



# TRAINING HANDBOOK

Version 1: November 2022

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Have questions? Ask!

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## Dynamic Warm-up

### Pre Practice or Pre Game - All Players

Dynamics: 20-30 Feet	
	Walking Hamstrings (Down)
	Walking Quads w/ Opposite Hand Above Head (Back)
	Walking Lunges w/ Both Arms Reaching Over Head; Bring Leg Up into Knee Hug (Down)
	Walking Lunges w/ Rotation Into Hip Flexor Stretch (Back)
	Walking Hurdler Stretch (Leg Cradle) or Single Leg Bent Over Hamstring Stretch (Bird Stretch) (Down)
	Lateral Squat w/ Rocking (Back)
Static Stretch: 8-12 sec each	
	Deep Squat
	Hurdle Stretch On Ground Ea. Leg
	Legs/Knees Wide To Stretch Hips: Child's Pose Forward
	Legs/Knees Back Together: Child's Pose w/ Rotation (Arms Left then Arms Right)
	Child's Pose Reaching Right Arm Under/Left Arm Under
	Thoracic Rotation's (Quadruped Or Side Lying) 5-8 Reps Ea. Side.
	Supine Leg Swings: 10 Ea. Leg (On Back One Leg Bent, Straight Leg Swing With Other Leg)
	Standing Upright Trunk Rotation
	Bent Over Trunk Rotation With Arm Swings
	Straight Arm Swings (Alternate Swinging Straight Arms in Front of Body And Overhead)
	Across Body Arm Swings
	90/90 And 90/90 Ir/Er With Thumbs In/Out/Neutral
	Arm Circles Forward and Backward
	Triceps/Lat Stretch ea Side
	Forearm Stretch

## Dynamic Warm-up Cont.

Dynamics: 45 Feet	
	Toy Soldiers (Down )
	Reverse Hip Rotations w/ Skip (Back)
	Over/Under (Switch Directions Half Way) (Down)
	High Knees (Back)
	Butt Kicks (Down)
	Power Skips (Back)
Dynamics: 60 Feet	
	Jog (Down)/Backpedal (Back)
	Lateral Shuffle w/ Arm Swings (Down And Back)
	Karaoke (Down and Back)
Dynamics: 90 Feet (70-80% effort)	
	5 Bounds into Run Down
	Delayed Steals Or 5 Fwd. 5 Back into Run or Straight Steal Back

## ACE: Mobility Plus Workout

Adequate Condition Exercise (ACE) is a routine that YBC implements for all players. Players can do the full routine or pick exercises that are more of interest to them. It is not about doing everything. It is about establishing a routine that works for the individual players.

ACE Routine: Day 1	
Sprints: 20 minutes 20-40 yds	Woodchopper: 2x20sec
Foam Roller: 5-10 min	Pitcher Torques: 1x10
Tissue Regeneration: 2 min / body part	Overhead Soccer Throws: 1x10
Resistance Bands: Jaeger Routine	Medicine Ball Sit-ups: 2x35
Overhead Medicine Ball: 2x25	Side to Side Sit-ups: 2x35
Overhead Medicine Ball (1 Foot): 2x25	Raised Leg Crunches: 2x35
Chest Medicine Ball (2 Feet): 2x25	Rice Routines (Post Throwing): 5 min
Chest Medicine Ball (1 Foot): 2x25	Wrist Rollers: 1 Set 10 Reps
Side to Side: 2x20 sec	Light Toss
Diagonal: 2x20sec	

ACE Routine: Day 2	
Foam Roller: 5-10 min	Forward Granny: 1x10
Tissue Regeneration: As Needed	Reserve Throws: 1x 5-8
One Arm Pitches: 1x5 at 90 degrees	Two Arm Medicine Ball Slams: 2x25
Backward Granny: 1x10	Trampoline Throws: 3x25
One Arm Pitches: 1x5 at 135 Degrees	Body Blade Exercises
Light Long Toss Routine	

## Bat Speed

Bat Speed training includes both Med Ball Circuits and Overload/Underload exercises. Players should complete this training 3 days per week.

