

Pitcher's In Season Training Schedule

6 Day Routine

Day	Throw	Strength Training	SQAC	Other
1	Game	Light Upper body	10-15 min bike, jog, or jump rope	
2	Light Throw	Lower body	20 minute jog	Rotator cuff/core strength
3	Off	Off	off	
4	Long toss	Upper Body	15 half pole sprints	Rotator cuff/core
5	bullpen	Lower body	Agility drills	Core Strength
6	off	off	Sprints 6 X 60 yd dash	Rotator cuff

5 Day Routine

Day	Throw	Strength	SQAC	Other
1	Game	Light Upper body	10 min. Bike, jog, jump rope	
2	Light Throw	Lower body	15 half pole sprint	Rotator cuff/core strength
3	Long toss	off	Agility drills	Rotator cuff / core strength
4	Bullpen	Upper body	off	Core Strength
5	off	off	6 X 60 yd dash	Rotator Cuff

4 Day Routine

Day	Throw	Strength	SQAC	Other
1	Game	Light Upper Body	10 min. Bike, jog, or jump rope	
2	Light Throw	Lower body	15 half pole sprints	Rotator cuff/core
3	Short Bullpen	Light Upper body	Agility drills	Rotator cuff/ core
4	Off	off	Sprints 6 X 60 yd dash	Rotator cuff

3 Day Routine

Day	Throw	Strength Training	SQAC	Other
1	Game	Light upper body	10 min. Bike, jog, or rope	Core strength
2	Light throw /flat ground pen	Lower body	12 half pole sprints / light agility	Rotator cuff/ core
3	Off	off	off	Rotator cuff

2 Day Routine

Day	Throw	Strength	SQAC	Other
1	Game	Light upper body	10 min bike,jog, or jump rope	Rotator cuff
2	Light throw	Light lower body	Agility drills	Core strength

Pitchers Training Schedule Explanations

Depending on your role with your team you can adapt the above training schedule for your season. Below are the samples of a light upper body, upper body, light lower body and a lower body workout would be.

In season workout for pitchers

Light Upper Body	Upper Body	Lower Body	Light Lower Body
Dumbell Bench Press 3 sets X 10 reps	Dumbell bench press 3 sets X 7-10 reps	Squat 4 sets X 5-10 reps	Leg press - 3 sets X 7-10 reps
Lat Pull down 3 sets X 10 reps	Dumbell row or machine row 4 sets X 7- 10 reps	Leg curl 3 sets X 7-10 sets	Squat – 2 sets X 6-10 reps
Dumbell Side raise 2 sets X 12 reps	Dumbell side raise – 2 sets X 12 reps	Lunge w/ dumbbell – 2 sets X 10 reps	
Triceps - 2 sets X 12 reps	Triceps – 3 sets X 7-10 reps	Tuck jumps – 2 sets X 10 reps	
Dumbell Curl – 2 sets X 12 reps	Dumbell Curl – 2 sets X 10 reps		

Core Strength Routine

- Side Crunches
- Crunches
- V sit
- Hip lifts
- Heel touches
- Leg lowers
- Front Plank
- Superman
- Windshield wipers

Agility Routine

Pro agility or 5-10-5 – place 3 markers or cones in a line about 5 yards apart. Sprint from the middle cone (five yards) to the cone to the left – touch the cone or marker and sprint 10 yards to the far cone to the right – then sprint to the middle cone. Do this 5-8 times depending on day and load.

Square Drill – position 4 cones or markers in a square – each cone is 10 yards apart. Start at cone #1 and sprint forward to cone #2 – shuffle to cone #3 and then backpedal to cone #4 and then shuffle to cone #1. Repeat 5-8 times depending on day and load.

Rotator Cuff

Check my youtube page for info on rotator cuff series workout. This is often is referred to as shoulder prehab as pitchers and position players who routinely do it prevent shoulder strain and maintain and build strength in the rotator cuff. Go to this link for more information -

http://www.youtube.com/view_play_list?p=EAB349DECA9B6DB4 or <http://www.youtube.com/user/Greg16SK>

There are a number of shoulder exercise videos. Some can be done with a dumbbell or a tubing. Be sure players also do the exercises with the thumb down as shown in the videos.

Position Player In-Season Workout

Full Body	Upper Body	Lower Body
Squats – 4 sets X 7-10 reps	Dumbbell Bench Press – 3 sets X 7-10 reps	Squat – 4 sets X 6-10 reps
Bench Press – 4 sets X 7-10 reps	Pull ups – 3 sets X 7-10 reps	Leg curls – 3 sets X 6-10 reps
Lat pull down – 4 sets X 7-10 reps	Push ups – 2 sets X 10 reps	Tuck jumps – 2 sets X 6-10 reps
Heavy Dumbbell Step up with a curl– 3 sets X 7-8 reps on each leg	Scapula row (pinch shoulder blades together) – 3 sets X 7-10 reps	Lunge – 2 sets X 8-10 reps
Triceps – 3 sets X 7-10 reps	Side Dumbbell raise – 2 sets X 10 reps	Calf raise – 3 sets X 10-15 reps
Core strength	Dumbbell Curls – 3 sets X 7-10 reps	Core Strength
Rotator Cuff	Triceps – 3 sets X 7-10 reps	Rotator Cuff
	Core strength	

The above routine can be done on Monday – full body, Wednesday – Upper body, and Friday – lower body. For rotator cuff and core strength please check the pitchers routine for more information. Please note many of these exercises can be done with tubing and therefore can be done while on the road.

Position players are also required to complete anywhere from 4-8 – 60 yard sprints on a regular basis in order to maintain speed and endurance for the season.

It would be great if every midget baseball player in Saskatchewan would follow a routine like this. Please keep a copy of this with you in your baseball bag – laminating it will preserve it. I can't force you to follow this but the players who do will reap the benefits.

If you have any questions please contact me.

Greg Brons

gbrons@sasktel.net

975-0828