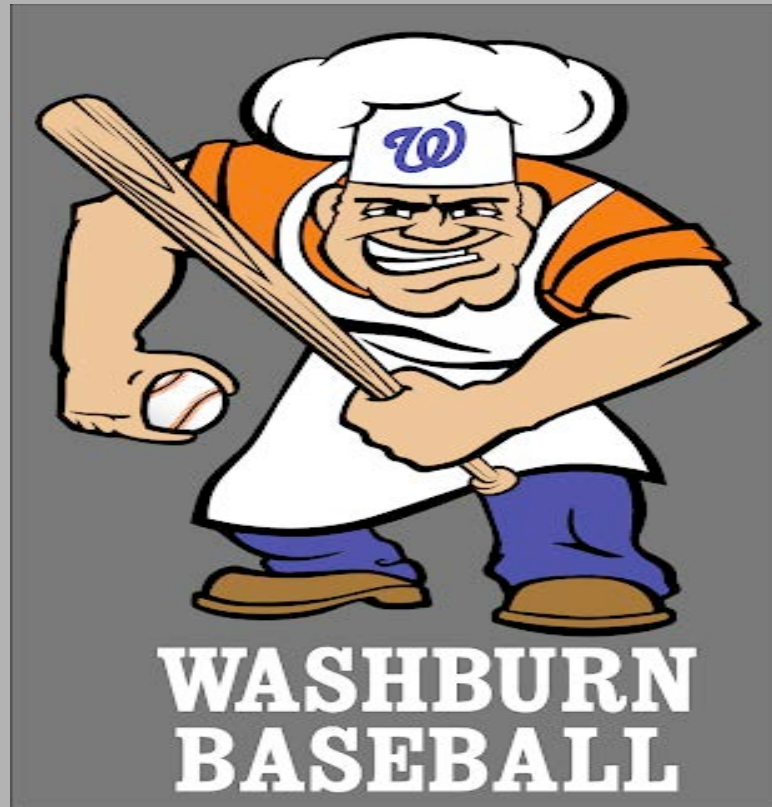




6 WEEK RUNNING PROGRAM



Tuesday

Linear Acceleration Focus

EXERCISE		WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	REST
Technical Work	<u>Hop Series</u> (2 leg/1 leg Linear)	1x10 ea	1x10 ea	1x10 ea	1x10 ea	1x10 ea	1x10 ea	30s
	<u>Heavy Banded 2-Point Starts</u> (3 hard steps)	1x4 ea	1x4 ea	1x4 ea	1x4 ea	1x4 ea	1x4 ea	30s
	<u>High Knee Falling Starts</u> (1 hard step)	1x4 ea	1x4 ea	1x4 ea	1x4 ea	1x4 ea	1x4 ea	30s
<u>2 point start</u>	<u>Switch to 1/2 Kneeling Linear</u> <u>Start week 3</u>	1x2-3 ea	1x3-4 ea	1x3-4 ea	1x3-4 ea	1x4 ea	1x2-3 ea	30s

WASHINGTON STATE BASEBALL



Wednesday

Recovery

EXERCISE		WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	REST
Hop Series (2 leg/ 1 leg Linear/Lateral)		1x10 ea	1x10 ea	1x10 ea	1x10 ea	1x10 ea	1x10 ea	30s
A-Series	A-March	2x10yd	2x10yd	2x10yd	2x10yd	2x10yd	2x10yd	30s
	A-Hop	2x10yd	2x10yd	2x10yd	2x10yd	2x10yd	2x10yd	30s
	1-2 Pause	2x10yd	2x10yd	2x10yd	2x10yd	2x10yd	2x10yd	30s
	3-Hop	2x10yd	2x10yd	2x10yd	2x10yd	2x10yd	2x10yd	30s
	A-Run	2x10yd	2x10yd	2x10yd	2x10yd	2x10yd	2x10yd	30s
	Bounds	2x8steps	2x8steps	2x8steps	2x8steps	2x8steps	2x8steps	30s
	Straight Leg Bounds	2x8steps	2x8steps	2x8steps	2x8steps	2x8steps	2x8steps	30s
Tempo Runs		2x6x80yd	2x6x60yd	2x6x60yd	2x6x40yd	2x6x40yd	2x6x80yd	5-7 min

WASHINGTON STATE
BASEBALL



Thursday

Medballs/Plyometrics

EXERCISE		WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	REST
<u>Hop Series (2 leg/1 leg Linear/Lateral)</u>		1x10 ea	1x10 ea	1x10 ea	1x10 ea	1x10 ea	1x10 ea	30s
Medball Work	<u>Hop Back to MB Scoop Toss</u>	2x4 ea	2x4 ea	2x4 ea	2x4 ea	2x4 ea	2x4 ea	30s
	<u>Step Behind MB Shotput</u>	2x4 ea	2x4 ea	2x4 ea	2x4 ea	2x4 ea	2x4 ea	30s
	<u>Rollover OH MB Slam</u>	2x6	2x6	2x6	2x6	2x6	2x6	30s
Hurdle Work	<u>Hurdle Hop Series - 2 leg/1 leg Linear (for Weeks 1-3)</u>	<u>Hurdle Hop Series - 2 leg/1 leg Linear w/ Sprint Out (for Weeks 4-6)</u>	1-2x ea	1-2x ea	1-2x ea	1-2x ea	1-2x ea	30s
	<u>Hurdle Hop Series - 2 leg/1 leg Lateral (for Weeks 1-3)</u>	<u>Hurdle Hop Series - 2 leg/1 leg Lateral w/ Sprint Out (for Weeks 4-6)</u>	1-2x ea	1-2x ea	1-2x ea	1-2x ea	1-2x ea	30s
	<u>Hurdle Hop Series - 2 leg/1 leg Staircase (for Weeks 1-3)</u>	<u>Hurdle Hop Series - 2 leg/1 leg Staircase w/ Sprint Out (for Weeks 4-6)</u>	1-2x ea	1-2x ea	1-2x ea	1-2x ea	1-2x ea	30s
<u>Skater Ladder w/ Sprint Out</u>		2x ea	2x ea	3x ea	2x ea	3x ea	2x ea	30s



Saturday

Change of Direction Focus

EXERCISE		WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	REST
<u>Hop Series (2 leg/1 leg Lateral)</u>		1x10 ea	1x10 ea	1x10 ea	1x10 ea	1x10 ea	1x10 ea	30s
Technical Work	<u>Band Resisted Crossover</u>	1x3 ea	1x3 ea	1x3 ea	1x3 ea	1x3 ea	1x3 ea	30s
	<u>Band Resisted Shuffle to Crossover</u>	1x3 ea	1x3 ea	1x3 ea	1x3 ea	1x3 ea	1x3 ea	30s
T Drill								
<u>Add competition to T Drill week 3</u>		2x	3x	4x	5x	5x	3x	30s

WASHBURN BASEBALL