

St. Joseph Falcon Baseball

2015/2016

OFF SEASON

STRENGTH

AND

CONDITIONING

BASEBALL

WINTER WORKOUTS

St. Joseph Falcon Baseball

Purpose of Conditioning Program

The purpose of our weight-training program is to become as well conditioned as we possible can in order to combat the rigors of the upcoming season. In order to do so you must work to the best of your ability everyday. You must commit yourself to getting stronger and becoming the best-conditioned athlete you possible can be.

Live a life style that is conducive to an athlete in training. Refrain from late nights, drugs, alcohol and tobacco. Stay focused on the task at hand; training is more then lifting weights. The key to becoming successful in an off-season workout and reaching your goals is nutrition. Consume foods high in proteins and low in fats, to provide your muscles the opportunity to develop and become stronger. Consumer liquids that are low in calories and replace them with liquids that will help promote your body's overall fitness.

The final key component is rest and recovery. Work as hard as you possible can for the 6 days of training we are asking you to do, but understand that your body needs a rest and recovery period. Whether you are a position player or pitcher we expect you to work brutally hard to become the best you can be

BASEBALL

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Weight Lifting Principals

Weight Lifting not only builds strong muscles, it also helps to build healthy bones. But if you have never been around a weight room before, there are a few rules to follow--both for your safety while weightlifting and for respecting the safety of others. Begin with wearing loose-fitting, breathable clothing and grab a bottle of water so you're ready to lift safely.

Warm Up and Cool Down

Lifting heavy weights when your muscles are "cold" makes it easier for strains or other injuries to occur. For this reason, you should warm up for at least five minutes before beginning a weightlifting session. Examples of warm-up activities include walking and jogging or light stretching. Start your weightlifting session by lifting very light weights, then working up to heavier ones.

When completing your workout, you should also cool down, which can help to lower your heart rate and prevent muscle aches. A cool down should consist of stretching the muscles you had previously worked, including the legs, arms and back.

Use the Equipment Safely

A weight room features free weights, weight machines and bars with "loadable" weights, such as a chest bench bar. Each shares its own protocols for safe lifting. For example, when lifting free weights, take care to lift with the legs, not the back. Hold only one weight with each hand and refrain from straining to pick up a weight--if you feel you are straining the body, drop down to a lesser weight. Return the weights carefully to the weight rack, ensuring they are locked into place before letting go.

Weight machines commonly use metal "pins" to select the appropriate weight to be lifted. Set the pin to a reasonable weight and ensure it is completely in the slot because failure to do so could lead to the weight crashing down on you. If the weight becomes too heavy while you are in mid-lift

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Ten Commandments of Training

Commandment 1: Thou shalt employ correct posture in the preparatory phase of the lift. No haphazard approaches please.

Commandment 2: Thou shalt maintain proper form throughout the execution of the movement. The general tendency is to suffer breakdowns in form as the muscles fatigue during the completion of the set. The trainee is often induced to alter movement planes in manner of incorporating new muscle fibers in effort to complete the movement application.

Commandment 3: Thou shalt establish a strong mind/muscle connection through high-intensity concentration. It is the mind/muscle connection that establishes the magnitude of the transmitted impulse. Strong neural impulsion is required in order to provide for maximum motor-unit recruitment potential.

Commandment 4: Thou shalt concentrate fully during both the concentric and eccentric contractions of the movement application. The tendency is for the trainee to relax to the point of collapse during the eccentric phase of the movement. Strong impulsion is required to overcome the forces of gravity that threaten to overpower the eccentric phase of the movement.

Commandment 5: Thou shalt utilize complete range-of-motion in order to allow for the muscle to be developed fully

Commandment 6: Thou shalt utilize slow speed-of-contraction applications during the execution of both the concentric and eccentric contraction phases of the exercise.

Commandment 7: Thou shalt utilize closely-linked, synchronized motor-unit firing in order to provide for smooth, highly-controlled movement applications. Frequently, beginning trainees rely upon sporadic "herky jerky" movement applications (this is predominate in the concentric contraction phase of the movement), in effort to "make the lift".

