

# McDaniel College Baseball Summer Conditioning Program (3 days per week)

## Week #1

### Day #1

400 Meters (1 track lap) x 8 reps

Goal  $\leq$  90 seconds

Rest = 2 minutes

### Day #2

110 Yards (length of football field)

3 sets of 6 reps

Goal  $\leq$  15 seconds

Rest = 45 seconds after each rep, 3 minutes between each set

### Day #3

300 Yard shuttle x 4 reps @ 50 yard intervals (down and back 3 times)

Goal  $\leq$  0:58 seconds

Rest = 2 minutes

## Week #2

### Day #1

30 Yards x 10 reps

Goal  $\leq$  5 seconds

Walk back recovery

### Day #2

200 Yard shuttle x 8 reps @ 50 yard intervals (down and back 2 times)

Goal  $\leq$  35 seconds

Rest = 90 seconds

### Day #3

60 Yards x 8 reps

Goal  $\leq$  8 seconds

Walk back recovery

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### Week #3

#### Day #1

110 Yards for 2 sets of 8 reps

Goal  $\leq$  14 seconds

Rest = 90 seconds between reps, 3 minutes between sets

#### Day #2

300 Yard shuttle x 2 reps @ 50 yard intervals (down and back 3 times)

Goal  $\leq$  58 seconds

Rest = 2 minutes

#### Day #3

60 Yards x 5, start every 60 seconds

50 Yards x 4, start every 50 seconds

40 Yards x 3, start every 40 seconds

Rest = 3 minutes between sets

### Week #4

#### Day #1

100 Yards x 15 reps

Goal  $\leq$  14 seconds

Start every 90 seconds

#### Day #2

40 Yards for 2 sets of 8 reps

Maximum effort ... Maximum recovery

Rest = 3 minutes between sets

#### Day #3

200 Yard shuttle x 8 reps @ 50 yard intervals (down and back 2 times)

Goal  $\leq$  33 seconds

Rest = 2 minutes