Preseason Workouts

August, 2015

Weekly Checklist

- ✓ 20+ minutes of focused throwing at least twice a week
- ✓ 30+ minute run at least once a week (make sure to stretch after!!)
- ✓ Speed and strength workout at least once a week
- ✓ 5+ minutes of abs at least three times a week

THROWING

- ✓ 20+ minutes of focused throwing at least twice a week

Focused throwing means you should be intentional about your throws and catches. Decide what throw you want to use before you make it, and make adjustments for improvement.

Things to think about and practice:

- Throwing in the wind ▫
- Throwing flat, inside out, and outside in
- Practice leading throws!
- Faking before throwing
- Short, medium, and long throws
- Throwing with a mark on
- Throwing from different positions. Try throwing while stepping out to every position on a clock. For example, throwing from 12 would look like a normal forward lunge, and throwing from 9 would be stepping straight across your body (like a standard backhand).

SPEED AND STRENGTH WORKOUTS

- ✓ Speed and strength workout at least once a week

Below are some example speed and strength workouts that you could do.

30-60-90 Sprints
10 minute warm-up jog
Stretch and plyos (high knees, butt-kicks, skydivers, lunges, quads, hug knee to chest, hop openers, hip closers, shuffles, grapevine, skip for height, skip for distance, leaning sprints)
Repeat 2 – 4 times:
    30 seconds sprint, 30 seconds jog
    60 seconds sprint, 60 seconds jog
    90 seconds sprint, 90 seconds jog
5 – 10 minute cool-down jog

Building Intensity Sprints
10-minute warm-up jog
Stretch and plyos
Do once or twice:
    90 seconds sprint, 90 seconds jog
    60 seconds sprint, 60 seconds jog
    45 seconds sprint, 45 seconds jog
    30 seconds sprint, 30 seconds jog
    20 seconds sprint, 20 seconds jog
    10 seconds sprint, 10 seconds jog
5 – 10 minute cool-down jog

40-20-10 Sprints
10-minute warm-up jog
Stretch and plyos
40 seconds sprint, 40 seconds jog (repeat 3 – 5 times)
20 seconds sprint, 20 seconds jog (repeat 3 – 5 times)
10 seconds sprint, 10 seconds jog (repeat 3 – 5 times)
5 – 10 minute cool-down jog

Square Circuits
10 minute warm-up jog
Stretch and plyos
Circuits (set up cones in a square, 20 yards apart)
You will complete the circuit 6 times total
When you go through the circuit make sure always to face the same direction (sprint one leg, shuffle another, back-peddle the third leg, and shuffle the last leg

Repeat 3x:

- Corner 1: Burpees (5)
- Corner 2: Fast feet (30 sec)
- Corner 3: Tuck jumps (10)
- Corner 4: Sideways skier jumps (30 sec)

Repeat 3x:

- Corner 1: Speed skaters (10)
- Corner 2: Star jumps (10)
- Corner 3: Forward and Backwards skiers (30 sec)
- Corner 4: Mountain climbers (20 each leg)

Descriptions of different elements of the circuit (if you're still confused, Google them!!!)
Fast feet: Like a sprint but you don't actually move anywhere. Pump your arms, move your legs as fast as possible, and stay on your toes.
Tuck jumps: From a stand-still, jump and bring your knees up to your chest. Put your legs back down before you land or else you will end up on your butt.
Skier jumps: Imagine jumping over a line. Keep both feet together, and work on jumping either sideways or frontwards/backwards over the sideways line. You should try to cross the line as many times as possible in 30 seconds. Do NOT lock your knees!
Speed skaters: Start on one leg with your knee slightly bent. Spring off of that leg and onto the other leg (again, make sure your knees are not locked!!!). Pause for a second, balancing on the one leg, and then spring back over to the first leg. Repeat.
Star jumps: Shouting 'I'm a star!' while you do these is mandatory. Start in a crouching position with your hands touching your feet. Explode upwards into a jump, flinging your legs and arms out to their full extension.