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Nutrition Program

PHASE 1: FAT SHREDDER- those who are reasonably fit and have more body fat that they would like to lose. (High Protein diet) (Portion approach)

PHASE 2: ENERGY BOOSTER- this is more a well- rounded and long term eating plan (mix of carbs and protein) (meal planning)

PHASE 3: ENDURANCE MAXIMIZER- this is an athletic diet. This is only needed if you're going to push your body (complex carbs, lean protein, and lower fat with emphasis on more carbs) (quick food option)

Program Details:

- 90 Days Work Out
- Try to not snack after 7 to 8pm
- Get rid of the junk, drink at least 6-8 12oz water every day none carbonated.
- If you feel like bonking during a work-out you can just complete the work out. Just add carbs such as rice, potatoes or bread to any real meal during the day will usually help you.
- A basic good calorie intake for a regular diet is 2,000 to 3,000 calories
- You should have 5 to 6 meals a day. Breakfast, snack, lunch, snack, dinner and snack.
- There are three phases in the workout routine. So, in each nutrition phase change your calorie intake. For example, the first month make your intake 2,200 calories, second month 2,600, last month 3,000.

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PHASE 1: FAT SHREDDER

Calorie intake 2,200

- Fats 1 serving = 120 calories, Avocado 3oz, 1 tbsp canola oil, 1 tbsp flaxseed oil, 1 tbsp olive oil, 4oz olives
- Proteins 7 servings equals = 700 calories 3oz boneless chicken or turkey breast, 6 egg whites, 3oz fish, 3oz ham slice fat free, 3oz pork tenderloin, 1/3 cup protein powder, 3oz red meat (yop sirloin of skirt steak), 3oz red meat- lean, soy burger, tuna 3oz, turkey bacon 2 slices, veggie burger, veggie dog
- Carbs 1 serving = 200 calories bagel whole wheat, cup baked beans, cup kidney beans, brand muffin, 2 slices whole wheat, rye, pumpernickel, cereal grain, 2 english muffins- whole grain, cup oatmeal, pan cakes 3.6oz three, pasta or noodles cup, pita whole wheat, potatoe1, refriend beans 1 cup fat free, rice- brown or wild, sweet potatoe, tortillas- corn, waffle- whole wheat or buck wheat.
- Dairy 3 servings = 600 calories low fat chesse, cottage chesse, feta chesse, goat chesse, mozzarella- part skim, parmesan chesse, skim milk, soy chesse, low fat milk, fat free yogurt
- Fruit 1 serving = 100 calories, mix up your fruits that you like
- Veg 4 servings = 200 calories, mix up your vegetables you like
- Condiments 2 servings = 100 calories bbq and other low fat sauces and marinade, fat free dressings, mustard, honey, pure fruit jams
- Snacks 2 servings = 200 calories chesse, protein bars, breakfast bars, dried fruit, frozen fruit bar, rice cakes, frozen yogurt, peanut butter, string chesse, yogurt, nuts, protein shakes, recovery drinks, all dairy products should be fat free.

PHASE 2: ENERGY BOOST

Calorie Intake:2,085

Protein 6 servings = 600 cal
Fruits 1 serving = 100 calories
Fat serving 1 = 120 cal
Snacks 2 servings = 200 calories

Dairy 2 servings = 240 cal
Veg 3 servings = 150 cal
Carbs 3 servings = 600 cal
Condiments 1- ½ servings = 75 cal

PHASE 3: ENDURANCE MAXIMIZER

Calorie intake 2,240

Protein 3 servings = 300 cal
Fruits 3 servings = 300 cal
Fat 1 serving = 120 cal
Snacks 3 servings = 300 cal

Dairy 1 servings = 120 cal
Veg 3 servings = 150 cal
Carbs 4 servings = 800 cal
Condiments 3 servings = 150 cal

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Program Schedule

PHASE 1:

