

## Suggested Softball Winter Break Training Program 08-09

All exercises can be done with body weight. If you have access to weights, add where appropriate. The goal of this program is to build strength as the softball season draws nearer. The best thing for you to do is to throw, catch, and hit. Nothing can replace working on your fundamental skills. However, with this program we are attempting to increase our strength in our abdominals/back as well as improve our foot quickness and explosiveness.

There are three workouts per week. If you choose to workout, please make sure you have at least one day between each workout. Do the workouts in the order they appear. We are prioritizing different elements of strength/conditioning and skill development on different days.

Warm Up: Each workout should begin with a warm-up including 10 min. of cardiovascular activity and a dynamic stretch.

<b>Workout A</b>	
Isometric Hold	3 x 50 sec.
Russian Twist (w/ Medicine Ball if available)	3 x 10
3 Direction Crunch	3 x 10,10,10
Swimmers	3 x 10
Throw & Catch	50-100 Throws
10 ft. sprint	x 5

<b>Workout B</b>	
Throw & Catch	50-100 Throws
10 ft. sprint	x 7
20 ft. sprint	x 7
40 ft sprints	x 7
60 ft. sprints	x 5
Scissor Crunch	2 x 12
Side Hip Lift	2 x 12

<b>Workout C</b>	
Toe Touches	3 x 10
Slow Curl Down	3 x 10
Lateral Leg Lowers	3 x 10
Superman Hold	3 x 15 sec.
Throw & Catch	50-100 Throws
20 ft. sprints	x 5

20 ft. sprint	x 5
Scissor Jumps	2 x 12



Push Ups	2 x 12
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40 ft. sprints	x 5
Scissor Jumps	2 x 12