

Bethel Softball Training Guide

Level Two Off Season

Name _____

Weekly Training Log

date _____

Workout:	Training Plan:	M	TU	W	TH	F	SAT	S
Stretching	4 x week <i>Record completion in shaded areas</i>							
Skill Drills	3 x week - position specific training							
Speed	8 fast sprints during practice 3 x week							
Plyometrics	15 minutes 1 x week							
Hip Flexors	Hurdles - 15 minutes 1 x week							
Strength Training:	Exercise:	Record Sets & Reps sets / reps		Record amount of weight used during sets in shaded areas. Use E-Lifting technique on push and press exercises to failure in the "range" of 10 reps (6-12).				
Chest	Chest press 3/10							
	Chest Flys 2/10							
Back	mach rows 3/10							
	or lat pull downs							
Shoulders	Bands side/frt/rear 3/10							
	shrugs 2/20							
Sports Specific Strength	Pitchers: low cable flys 2/10							
	DB Pullovers 3/10							
	Split-leg snatch DB 2/10							
Biceps	Machine curls 3/10							
	DB 21s 2/21							
Triceps	Rope Triceps 3/20							
Forearms	Wrist curl superset 1/ea							
Leg superset: 1. Quads 2. Calves 3. Bosu Balance Ball	Leg press (or Squats) 3/10							
	3 way calf raises 3/10							
	pause jumps 3/10							
	10 seconds each leg x3							
Sports Specific	Overspeed jumps 1/10							
	Single-leg box jump 3/8							
	4-Way hip 1/10 ea or ad/abductor mach 1/20ea							
Hamstrings	Leg curls 3/10							
Tibialis	Reverse calf raises 1/40							
Abs	Crunches 3/20							
	Leg raises 2/20							
Low back Obliques	Hyperextensions 1/15							
	Woodchoppers 3/10							