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY

WEEKS 1-3

ALL LOWER BODY- ABS- CARDIO- 45 MINUTES TO 1 HOUR
ENTIRE UPPER BODY- ROTATOR CUFF EXERCISES
ALL LOWER BODY- ABS- JUMPR ROPE AND SPEED TRAINING
PLYOMETRICS- ABS

WEEK 4:

CARDIO- 30 TO 45 MINUTES
CORE SYNERGISTIC
CARDIO- 30 TO 45 MINUTES
CORE SYNERGISTIC
JUMPR ROPE / SPEED TRAINING

PHASE 2:

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY

WEEKS 5-7

ALL LOWER BODY- ABS-CARDIO 45 MINUTES TO 1 HOUR
ENTIRE UPPER BODY- ROTATOR CUFF EXERCISES
ALL LOWER BODY- ABS- JUMP ROPE / SPEED TRAINING
ENTIRE UPPER BODY- ROTATOR CUFF
PLYOMETRIC- ABS

WEEK 8

CARDIO- 30 TO 45 MINUTES
CORE SYNERGISTIC
CARDIO- 30 TO 45 MINUTES
CORE SYNERGISTIC
JUMPR ROPE / SPEED TRAINING

PHASE 3:

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY

WEEKS 9-11

ALL LOWER BODY- ABS-CARDIO 45 MINUTES TO 1 HOUR
ENTIRE UPPER BODY- ROTATOR CUFF EXERCISES
ALL LOWER BODY- ABS- JUMP ROPE / SPEED TRAINING
ENTIRE UPPER BODY- ROTATOR CUFF
PLYOMETRIC- ABS

WEEK 12

CARDIO- 30 TO 45 MINUTES
CORE SYNERGISTIC
CARDIO- 30 TO 45 MINUTES
CORE SYNERGISTIC
JUMPR ROPE / SPEED TRAINING

WINTER WORKOUTS

Program Exercises

BICEPS

REGULAR GRIP
NARROW GRIP CURL
WIDE GRIP CURL
REVERSE GRIP CURL
EXTRA SLOW CURL
STATIC CURL (1 ARM STAY BENT AT 90 DEGREES)
LAY DOWN ON GROUND AND CURL

CHEST

STANDARD BENCH PRESS STRAIGHT BAR
BUMBLEBELL PRESS
CABLE CROSS OVER
INCLINE DUMBBELL PRESS
DECLINE DUMBBELL PRESS

LEGS

STANDING UP PRESS SQUAT
SEATED SQUATS
LEG EXTENSIONS
LEG CURLS
INTERNAL / EXTERNAL MACHINE
CALF RAISES

ABS

REGULAR CRUNCH
PELVIC RAISES
SEATED CRUNCH
SIDE CRUNCHES
BICYCLES

PLANKS

SCISSOR ABS
HANDS INSIDE KNEES- THEN
HANDS OUTSIDE
LEG CLIMBERS
SEATED TWIST--SIDE TO SIDE

BACK

SEATED ROW
SEATED ROW WITH 2 GRIPS
45 DEGREE BACK FLY
LAT PULL DOWN
LAWN MOWER LIFTS

PULL-UPS

REGULAR PULL-UPS
REVERSE CHIN-UPS
WIDE FRONT GRIP
CLOSE GRIP OVER HEAD PULL UP

SHOULDER

SHOULDER PRESS
UPRIGHT ROW
SEATED SHOULDER
FLYS
SEATED SHOULDER
ROW
V PUSH-UPS

ROTATOR CUFF

THUMBS UP STRAIGHT IN FRONT
THUMBS OUT TO SIDE
HANDS AT SIDE AND MAKE A (V)
SHRUG SHOULDERS BACK
SCARECROW

TRICEPS

V-BAR
STRAIGHT BAR
ROPE
TWO ARM TRICEP KICK BACK
DIPS

STANDARD PUSH-UPS

MILITARY PUSH-UPS, HANDS CLOSE TO RIB CAGE
WIDE FLY PUSH-UPS, HANDS WIDE IN FRONT
DECLINE PUSH-UPS, FEET ON BENCH OR CHAIR
HANDS IN, HANDS OUT

