Softball Conditoining Winter Break 2011-12

	Day 1	Day 1- Other Option	Day 2	Day 2- Other Option
WK 1	10 yrdBox Drills- (#1 FWD, side, back, Side, #2 FWD, Dgnl Back, FWD, Dgnl Back, #3 FWD, Outside Plant, FWD, Outside Plant, FWD, # 4 Same as #3 but Inside) x6	Treadmill Shuffle Right- 1min/Left- 1min, Jog 2min. X10	Cannon Ball Sprints followed by 40yrd sprint (1 to 5 to 1/drill) 2 Ft Jump Push, Right Ft Jump Push, Left Foot Jump Push, 2 total sets	Tabata Treadmill- 20sec On/10sec Off 12 Incline 7mph x 8, Walk 4mins. X3
WK 2	Outside or Treadmill 5km= 3.1 miles run	Elliptical, Bike, or swim for an hour	300 yrd shuttle (25 yrd length, down and back 6 times =1 Sprint) x8, Each sprint in under 1min, rest as much as needed	1min on 1min off Treadmill, 12 Incline 7mph x 20
WK 3	Cannon Ball Sprints followed by 40yrd sprint (1 to 5 to 1/drill) 2 Ft Jump Push, Right Ft Jump Push, Left Foot Jump Push, 3 total sets	Tabata Treadmill- 20sec On/10sec Off 12 Incline 7mph x 8, Walk 4mins. X4	100 Jump Rope,2 min jog on Treadmill, 200 Jump Rope, 2min Jog, (Repeat adding 100 JR each time through 500)	Treadmill Sprints- 2 Incline, 10mph 1min on 90 sec off x 15
WK 4	Outside or Treadmill 7km= 4.3 miles run	Elliptical, Bike, or swim for 70mins	Sprint to Brake (Sprint 20 yrds and come to complete stop, sprint again) repeat for 100yrds. X 20	Treadmill Shuffle Right- 1min/Left- 1min, Jog 2min. X12
WK 5	Basketball Court Suicides- Free Throw, Half, Free Throw, Full. Rest x 10	1min on 1min off Treadmill, 15 Incline 5.0mph x 10	300 yrd shuttle (25 yrd length, down and back 6 times =1 Sprint) x9, Each sprint in under 1min, 90 sec rest between intervals	Tabata Treadmill- 20sec On/10sec Off 12 Incline 7mph x 8, Walk 4mins. X5
WK 6	100 Jump Rope,2 min jog on Treadmill, 200 Jump Rope, 2min Jog, (Repeat adding 100 JR each time through 500)	Treadmill Sprints- 2 Incline, 10mph 1min on, 90 sec off x20	Outside or Treadmill 9km= 5.5 miles run	Elliptical, Bike, or swim for 80mins