### Med Ball Circuits

Choose 4-5/day. Light weights-4,5,6 lbs. Max 8 lbs.

	Split Stance Overhead Toss -Distance -Height	3x5 3x5
	Overhead Slams	3x5
	Kneeling Rotations-One knee down, rotate toward other leg	3x5/side
	Standing Rotations-Split stance. Same as kneeling but standing	3x5/side
	Snap Downs-Face wall. Weight off R/L foot. Fall into R/L foot, rotate, slam	3x5/side
	Forced Separation-Back to wall. Hop, rotate hips, counter rotate torso, slam	3x5/side
	Donaldson-Front knee to back elbow, counter rotate, swing/slam	3x5/side

### Overload/Underload

Complete all exercises in succession. Collar weights & underweighted bats are available at the facility.

If you are on a tee: Step Behind, Regular Swing-One Set each

If you are doing front toss: Regular swings

Preferred that this is done on front toss. If you must, use the tee and split swings equally between two drills. Every swing is to be done FULL speed so do not do this without proper warm up.

	Lightest Collar Weight	2x10
	Mid Collar Weight	2x10
	Heavy Collar Weight	2x10
	Light Bat (18-24 oz)	2x10
	Game Bat	2x15

## GOALS FOR DEVELOPING TOUGH PITCHERS

### HEALTH

The health of our pitchers is YBC's priority at every level. We will not sacrifice a player's career for the sake of winning. We will prepare pitchers to compete at the next level. Injury prevention and the longterm health of our players is YBC's focus.

### DELIVERY

YBC is here to teach, not micromanage, an athlete's delivery. Every athlete has their own unique way of delivering a baseball. As coaches, our main focus is to provide informative feedback and help them move efficiently. This will prepare them for competition and their career as a pitcher.

### VELOCITY

Velocity is the key to opening the doors for the next level, but we must teach it in a way that does not compromise the pitcher's health. In order to achieve this, YBC will implement an effective throwing and strength program combined with good movement practices, mobility, and recovery and encourage good nutrition.

### BEYOND VELOCITY

If an athlete seeks velocity for the sake of velocity, without a good foundation of location, changing speeds, and movement, we are hurting the pitcher's ability to pitch. We are not here to develop throwers, our job is to create smart pitchers who are able to locate any pitch at any time, change speeds, and be able to manipulate movement of their fastball.

### MENTALITY

YBC will work to teach our pitchers that we can only control what we can control. That is our effort and attitude. Pitchers should not let the things outside of their control, control them. As Pitchers, we should not let hitters know our emotion. We need to compete at all costs, in our preparation, and in game. Every pitch matters. Pitch with conviction, and stay calm in every situation.



## November Training Calendar for Pitchers

<b>Day 1</b> Long Toss 120 ft+ Velocity Training Jaeger Bands	<b>Day 8</b> Repeat Day 1	<b>Day 15</b> Cross Training Ultimate Frisbee or Flag Football	<b>Day 22</b> ACE Routine
<b>Day 2</b> ACE Routine Dumbbell or Body Blade Exercise Medicine Ball Work	<b>Day 9</b> ACE Routine Conditioning	<b>Day 16</b> Repeat Day 1	<b>Day 23</b> Drill Work: Delivery Throwing 40 on Mound Pick-off Throw
<b>Day 3</b> Repeat Day 1	<b>Day 10</b> Repeat Day 1	<b>Day 17</b> ACE Routine Conditioning Work	<b>Day 24</b> Long Toss Velocity Training Post-Session Lift
<b>Day 4</b> ACE Routine Medicine Ball Work	<b>Day 11</b> ACE Routine Drill Work: Delivery	<b>Day 18</b> Long Toss Post-Session Lifting	<b>Day 25</b> ACE Routine Dumbbell or Body Blade Exercise
<b>Day 5</b> Repeat Day 1	<b>Day 12</b> Long Toss Pick-off Work Post-Session Lift	<b>Day 19</b> ACE Routine Drill Work (Pick- off and Delivery)	<b>Day 26</b> Repeat Day 1
<b>Day 6</b> OFF: Mobility Routine	<b>Day 13</b> OFF: Mobility Routine	<b>Day 20</b> Velocity Training Post-Session Lifting	<b>Day 27</b> ACE Routine Medicine Ball Work
<b>Day 7</b> OFF: Mobility Routine	<b>Day 14</b> OFF: Mobility Routine	<b>Day 21</b> Throwing 50 Flat or 30 on the Mound	<b>Day 28</b> Repeat Day 1