TWO LEGGED SPEED SQUATS

ONE LEG SQUATS
LUNGES (FRONT, BACK, SIDE)
SUPER SKATER
WALL SQUAT

FOREARMS

CURL UP
REVERSE CURL UP
HAMMER CURL (CURVEBALL)
OUT TO IN CURL HOLDING HEAD OF WEIGHT
HOLD WEIGHT PLATE LIKE A STEERING WHEEL
AND TWIST ARMS WITH ARMS EXTENDED

LOWER BACK

TWO HAND BEHIND BACK
ONE ARM SUPERMAN
TWO ARM SUPERMAN
SWIM WITH FEET ON GROUND
SWIN WITH FEET IN AIR
REVERSE SIT-UP

ROTATOR CUFF

BENT OVER HANDS DOWN- PULL UP
BENT OVER KNUCKLES TOGETHER- FLYS
BENT OVER THUMBS UP
LAY DOWN- INTERNAL ROTATION
LAY DOWN- EXTERNAL ROTATION

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Dynamic Workout Exercises

CORE SYNERGISTICS

3 sets @ 30 seconds per rep

STAGGERED HAND PUSH UPS	SIDE HIP RAISES	ONE LEG PUSH UPS
FRONT, BACK, SIDE ROLL	RUN IN PLACE ON STOMACH LIKE CLIMBING A HILL	LEG TO ELBOW
SITTING DOWN RUNNERS WITH OUT WITHOUT WEIGHT	SIDE TO SIDE PUSH UPS	PLANK
ON STOMACH REACH BACK AND HOLD ANKLES	CURL AND REVERSE CURL DOWN IN A RUNNERS STANCE	BALANCE LUNGE
LOW LATERAL SKATERS		BICYCLES
		SWIMMING LOWER BACK

PLYOMETRICS

3 sets, duration differs

JUMP SQUAT- 30 SEC	DOUBLE AIRBOURNE HEISMAN- 30 SEC	QUICK FEET LADDER- 30 SEC
RUN STANCE SQUAT- 30 SEC	OCTAGON- 60 SEC (30 SEC EACH WAY)	SQUAT JUMPS- 30 SEC
AIRBOURNE HESIMAN- 30 SEC	LUNGE JUMP- 30 SEC	MILITARY MARCH- 60 SEC
SWING BACK- 60 SEC	LEAP FROGS- 30 SEC	RUN SQUAT- 30 SEC
SQUAT REACH BACK- 30 SEC	HIGH KNEE- 30 SEC	LATERAL LEAP FROG- 30 SEC
RUN STANCE SQUAT- 30 SEC	TWIST COMBOS- 60 SEC 930 SEC EACH WAY)	MONSTER TRUCK TIRE LEAPS- 30 SEC
		TRIPLE JUMPS- 60 SEC

WITH MEDICINE BALL

3 Sets @ 30 seconds per rep

CHEST PRESS	SIDE TO SIDE OVER	SIT UP AND THROW
OVERHEAD PASS	SHOULDER	THROW BALL TO CEILING AND SQUAT AND REPEAT
SIDE TO SIDE	HIP TO SHOULDER THROWS	

WINTER WORKOUTS

Jump Rope Program

WEEKS

1,2,3,4,5

TIME

1 MINUTE

25 SEC

1 MINUTE

1 MINUTE

25 SEC

25 SEC

25 SEC

25 SEC

1 MINUTE

1 MINUTE

30 SEC

1 MINUTE

1 MINUTE

30 SEC

1 MINUTE

30 SEC

30 SEC

30 SEC

30 SEC

30 SEC

20 SEC

1 MINUTE

1 MINUTE

45 SEC

1 MINUTE

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30 SEC

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PACE

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RIGHT FOOT ONLY

LEFT FOOT ONLY

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RIGHT FOOT ONLY

LEFT FOOT ONLY

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WINTER WORKOUTS

