

# FITNESS TRAINING PLAN

*\*1<sup>st</sup> – brief description (TRI) – Specific to your age level*

**SPORT: Baseball**

**LEVEL: Professional**

DATES(YR) / WEEKS(#)			
PRE-SEASON	IN-SEASON (EARLY)	IN-SEASON (PEAK)	POST-SEASON
FIT GOALS			
Build strength, improve endurance, improve overall physical fitness	Improve endurance, mainly game scenario practices	Maintenance of fitness, slight conditioning	Conditioning, Lifting, Skill fundamental drills
CORE FIT ACTIVITIES			
Conditioning, lifting, long tossing, hitting	Lifting, sprints, hitting, throwing	Hitting, throwing, mild endurance	Hitting, throwing, moderate lifting/endurance
FREQUENCY			
Conditioning = 2 times/wk Lifting = 3 times/wk Throwing/hitting = 5 times/wk	Conditioning = 2 times/wk Game scenarios = 2 times/wk Throwing/hitting= 5 times/wk	Endurance= 1 times/wk Hitting/Throwing = 5 times/wk	Lifting = 2 times/wk Endurance = 2 times/wk Hitting/throwing = 5 times/wk
INTENSITY			
Moderate-High, mostly high	Moderate-high	Low-moderate	Mainly moderate
WARM UP			
Batting Practice, Warm up tosses, dynamic stretches, jog around outfield	Batting practice, warm up tosses, dynamic stretches, jog around outfield	Batting practice, warm up tosses, dynamic stretches, jog around outfield	Batting Practice, Warm up tosses, dynamic stretches, jog around outfield
COOL DOWN			
Stretch, Ice/heat	Stretch, Ice/heat	Stretch, Ice/heat	Stretch, Ice/heat

NOTES			