## SAMPLE WEEK IN SEASON: TWO BULLPEN

Day	Workout
Friday	Competition Start Post-Game Band Work (Jaeger Bands)
Saturday	Evaluation Day: Write out what went well and what went wrong. Plan for this week or the next start. Sprints: 20 reps- 20 yards Day 1 ACE Routine Light Throwing (per tolerance)
Sunday	Full Body Workout Day 2 ACE Routine Easy Long Toss- Air under ball. Throw as far as tolerance allows Sprints: 25 reps 15 yds- (rest 30 sec)
Monday	Long Toss Routine Short Bullpen: Throw for skill development (15-25 pitches) Medium Sprints -15 reps 60 yards with rest up to 60 sec
Tuesday	Mobility Routine
Wednesday	Short Bullpen: Throw for skill development (15-25 pitches) Burst Sprints: 15 reps 15 yards or less at maximum intensity with minimal rest
Thursday	Light Day: Perform drills or emphasize one skill to development (individual pitch or location, etc)
Notes:	

## SAMPLE WEEK IN SEASON: ONE BULLPENS

Day	Workout
Friday	Completion Start Post-Game Band Work (Jaeger Bands)
Saturday	Evaluation Day: Write out what went well and what went wrong. Plan for this week or the next start. Sprints: 20 reps- 20 yards Day 1 ACE Routine Light Throwing (per tolerance)
Sunday	Full Body Workout Day 2 ACE Routine Easy Long Toss- Air under ball. Throw as far as tolerance allows Sprints: 25 reps 15 yds- (rest 30 sec)
Monday	Long Toss Routine Skills Work Drills -Mechanical points of emphasis; pitch development Medium Sprints- 15 reps 60 yards with rest up to 60 sec
Tuesday	OFF
Wednesday	Bullpen: Throw 30-45 pitches Burst Sprints -15 reps 15 yards or less at maximum intensity with minimal rest
Thursday	Light Day: Perform drills or emphasize one skill to development (individual pitch or location, etc)
Notes:	

