

ESSENDON BASEBALL CLUB



Preparation for Pre-Season – 2020/21

Purpose:

- A general conditioning program to get yourself ready for what will be a very short pre-season training program before the expected season start.

General:

- Aim to do 2 to 3 sessions per week
- Find a teammate & find an oval (within a 15km radius)
- Chose a session from the below options
- At the end of the session have a light throw & a cool down
- Each of the conditioning sessions should take about 20 to 30 minutes
- Start easy & build up by increasing intensity &/or volume in latter weeks.

It is important to do something!

Any queries call or text Bill Leropoulos (0419 358 635).

For each session do the following Warm Up:

- 5-minute easy jog
- Leg swings against a fence
- Dynamic movements:
 - Arm swings
 - Hip rotations
 - Trunk rotations
 - Windmills
 - Sumo squats x 6
 - Back rolls
- Running Drills (20 metres):
 - Side to side
 - Carioca
 - Butt flicks
 - High knees
 - Scissor kicks
- 3 x 50M strides

Option 1:

- Reverse lunges (with your bat above your head)
- Sit ups (band/bat behind head & bring arms up to knees)
- Work down from 12 in 2s (i.e. 12, 10, 8, 6, 4, 2)
- At the end of each 2nd set run 200M (60% max. effort / speed).

Option 2:

- Strength - 2 to 3 sets of the following:
 - 40 sec for each exercise / 20 sec recovery b/w exercises / 60 sec recovery b/w sets
 - Squats
 - Push ups
 - Reverse lunge R
 - Reverse lunge L
 - Commandos (google it!)
 - Sit ups – crunches or elbow to opposite knee
- 5 x 80M strides (80% max. effort / speed) with walk recovery (WR) or jog recovery (JR) after each one

Option 3:

- 6 x 60M (90% max effort / speed) with WR or JR after each one
- Strength – 2 to 3 sets of the following:
 - 10 push ups
 - 20 sit ups
 - 20 squats
 - 20 lunges
 - 40 star jumps
 - 60 sec wall sit
 - Rest (1 min) & Repeat
 - #powerworkout

Option 4:

- 8 x 80m (80% max effort/speed) WR or JR after each one
- Strength – 2 to 3 sets of the following:
 - 20 star jumps
 - 1 min plank
 - 20 push ups
 - 1 min plank
 - 20 squats
 - 1 min plank
 - Rest (1 min) & Repeat

Option 5:

- 3 x (30 secs stride (50% max. effort / speed) then 30 secs JR)
- 3-4 x 40M (90% max. effort / speed)
- Strength – 2 to 3 sets of the following:
 - 10 push ups
 - 20 sit ups
 - 20 squats
 - 20 lunges
 - 40 star jumps
 - 60 sec wall sit
 - Rest (1 min) & Repeat
 - #powerworkout

Option 6:

- Continuous suicides:
 - 20M touch & return to start
 - 40M touch & return to start
 - 60M touch & return to start
 - 20M touch & return to start
 - 40M touch & return to start
 - 60M touch & return to start
- Strength - 2 to 3 sets of the following:
- 40 secs for each exercise / 20 secs recovery b/w exercises / 60 secs recovery b/w sets
 - Squats
 - Push ups
 - Reverse lunge R
 - Reverse lunge L
 - Commandos (google it)
 - Sit ups – crunches or elbow to opposite knee