



## In Season Training Philosophy and Plan

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**Separate lifting templates will be sent out that can guide you in how to program your in season lifts on your own.**

**Follow the set and rep schemes as prescribed and pick your lifting variations as you feel they fit your weekly schedule. As the intensity (weight of the lift) increases, your volume needs to decrease. This is more clear on the lifting template PDF file**

## Keys to In Season Training

### **1. Consistency is Key**

*In Season training is possibly the MOST IMPORTANT TRAINING TIME of the year. If your season runs from March to August, that is 5-6 months of training time. We DO NOT want to come into the start of next offseason without having lifted in 5-6 months. We simply want to add 2-3 lifts per week and be consistent over time. This will compound into anywhere from 40-70 lifts! This is a huge competitive advantage over someone who does not lift during the season. When you stay consistent with your lifts, you also minimize soreness. Your body will adapt to the demands of lifting.*

*“This is not P90x, we do not want the body guessing” - Zach Dechant, TCU*

*Be consistent so that you can be your strongest when it matters the most! If you are not lifting, you are going to be your weakest when you are playing in your biggest games!*

### **2. Lifting in season DOES NOT assume any of the following:**

- a. Must lift heavy (>90% 1RM)
- b. Must lift on game days
- c. Must use certain exercises
- d. Must train the same way as another team / player / organization

### **3. Intensity > Volume**

*We want to prioritize intensity (meaning how heavy the load is), not volume. Excess volume and time under tension are the two primary reasons for muscular soreness. Time under tension is how long your muscles are under stress during a lift. Time under tension is ideal for early offseason training, NOT in season. We are trying to minimize soreness so that you are prepared for any games / practices that may come your way.*

*For example, say 1 rep takes 2 seconds to complete. Compare 3x8 scheme versus 8x3 scheme. The total volume (24 reps) is the same. But, look at time under tension*

**8 reps = 16 consecutive seconds of tension**

**3 reps = 6 seconds of consecutive tension**

*So while the volume is the same, the body is able to respond and recover quicker from 6 seconds of tension per set.*

### **4. Minimum Effective Dose**

*We must train hard enough in order to maintain or build strength /power during the season, but while minimizing soreness and fatigue. This is known as the minimum effective dose. We DO NOT want workouts that destroy you and make you leave the weight room feeling exhausted!*

*At the end of the day, you need to be HEALTHY, STRONG, AND FRESH for your games!*

*We need to be effective in our training, but also efficient. Do ONLY what needs to be done to see results and make you a better athlete. Get in, and get out in a time efficient manner*

### **5. Be adaptable**

*In season lifting almost never takes place in an ideal scenario. Schedule changes in high school baseball can throw off your routine quickly. Set a routine, but understand that you will have to adapt to what your schedule is in front of you. You may have to lift in a hotel gym, a commercial gym, or just with your own bodyweight. Be able to adapt to what is in front of you*

## Philosophy of In-season training

### 1. Keep Volume Low (<5 reps per set on main lifts)

- Able to train at high intensities without significant fatigue and allows you to continue training for strength

### 2. Keep Reps Fast

- Minimize time under tension, and therefore muscular soreness

### 3. Keep Intensity High

- High intensity is 75% or above
- This does NOT MEAN max out or lift above 90% 1RM all the time
- Goal is to slowly expose yourself to higher intensities over the course of the season

### 4. Stay Healthy

- This is our MAIN GOAL of in season training
- Injuries from doing too much training in season are unacceptable in our eyes

**MA STRENGTH** **IN-SEASON TRAINING PROTOCOLS**

	PROTOCOL	HOW MANY SETS DO I DO?	HOW MANY REPS DO I DO?
	<b>GAMEDAY / PLAYOFFS</b>	<b>SKIP THE LAST SET OF EVERY EXERCISE</b>	<b>CUT REPS IN HALF</b>
	<b>1 DAY BEFORE GAME</b>	<b>COMPLETE ALL SETS</b>	<b>CUT REPS IN HALF</b>
	<b>2+ DAYS BEFORE GAME</b>	<b>TRAIN AS NORMAL</b>	<b>TRAIN AS NORMAL</b>

**WHAT IS "GAMEDAY"?**  
ANY COMPETITION-LIKE EVENT IS CONSIDERED "GAMEDAY". SCRIMMAGES AND INTRASQUADS COUNT AS GAMEDAYS.