## Long Toss

### Week 1

\*Stretching Out/Massage/Arc — No Pulling Down

**Monday:** 5-10 minutes of throwing (30-75 feet) or ~ 5

Throws every 5 feet

**Tuesday:** 5-10 minutes of throwing (30-90 feet) or ~ 5

Throws every 5 feet

**Wednesday:** 5-10 minutes of throwing (30-105 feet) or ~ 5

Throws every 5 feet

**Thursday:** 5-10 minutes of throwing (30-120 feet) or ~ 5

Throws every 5 feet

**Friday:** 5-15 minutes of throwing (30-135 feet) or ~ 5

Throws every 5 feet

**Saturday:** Off/Light

**Sunday:** 5-15 minutes of throwing (30-120 feet) or ~ 5

Throws every 5 feet \* Volume supersedes Distance

### Week 2

\*Stretching Out/Massage/Arc — No Pulling Down

**Monday:** 10-15 minutes of throwing (30-135 feet) ~ 5

Throws every 5 feet

**Tuesday:** 10-15 minutes of throwing (30-150 feet) ~ 5

Throws every 5 feet

**Wednesday:** 10-20 minutes of throwing (30-165 feet) ~ 5

Throws every 5 feet

**Thursday:** 10-20 minutes of throwing (30-180 feet) ~ 5

Throws every 5 feet

**Friday:** 10-20 minutes of throwing (30-195 feet) ~ 5

Throws every 5 feet

**Saturday:** Off/Light

**Sunday:** 10-20 minutes of throwing (30-150 feet) ~ 5

Throws every 5 feet \* Volume supersedes Distance

### Week 3

\*Stretching Out/Massage/Arc — \*\*No Pulling Down

**Monday:** 10-20+ minutes of throwing (30-195+ feet)

**Tuesday:** 15-20+ minutes of throwing (30-210+ feet)

**Wednesday:** 15-20+ minutes of throwing (30-225+ feet)

**Thursday:** 15-20+ minutes of throwing (30-240+ feet)

**Friday:** 15-20+ minutes of throwing (30-255+ feet)

**Saturday:** Light/Off

**Sunday:** 15-20+ minutes of throwing (30-200+ feet)

\* Volume supersedes Distance

\*\* If you begin to feel that your distance is maxed out (for at least 2-3 straight days) at any point during Week 3, you can begin the Pull Down Phase at that point

NOTE: The plus sign (+) doesn't mean you should feel obligated to go beyond the suggested distance, but is there to give you the option of going past this suggested distance if the arm wants more distance (it is also okay if the arm wants less distance on that given day).

## Week 4

\*Stretching Out/Massage/Arc — \*\*Pull Down Option

**Monday:** 15-25+ minutes of throwing (30-255+ feet)

**Tuesday:** 15-25+ minutes of throwing (30-270+ feet)

**Wednesday:** 15-25+ minutes of throwing (30-285+ feet)

**Thursday:** 15-25+ minutes of throwing (30-300+ feet)

**Friday:** 15-25+ minutes of throwing (30-300+ feet)

**Saturday:** Light/Off

**Sunday:** 15-25+ minutes of throwing (30-300+ feet)

\* Volume supersedes Distance

\*\* If you begin to feel that your distance is maxed out (for at least 2-3 straight days) at any point during Week 4 you can begin the Pull Down Phase at that point (you'll probably be ready to integrate Pull Downs based on even the strongest of arms by the end of Week 4, or entering Week 5).

NOTE: The plus sign (+) doesn't mean you should feel obligated to go beyond the suggested distance, but is there to give you the option of going past this suggested distance if the arm wants more distance (it is also okay if the arm wants less distance on that given day).

## Mobility Routine

HIPS		
	Glute Smash and Floss	Hip Flexors
	High Glute Smash and Floss	Banded Hip extensions
	Side Hip Smash	Banded Hip extensions lunges
	Single leg Flexion with External Rotation Option 1-without the jumpbox	Coach Strech
	Option 2-with a box jump-Banded Distrations	Super Coach Strech-Banded Distrations
	Hip External Rotation with flexion option 1	Trailing Leg Hip Extensions
	Hip External Rotation with flexion option 2	Trailing Leg Hip Extensions with Internal Rotation Bias
	Hip External Rotation with flexion option 3	Reverse Ballerina
	Hip External Rotation with flexion option 4	Banded Hurdler
	Hip Capsule Mobilization	Global Internal Rotation
	Hip Capsule external and internal rotation	
ANKLE		
	Ball Whack	2 min
	outside Ankle	2 min
	Heel Cord	2 min
	Inside Ankle	2 min
SPINE		
	Seated Spine Twist	2 min
	Seated Spine Twist with Chair	2 min
	Kneeling Spinal Twist	2 min
	Camel Stretch	2 min
	Full Bridge	2 min
	Supine Spinal Twist	2 min

SHOULDER		
	M-Strectch	2 min
	Adduction Lean	2 min
	Lat Stretch	2 min
	Horizontal Abduction Stretch	2 min
ELBOW		
	Elbow Capsule External Rotation Stretch	2 min
	Elbow Capsule Internal Rotation Stretch	2 min
	Wrist Capsule Extension Stretch	2 min

## Medicine Ball Routine

Rotational Routine 2 sets : 6-8 reps		
	Split Stance Anti Rotational Scoop Toss	Step back Rotational Med Ball Scoop Toss
	Rotational Med Ball Shotput	2 hop to rotationl Med Ball Shotput
	Step Behind Rotaional Med Ball Shotput	

## Infield

Players should complete all exercises 3-5 days per week.

