

# **IN-SEASON RELIEF PITCHERS RUNNING PROGRAM**

## For The Months Of April & May

- MONDAY-** Poles x 6-8 @ 30-35 sec w/ 45sec – 1:00 rest  
2 x 20 pickups
- TUESDAY-** 2 x shuffles, cariocas, backpedals @ 20 yds.  
8-10 x 90 yds. @ 13 sec w/ 30-45 sec rest
- WEDNESDAY-** 15 minutes run  
Agility drill
- THURSDAY-** 2 x shuffles, cariocas, backpedals @ 20 yds.  
10 x 40 yds. sprints @ 7 sec w/ 15 sec rest
- FRIDAY-** 8-10 x 60 yds. sprints jog back to 30 yds. and walk, when you hit the line  
2 x 20 pickups
- SATURDAY-** 15 minutes run OR 6 x Bow n Arrows

## For The Months Of June & July

- MONDAY -** Poles x 8-10 @ 30-32 sec w/ 45sec – 1:00 rest  
2 x 20 pickups
- TUESDAY-** 2 x shuffles, cariocas, backpedals @ 20 yds.  
4 x 90 yds. @ 13 sec w/ 30-45 sec rest  
4 x 60 yds. @ 8 sec w/ 30 sec rest
- WEDNESDAY-** 15 minutes run  
Agility drill
- THURSDAY-** 2 x shuffles, cariocas, backpedals @ 20 yds.  
10 x 40 yds. sprints @ 7 sec w/ 15 sec rest
- FRIDAY-** 10 X 30 yds. Walk back and go  
2 x 20 pickups
- SATURDAY-** 15 minutes run OR 8 x Bow n Arrows

## For The Months Of August & September

- MONDAY-** Poles x 8-10 @ 30-32 sec w/ 45sec – 1:00 rest  
2 x 20 pickups
- TUESDAY-** 2 x shuffles, cariocas, backpedals @ 20 yds.  
4 x 60 yds. jog back to 30 yds. and walk, when you hit the line go  
4 x 30 yds walk back and go
- WEDNESDAY-** 15 minutes run  
Agility drill
- THURSDAY-** 2 x shuffles, cariocas, backpedals @ 20 yds.  
10 x 40 yds. Walk back and go (last two sprints times)
- FRIDAY-** 10 X 30 yds. Walk back and go  
2 x 20 pickups
- SATURDAY-** 6-8 x Bow n Arrows

- **SUNDAYS ARE OFF**
- **ALL RELIEVERS THAT THROW MORE THAN 2 INNINGS OR 45 PITCHES RUN LONG**