog--5 min
2. Dynamic Flexibility Routine
4. Power Clean: 5x5 @ 85% 1RM
5. Power Snatch: 3x5 @ 75% 1RM
6. Clean Pulls: 4x5 @ 80% 1RM
7. D.B. One Arm Snatch: 4x6 @ 35% Body weight
8. Leg Press (One Leg): 3x10 @ 80% 1RM
9. Box Jumps: 3x10 @ 25 inch Box
10. Single Leg Step Ups: 3x10 @ 18 inch Box
11. Single Leg Hurdle Hops: 3x10 @ 12 inch Hurdles
12. Abdominal Routine

Tuesday--Easy

1. Warm Up Jog--5 min
2. Dynamic Flexibility Routine
3. Stride 4x30yd (Rest 1:6)
4. Accelerations 4x 30yd (Rest 1:15)
5. Downhill Sprint 6x40yd (Complete Recovery)

Wednesday--Moderate

1. Warm Up Jog--5 min
2. Dynamic Flexibility Routine
3. Power Snatch: 4x5 @ 85% 1RM
4. Split Squat Jumps: 3x20 @ 20lb. Each hand
5. Vertical Jumps: 3x12 (1min rest)
6. One Leg Vertical Jumps 3x12 (1min rest)
7. Tuck Jumps: 5x15 sec. (45 sec. Rest)
8. Two Foot Bounds 5x15 sec. (45 sec. Rest)

9. One Foot Bounds 5x15 sec. (45 sec. Rest)
10. Triple Jump—Switch Starting Legs—Repeat 4x each leg
11. Box Jumps: 3x10 @ 30 inch Box
12. Abdominal Routine

Friday—Easy

1. Warm Up Jog—5 min
2. Dynamic Flexibility Routine
3. Power Cleans 3x5 @ 85% 1RM
4. D.B. Lunge Goodmorning: 3x10 @ 30% Body Weight
5. Leg Extensions (One Leg): 3x10 @ 30% 1RM
6. Leg Curls (One Leg) 3x10 @ 30% 1RM
7. Med. Ball Donkey Kick 1x15
8. Med. Ball Squat and Chest Throw 1X15
9. Med. Ball Under Hand Granny Throw 2x10
10. Med Ball Two Jumps and Throw 2x10
11. Med. Ball Discus Throw 1x15
12. Abdominal Routine

Saturday--Hard

1. Warm Up Jog—5 min
2. Dynamic Flexibility Routine
3. Stride 6x30yd (Rest 1:6)
4. Sprints 4x60 (Complete Recovery)
5. Sprints 8x30yds(Complete Recovery)
5. Starts 8x10yds (Complete Recovery)

Week 8 Decreased Volume Week

Monday--Hard

1. Warm Up Jog—5 min
2. Dynamic Flexibility Routine
4. Power Clean: 3x3 @ 95% 1RM
5. Clean Pulls: 2x3 @ 95% 1RM
6. Box Jumps: 2x6 @ 25 inch Box
7. Abdominal Routine

Tuesday--Easy

1. Warm Up Jog—5 min
2. Dynamic Flexibility Routine
3. Stride 4x40yd (Rest 1:6)
4. Sprints 4x30yds (Complete Recovery)
5. Starts 4x10yds. (Complete Recovery)

Wednesday--Moderate

1. Warm Up Jog—5 min
2. Dynamic Flexibility Routine
3. Hang Cleans: 2x3 @ 90% 1RM
4. Depth Jumps: 2x10 @ 12 to 20 Inch Box
5. Box Jump: 10 inch box 2x10
6. One foot Cone Jumps: 1x10 for each foot
7. Abdominal Routine

Friday--Easy

1. Warm Up Jog--5 min
2. Dynamic Flexibility Routine
3. D.B. Lunge: 3x10 @ 25% Body Weight
4. Med. Ball Cone Jump and Chest Throw 1x10
5. Med. Ball Squat and Chest Throw 1X10
6. Med Ball Two Jumps and Throw 1x10
7. Abdominal Routine

Saturday--Hard

1. Warm Up Jog--5 min
2. Dynamic Flexibility Routine
3. 30yd Dash Testing

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