Hands	
	Self short hops with no glove on knees - middle, glove side, back hand. Focus on being smooth and short to baseball. (10+ each way)
	Self short hops with glove on knees - middle, glove side, back hand. Focus on being smooth and short to baseball. (10+ each way)
	Wall drill with no glove - short hops off the wall. You should be about 5 feet from the wall. Toss ball off the wall and alternate middle, backhand, and glove side. (10+ each way)
	Wall drill with glove - short hops off the wall. You should be about 5 feet from the wall. Toss ball off the wall and alternate middle, backhand, and glove side. (10+ each way)
Footwork	
	Straight line drill with stationary ball- start on the line with pre-pitch stance then work off the line to your throwing side then get back on the line to field ball. (5+ each way)
	Four cone drill - cones set up in a square shape. Ball in glove. Working on right foot to left transition after fielding ball to throw. You should end up in front of the next two cones. (5+ each way)
	Heel to toe drill - working on fielding ball as foot/toe hits the ground. Ball should be stationary. Glove hand out front and toe off the ground to start. As you field the ball the toe should be hitting the ground. (5+ each way)
Footwork + Hands	
	Short hop to throw drill - drop ball in front of you, field the short then turn to throw (Right foot to left foot when you to turn to throw) (10+ each way)



# Catchers

## “The Walls of YBC”

Being a catcher is more than just a position on a field, it's a way of life! You must love the position to excell. With in the position there are 3 things that are a must (Mentality, Physicality, and Attitude).

### Mentally

Catchers must be the one prepared to lead thier team in battle, controlling the staff and defense.

### Physically

Catchers must have the endurance to catch day in and day out, understanding its your job to keep the ball of the backstop by all means necessary.

### Attitude

Many teams perform how their catcher performs. You must have the never quit attitude, and your guys will follow your lead.

Receiving Work			
Have a stopping point on your body. Goal is to move baseball 4-6 inches, catching ball between ground and finish point. *Based on Righties			
	Daily	3-6-3s Roll, Bounce, Throw <ul style="list-style-type: none"> <li>Weighted Balls</li> <li>Baseballs</li> </ul>	thumb working from 3 on a clock, to 6, finishing back at 3  15 each
	Daily	Inside Receiving  3-6-3	Open thumb and index finger to inside knee work ball back diagonally into the zone  Use bands work motion, build strength in receiving shoulder
	Daily	Outside Receiving  3-6-3	Open thumb and index finger to outside knee working ball back to zone Use Bands work motion, build Strength in Receiving shoulder

	2x per Week	Machine Receiving	FB- 80-90 MPH (20-25 Reps) CB- 65-75 MPH (20-25 Reps) CH- 70-75 MPH (20-25 Reps) SL- 65-75 MPH (20-25 Reps)
<b>Blocking Work</b> <b>Progression Blocking (Balls are Thrown)</b>			
	Daily	<ul style="list-style-type: none"> <li>On Knees (15 Reps)</li> <li>Squatted w/ Mitt Down (15 Reps)</li> <li>Full Block (15 Reps)</li> <li>Block &amp; Recover (15 Reps)</li> </ul>	<p>Work hips and Shoulder to center ball on plate</p> <p>Still working on Hips and shoulder to square ball up with plate</p> <p>Full block, full speed, working hips/shoulders &amp; attack baseball</p> <p>Full Block</p> <ul style="list-style-type: none"> <li>Recover</li> <li>Gorillas Hands to get up (Drill purposes only)</li> <li>SCOPE Ball (Mitt and Hand Together)</li> <li>Throwing position (Always finish the rep)</li> </ul>
		Spin Blocking (reactionary) (10 Reps)	<p>Back to thrower</p> <ul style="list-style-type: none"> <li>Spin into a squat</li> <li>React to Block</li> <li>Recover</li> </ul>

