

Throwers Preseason Conditioning

	5 Day Conditioning	3 Day Conditioning
Monday	Explosive Force Day	Explosive Force Day
Tuesday	Hill Day	
Wednesday	Rest Day	Hill Day/Stair Day
Thursday	Stair Day	
Friday	Core Day	Core Day

Days I will be there: I am still working out my schedule at work to be able to make it there every day. The first week (1/12 - 1/18) I will try and be there every day to show everyone the exercises. The weeks following I will probably only be there Monday, Wednesday, and Friday until the season starts.

Warm Ups (~ 15-20 min)

- 1 Lap Jog
- 1 Lap Dynamic Jog (start on the curve):
 - o Zig-Zag jog (50 meters)
 - o Back Pedal (50 meters)
 - o Sideways Jumping Jacks (50 meters facing each direction. Total 100 meters down the straight)
 - o Skips with forward arm circles (1/3 the curve)
 - o Skips with backward arm circles (1/3 the curve)
 - o High Skips (1/3 the curve)
 - o Strides (Gradual build up to 80%. 60 meters)
 - o Decelerate to end of lap
- Dynamic Stretches:
 - o A Skips (15 meters)
 - o B Skips (15 meters)
 - o C Skips (15 meters)
 - o High Knees (15 meters)
 - o Butt Kickers (15 meters)
 - o Open the Door Skips (15 meters)
 - o Close the Door Skips (15 meters)
 - o Straight Leg Strides (stay on your forefoot. 15 meters)
 - o 10x each leg: Fire Hydrants (slow up, pause at the top, slow down)
 - o 10x each leg: Donkey Kicks (slow up, pause at the top, slow down)
 - o 10x each leg: Leg Swings Front (supported on fence)
 - o 10x each leg: Leg Swings Side (supported on fence)

Core Training Day

- Warm Up
- 30 Seconds: Regular Planks
- 100 meter slow jog (This is your rest period. Use it, you will need it)
- 30 Seconds each side: Side planks (30 seconds of rest between sides)
- 100 meter slow jog
- 20 crunches
- 100 meter slow jog
- 10 each side: Russian Twists (Slow down. Both hands/fingers must touch the ground! If the shed is open use a med ball.)
- 100 meter slow jog
- 20 each leg: Bicycle (Slow down.)
- 100 meter slow jog
- 10 each leg: Lateral Heel Touches
- 100 meters slow jog
- Repeat exercise above (excluding warm up) 1 more time.

Explosive Force Day

- Warm Up
- 2x Strides (Gradual build up to 80%. 60 meters)
- 5x 40 meter Sprints from 3 point start. (90% speed)
- 10x Med-ball Vertical Toss (Start from squat position. 30 second rest between tosses)
- 10x Med-ball Forward Toss (Start from squat position. 30 Second rest between tosses)
- 10x Med-ball Lateral Toss (30 Second rest between tosses)
- 3x Explosive Jumps (walk back to start between each of the exercises)
 - o Broad Jumps 10 meters
 - o Bounding Jumps 20 meters
 - o High Skips 20 meters

Hill Day

- Jog to the hill behind the softball fields. Do not take the shortcut through the school. Go down Montecito, use the cross walk then down the sidewalk to the hill.
- 10x 30 meter Hill Sprints (2 minute rest in between each sprint. (90% effort)

Stair Day (switch with Hill Day if can't make it to Howarth Park)

Howarth park stairs near the dam are ideal for this day. The stairs are located right next to the dock house. Start at the landing for the longest continuous set of stairs.

- Jog for 15 min.
- 3x Stair exercises (Walk back down to landing between each exercise.)
 - o 10 steps: Forward run (Touch each step with both feet)
 - o Forward Run (1 foot per step)
 - o Forward Run Skip Step
 - o Sideways Run (Facing both directions. Don't Rush, it will take a little of getting used to.)
 - o Single Leg hops (Try and go half way up each leg. Minimum of 10 steps per leg.)

Recovery Day

- Warm Up
- Jog 3 laps