

REDS CONDITIONING EXERCISES

FIELD WORK – on baseball field grass

12-60 MIN RUN OR BIKE– AEROBIC EXERCISE

POLES (PITCHERS)–

Stride from one foul pole to the other along warning track. 35 sec / 45 sec – 1min rest
Can be broken down into jog/sprint/jog – spr/jog/spr – walk/jog/spr – any combo

HALF POLES (PITCHERS)-

Walk to center field and sprint to opposite foul line

BOW- N- ARROWS (PITCHERS)–

1- Sprint from one foul line around warning track to opposite foul line and continue sprinting across out field to middle of center field. 50 sec. Begin walking to starting point - rest 1 min.

2 - Sprint from one foul line around warning track to opposite foul line in 35 sec- then jog across out field to beginning foul line- rest 1 min.

AROUND THE OUTFIELD –

Sprint from pole to pole (32 sec), walk down foul line to cut of grass, sprint to other foul line (12 sec). , walk up to warning track X 6-10

AROUND THE HORN –

$\frac{3}{4}$ To full speed stride around the outline of the in-field grass. Start on foul line by first base and end by the foul line at third base. 12 sec / 35 sec rest. During rest interval walk back across infield over to starting point.

SUICIDES –

Sprint performed in a ladder fashion up and down the field. 10,20,30,40 yds./ 45 sec rest

COMBO SUICIDES –

Suicides types activity utilizing slides, back pedals and cariocas.

SHUTTLE RUNS –

Sprint out to cone at 50 yds and back twice (there,back,there,back) in 35 / 45 sec rest

$\frac{1}{2}$ SHUTTLE RUNS –

Just there and back in 15-20 sec / 30 sec rest

STADIUM RUNNING – SPRINT UP - WALK DOWN

SPRINT EVERY STEP

SPRINT EVERY OTHER STEP

SPRINT SEQUENCE –

ALL SEQUENCES ARE 10 REPS PER SET

<u>SPRINT</u>	<u>TIME</u>	<u>REST BETWEEN REPS</u>
110'S	15-17SEC	45 SEC – 1 MIN
90'S	10-12 SEC	35-45 SEC
60'S	7-8 SEC	20-30 SEC
40'S	5-6 SEC	15-20 SEC
30'S	4-5 SEC	15-20 SEC
10' & 20'S	2-4 SEC	10 SEC

USE TIME INTERVALS UNLESS SPECIFIED TO WALK OR JOG BACK TO LINE AND SPRINT

BASE RUNNING – COACHES CHOICE

POSITION SPECIFIC RUNNING - COACHES CHOICE

TOUCH DOWNS –

Coach passes the ball to pitcher/position players striding prescribed distance.