**REPS IN HALF?**

10 REPS = 5 REPS	4 REPS = 2 REPS
8 REPS = 4 REPS	3 REPS = 2 REPS
6 REPS = 3 REPS	2 REPS = 1 REP
5 REPS = 3 REPS	1 REP = 1 REP

Credit for chart: Cody Hughes, Madison Academy

## “Ideal” In Season Lifting Schedule

Day 1: Throw

Day 2: Recovery

Day 3: Total Body Lift (Lower focus)

Day 4: No lift OR movement / mobility

Day 5: Total body Lift (Upper)

Day 6: No Lift OR movement / mobility

Day 7: Light movement circuit or off

*This is an “ideal” schedule for lifts, meaning that if you had access to the weight room whenever you needed, your schedule was consistent, and you pitched every 7 days, this would be your lifting schedule. We understand that this is NOT LIKELY to be what happens for most High School pitchers. Most of you play other positions or do not have access to a weight room at any time.*

*Use this as a guide for yourself and BE ADAPTABLE. Your goal is **2 full body lifts** per week. How that fits into your weekly schedule and when you throw is up to you, but use this as a template for yourself.*

*\*\*NOTE\*\*: Remember, time under tension is the main cause of muscular soreness. Be careful in choosing exercises that have long eccentric (lowering) phases such as Nordic hamstring curls as these will likely cause increased muscular soreness*

## Exercise Examples

*\*This is not a comprehensive list, but use these exercises as a guide\**

### Squat Variations

Front Squat	Safety Bar Squat	Leg Press
Back Squat	Spanish Squat	
Goblet Squat	Wall Sit	

### Hinge Variations

DB RDL	Single Leg RDL	Barbell Hip Thrusts
BB RDL	TB Deadlift	Glute Bridge Holds
Straight Bar Deadlift	KB Swing	Sumo Deadlift
Trap Bar Deadlift	Cable Pull Through	

### Push

Push Up Variations	Cable Press Variations	KB Overhead Press
DB Bench Press	Single Arm DB Press	Landmine Press
BB Bench Press	Floor Press	

### Pull

Inverted Row	Pull Up	Landmine Row
DB Row	Chin Up	Cable Row Variations
DB Pullover	Chest Supported Row	Lat Pulldowns
Band Pull Aparts	Face Pulls	Banded / Cable I,T,Y

**Single Leg**

Split Squat	Forward Lunge Variations	Pistol Squat
Reverse Lunge Variations	Lateral Lunge	Step Up variations
RFE Split Squat Variations		

**Core**

Dead Bug Variations	Birddogs	Full Body Tension Plank
Front Plank	Side Plank	Pallof Press
Shoulder Taps	DB Pull Throughs	Vertical Chop
Horizontal Chop	Farmers Carry	Suitcase Carry
Ab Rollouts		

**Upper Mobility**

T-Spine extension	Shoulder CAR's	Sidelying Open Book
Side Lying Cross Body	Rack Pec Stretch	Rack Lat Stretch with band
Thread the Needle	T-Spine Rotations	Thread the Needle with Rotations
Dead Hang from Bar	Deep Box Push Up	

**Lower Mobility**

Banded Hip IR / ER	Pigeon Stretch	Bench Adductor Dips
Wall Hip Flexor Stretch	Wall Ankle Mobilization	Banded Ankle Mobilization
World's Greatest Stretch	Squat with Reach	Squat with Reach and Rotation
Hip CAR's	Kneeling Adductor Dips	Rocking Cossack Squat
Fire Hydrants	Banded Hamstring Stretch	

***Separate lifting templates will be sent out as well that can guide you in how to program your in season lifts on your own. Follow the set and rep schemes as prescribed and pick your variations as you feel they fit your weekly schedule***

## In-Season Throwing Schedule

### Sample Throwing Schedule for a Starting Pitcher

Day 1: Get Hitters Out
Day 2: Recovery
Day 3: Maintenance Day
Day 4: Recovery
Day 5: Bullpen
Day 6: Off
Day 7: Short Box

### Notes/Adjustments

It is impossible to create one plan that works for everyone. There are too many variables that impact each pitcher.

The key to the plan above is to incorporate a proper recovery plan and to throw with the appropriate volume and intensity on the days when a pitcher is not on the mound. Pitchers who start every 5 days, appear in a relief appearance, or who play a position on days they are not pitching will have to adjust their throwing plan. The key is to manage volume and intensity to avoid overworking the arm.

Detailed plans for each day are on the following pages. We understand not everyone will have access to all of the equipment like medicine balls, for example. If the equipment is not available, skip the exercise and continue to the next one.

## Recovery Day Routine - 60% of max effort

Exercise	Sets	Reps/Notes
<b>Warm-up</b>		
Foam Roll	1	<a href="#">Full body. See instructional videos</a>
Lax Ball Rollout	1	<a href="#">20 sec per body part</a>
Dynamic Warm Up and Static Stretch Routine		<a href="#">Movement Over Maxess Dynamic Warm Up</a>
J-Band Series	1	<a href="#">8-10 reps per exercise</a>
Shoulder Tube	1	<a href="#">10s per exercise</a>
Wrist Weights	1	<a href="#">4 exercises, 10 reps per exercise</a>
Medicine Ball Warm-up	1	Med ball rotations, 10 reps per side Overhead throws, 10 reps <a href="#">Choose 2-3 exercise options</a>
<b>Throwing:</b>		
Reverse Throws	1	<a href="#">10 reps with a 32oz gray ball</a>
Pivot picks, 10-Toes, or Marshall Drill	1	<a href="#">Pivot picks</a> -8-10 reps, 21 or 14oz, or <a href="#">10 toes</a> -8-10 reps, 14oz, or <a href="#">Marshall Drill</a> - 8-10 reps, 14 oz
Rocker with follow-through	1	<a href="#">Rocker</a> : 2 throws each with the yellow (7oz), orange (5oz), and red (3.5oz)
Throwing Program	30 throws at 60% max effort	Set 1: 15 throws at 60 feet to a partner Set 2: 15 throws at 75 feet to a partner
Plyoball Work	Optional	Choose 2-3 plyo drills and perform each no more than 10 times
<b>Recovery:</b>		
Jaeger Band Series + additional band work	1	10 reps per exercise
Stretch with hold	2	Hold each ISO stretch for 30 sec