	2 x per week	Machine Blocking *Use a speed you can handle.	<ul style="list-style-type: none"> <li>• FB, CB, CH, SL (10-15 Reps Each)</li> <li>• Working ball as close to plate as possible</li> <li>• Always Recover you Block</li> </ul>
<b>Transfer Work</b> You must train so quickly you fail, if you get comfortable move faster! Baseball is caught within a foot of body, keep baseball on as straight of a line as possible.			
	Daily	Weighted Ball (Barehanded)	<ul style="list-style-type: none"> <li>• Bare hand at Ear (10 reps)</li> <li>• Transfer Throws over RIGHT shoulder (20 Reps)</li> <li>• Mitt Transfer (Receive REACH INTO mitt) (20 Reps)</li> <li>• At Ear</li> </ul>
	Daily	Mitt Work w/ Baseball	<ul style="list-style-type: none"> <li>• 1 hop (15 reps)</li> <li>• Mitt to Ear (15 Reps)</li> </ul>
	2 x per week	Machine Transfer	Work transferring different types of pitches <ul style="list-style-type: none"> <li>• FB, CB, CH, SL (15-20 Reps Each)</li> </ul>

Catch as many bullpens as possible! The only way you will get better is by understanding your pitching staffs. Build a trust between catchers and the pitchers. Train together, push each other to the brink. If you have any questions, contact Coach Griddine.

	Day 1 - Strength (Monday)							
	Week 1		Week 2		Week 3		Week 4	
A1	Barbell Front Squat (5x5)							
	2 mins rest between sets - Build to 90% 1RM by Final Set - Increase lbs weekly							
	reps	weight	reps	weight	reps	weight	reps	weight
	5		5		5		5	
	5		5		5		5	
	5		5		5		5	
	5		5		5		5	
B1	Romanian Deadlift (4x8) BARBELL							
	reps	weight	reps	weight	reps	weight	reps	weight
	8		8		8		8	
	8		8		8		8	
	8		8		8		8	
	8		8		8		8	
C1	Bulgarian Split Squats (4x10/10)							
	Hold Dumbbells at your sides							
	reps	weight	reps	weight	reps	weight	reps	weight
	10		10		10		10	
	10		10		10		10	
	10		10		10		10	
	10		10		10		10	
C2	Dynamic Step-Ups (no weight) (4x5/5)							
60-90SECONDS REST AFTER SUPERSET								
D1	Hanging Leg Raises							
	reps	weight	reps	weight	reps	weight	reps	weight
	10ea		10ea		10ea		10ea	
	10ea		10ea		10ea		10ea	
	10ea		10ea		10ea		10ea	
D2	Standing Oblique Crunches w/ 45lb plate OR Kettlebell							
	reps	weight	reps	weight	reps	weight	reps	weight
	12ea		12ea		12ea		12ea	
	12ea		12ea		12ea		12ea	
	12ea		12ea		12ea		12ea	
D3	Romanian Twist w 45lb plate							
	reps	weight	reps	weight	reps	weight	reps	weight
	12ea		12ea		12ea		12ea	
	12ea		12ea		12ea		12ea	
	12ea		12ea		12ea		12ea	
D4	90-90 Stretch x3EA							
NO REST BETWEEN EXERCISES, 30 SEC REST BETWEEN ROUND								