Hill Sprints

10 -15 minute warm-up jog
Stretch and plyos
Repeat 5 – 10x:

- Sprint up the hill
- Walk halfway back down
- Jog the rest of the way down
- Turn around and explode into a sprint back up the hill

5 – 10 minute cool-down jog
Stretch!! Please don't get shin splints

ABDOMINALS

- ✓ 5+ minutes of abs at least three times a week

Combine abdominal exercises for at least 5 minutes. For ideas, check out the charts below. Or search for 8-minute abs on YouTube.

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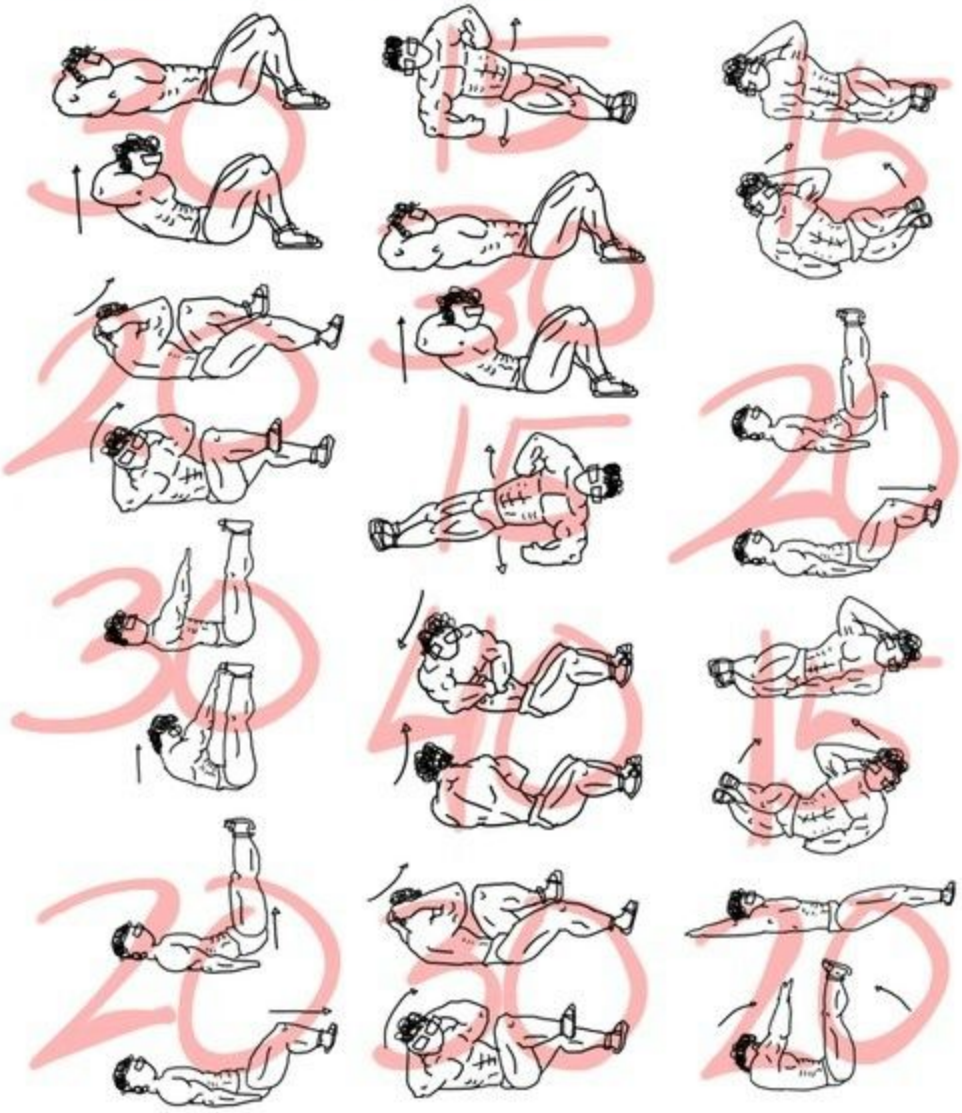
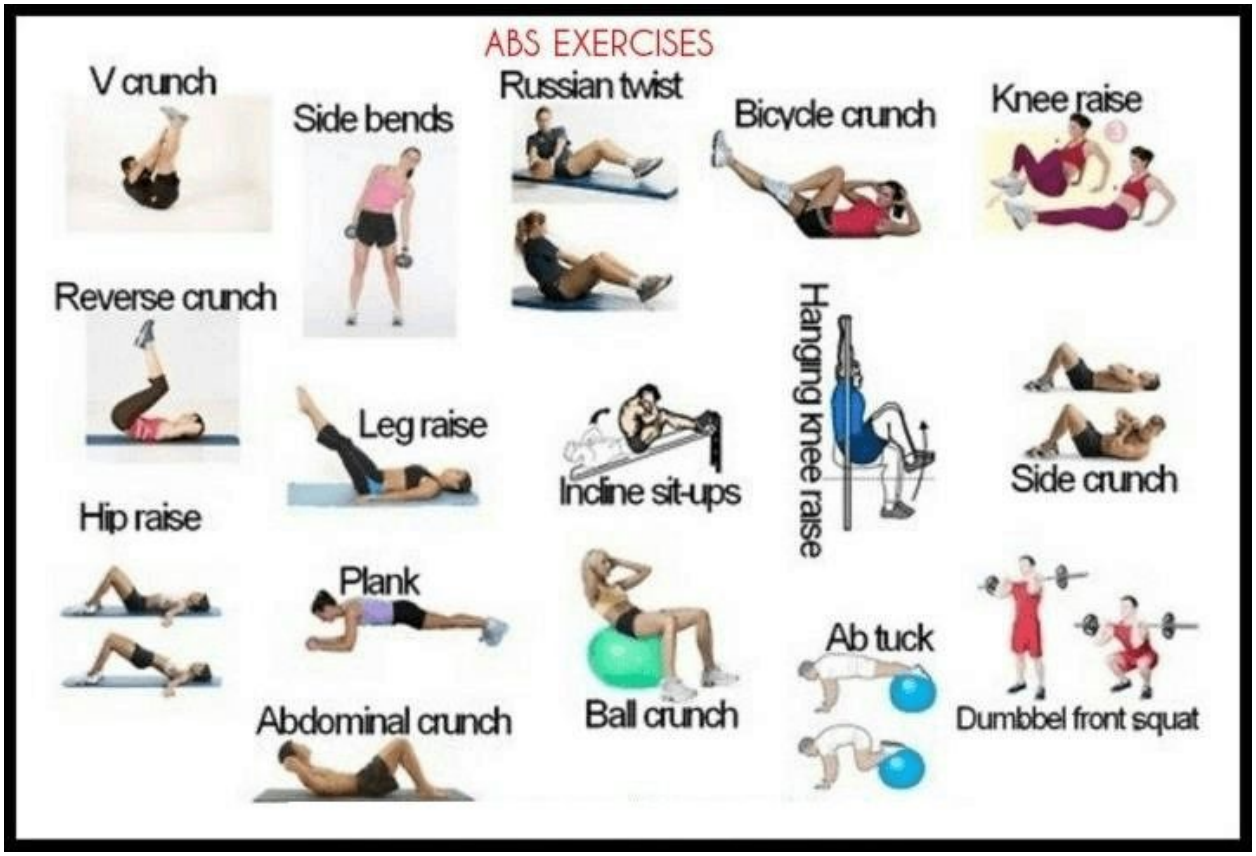
AB WORKOUT




ABS EXERCISES
V crunch
Side bends
Russian twist
Bicycle crunch
Knee raise
Reverse crunch
Leg raise
Incline sit-ups
Hanging knee raise
Side crunch
Hip raise
Plank
Ab tuck
Abdominal crunch
Ball crunch
Dumbbel front squat