### Movement Day Routine - 60-80% of max effort.

Exercise	Sets	Reps/Notes
<b>Warm-up</b>		
Foam Roll	1	Full body. See instructional videos
Lax Ball Rollout	1	20 sec per body part
Dynamic Warm Up and Static Stretch Routine		30s per static stretch
J-Band Series	1	10 reps per exercise
Shoulder Tube	1	10s per exercise
Wrist Weights	1	4 exercises, 10 reps per exercise
<a href="#">Medicine Ball</a> Warm up	1	Med ball rotations, 10 reps per side Overhead throws, 10 reps Other exercises will vary
<b>Throwing:</b>		
Reverse Throws	2	10 reps with a 32oz gray ball
Pivot picks, 10-Toes, or Marshall Drill	1	No more than 10 reps
Rocker with follow-through	1	3 throws each with the yellow (7oz), orange (5oz), and red (3.5oz)
Throwing Program - light long toss and catch play 60 ft - 10 throws at 60% 75 ft - 10 throws at 70% 90 ft - 5 throws at 80 % 120 ft - 5 throws at 80% 90 ft - 5 throws at 80% 75 ft - 10 throws, mix in off-speed	1	Pay attention to effort and the number of throws 80% max. <ul style="list-style-type: none"> <li>● Throw to a partner - spin your pitches</li> <li>● Move athletically with each throw</li> </ul>
Movement Work	custom	Varies by individual. Includes: <ul style="list-style-type: none"> <li>● Plyo drills - read throwing evaluation report</li> <li>● Additional med ball work</li> </ul>
<b>Recovery:</b>		
Plyo Rebounders	2	10 reps with 32oz gray ball
Jaeger Band Series + additional band work	1	10 reps per exercise
Shoulder tube	1	10 seconds per exercise

## Bullpen Day Routine

- Each bullpen is 15 pitches per set. Players will throw 2 sets on most mound day

Exercise	Sets	Reps/Notes
<b>Warm-up</b>		
Foam Roll	1	Full body. See instructional videos
Lax Ball Rollout	1	20 sec per body part
Dynamic Warm-Up and Static Stretch Routine		30s per static stretch
J-Band Series	1	10 reps per exercise
Shoulder Tube	1	10s per exercise
Wrist Weights	1	4 exercises, 10 reps per exercise
<a href="#">Medicine Ball</a> Warm up	1	Med ball rotations, 10 reps per side Overhead throws, 10 reps Other exercises will vary
<b>Throwing:</b>		
Reverse Throws	2	10 reps with a 32oz gray ball
Pivot picks, 10-Toes, or Marshall Drill	1	No more than 10 reps
Rocker with follow through	1	3 throws each with the yellow (7oz), orange (5oz), and red (3.5oz)
Long Toss Program	1	See indoor throwing routine. Build up to max effort. <ul style="list-style-type: none"> <li>● Move athletically with each throw</li> <li>● End by throwing a target and spin all off-speed pitches</li> </ul>
Mound Work	15 pitches per set	Start at 80% or 50 feet 8 pitch warm-up for set 1, 5 pitch warm-up for set 2 Get hitters out
<b>Recovery:</b>		
Plyo Rebounders	2	10 reps with 32oz gray ball
Jaeger Band Series + additional band work	1	10 reps per exercise
Shoulder tube	1	10 seconds per exercise

## Sample Pregame and Bullpen Throwing Routine

Catcher starts down at 50 ft for 8-10 pitches. 70% effort. From the mound, locate all pitches knees and below, then begin the 60 foot set below.

<b>Set # 1 At 60 feet:</b>
2 FB down middle
2 FB in
2 FB away
2 FB 6 inches in
2 FB 6 inches away
3 Breaking Balls
1 FB up oppo arm
3 Breaking Balls
1 FB oppo arm
3 Changeups
1 FB

### Set # 2:

Routine will vary. Establish FB down and locate all off-speed pitches. Pitch count can vary from 10-20 in set 2. Let the pitcher decide his routine in this set.

### Final 2 pitches:

End the 2<sup>nd</sup> bullpen set with your plan for the 1<sup>st</sup> 2 pitches of the game