	Day 2 - Strength (Tuesday)							
	Week 1		Week 2		Week 3		Week 4	
A1	SHOULDER SERIES							
	3 SHOULDER VARIATIONS WITH 10-15LBS							
	reps	weight	reps	weight	reps	weight	reps	weight
	8ea		8ea		8ea		8ea	
	8ea		8ea		8ea		8ea	
	8ea		8ea		8ea		8ea	
B1	DB Bench (5x5)							
	2 warmup sets - Full Range of Motion - Perfect Form							
	reps	weight	reps	weight	reps	weight	reps	weight
	5		5		5		5	
	5		5		5		5	
	5		5		5		5	
B2	DB Row -1 Arm Row - KNEE ON BENCH OR ARM WITH OFF ARM STABAUZING							
	reps	weight	reps	weight	reps	weight	reps	weight
	5ea		5ea		5ea		5ea	
	5ea		5ea		5ea		5ea	
	5ea		5ea		5ea		5ea	
	5ea		5ea		5ea		5ea	
B3	Thoracic Rotation - Heel Sit							
C1	SL Romanian Deadlift w/ Cable Row or dumbbells (Stabilize)							
	reps	weight	reps	weight	reps	weight	reps	weight
	8ea		8ea		8ea		8ea	
	8ea		8ea		8ea		8ea	
C2	Pull Up - NEUTRAL GRIP (Thumbs Facing Back)							
	reps	weight	reps	weight	reps	weight	reps	weight
	8		8		8		8	
	8		8		8		8	
D1	BARBELL BENT OVER ROW							
	START IN POSITION OF RDL - HINGE HIPS - PULL TO BOTTOM OF STERNUM							
	reps	weight	reps	weight	reps	weight	reps	weight
	8ea		8ea		10ea		12ea	
D2	Bretzel Stretch x3EA - 30 SECOND STATIC HOLD							

	Day 3 - Strength (Thursday)							
	Week 1		Week 2		Week 3		Week 4	
A1	Front Squat (5x10 @ 65%) - You should be struggling to finish your 3rd set							
	reps	weight	reps	weight	reps	weight	reps	weight
	10		10		10		10	
	10		10		10		10	
	10		10		10		10	
	10		10		10		10	
	10		10		10		10	
B1	Hip Thrusts (Heavy)							
	reps	weight	reps	weight	reps	weight	reps	weight
	5		5		5		5	
	5		5		5		5	
	5		5		5		5	
	5		5		5		5	
	5		5		5		5	
B2	Deadbug 5x5ea							
60-90SECONDS REST AFTER								
C1	Bird Dogs							
	reps	weight	reps	weight	reps	weight	reps	weight
	5ea		5ea		5ea		5ea	
	5ea		5ea		5ea		5ea	
	5ea		5ea		5ea		5ea	
C2	Physioball Hamstring Curls OR Nordic Hamstring Curls							
	reps	Tempo	reps	Tempo	reps	Tempo	reps	Tempo
	8	3sec	8	3sec	10	3sec	12	3sec
	8	3sec	8	3sec	10	3sec	12	3sec
	8	3sec	8	3sec	10	3sec	12	3sec
C3	Single Arm DB Farmer's Carry w/ 100lb+							
	Free Hand 'tucked into your pocket'							
	reps	weight	reps	weight	reps	weight	reps	weight
	:30		:35		:40		:45	
	:30		:35		:40		:45	
:30		:35		:40		:45		

<b>Speed Training</b>							
<b>Choose 2 workouts per week - FULL Dynamic Warmup before sprints</b>							
<b>Workout 1 - Hill Sprints</b>							
<b>Hill Sprints</b> 100 ft x 6 (50 rest) 80 ft x 6 (40 rest) 60 ft x 6 (30 rest) 40 ft x 6 (20 rest)							
<b>Workout 2 - Start Day</b>							
Steal Starts - 5 hard steps x 15 reps Falling Starts - 40 yd x 4 reps Pushups Starts - 40 yd x 4 reps L/R Shuffle w/ Turn and Sprint - 15 ft Shuffle + 40 yd sprint x 4 reps Backpedal + L/R Hip Open & Sprint - 15 ft Backpedal + 40 yd sprint x 4 reps							
<b>Workout 3 - Track Day</b>							
Warmup - Jog two laps  Walk the Turns, Sprint the straightaways for 8 total laps							
<b>Workout 4 - Agility Day + Shuttle Run</b>							
5-10-5 Drill x 10 (1:00 rest between iterations) T-Test x 5 (1:00 rest between iterations)  300 yd Shuttle Run x 3 (3:00 rest between iterations)							