

SHARYLAND BASEBALL DAILY INDIVIDUAL WORKOUT



ARMS	Day 1	Day 2	Day 3	Day 4
Walkover Pushups	3 SETS 5 REPS	3 SETS 5 REPS	4 SETS 5 REPS	4 SETS 5 REPS
Weighted Pushup	3 SETS 5 REPS	3 SETS 5 REPS	4 SETS 5 REPS	4 SETS 5 REPS
ABS				
Push-up w/ Marching Man	3 SETS 5 REPS	3 SETS 5 REPS	4 SETS 5 REPS	4 SETS 5 REPS
Pushup with Rotation	3 SETS 5 REPS	3 SETS 5 REPS	4 SETS 5 REPS	4 SETS 5 REPS
Dead Bugs	3 SETS 5 REPS	3 SETS 5 REPS	4 SETS 5 REPS	4 SETS 5 REPS
SCAPS				
Y/T/C/ER on Incline for Reps	3 SETS 5 REPS	3 SETS 5 REPS	4 SETS 5 REPS	4 SETS 5 REPS
External Rotation on Floor	3 SETS 5 REPS	3 SETS 5 REPS	4 SETS 5 REPS	4 SETS 5 REPS
Medball Scap Pushup	3 SETS 5 REPS	3 SETS 5 REPS	4 SETS 5 REPS	4 SETS 5 REPS
LEGS				
DB Single Arm Single Leg RDL	3 SETS 5 REPS	3 SETS 5 REPS	4 SETS 5 REPS	4 SETS 5 REPS
SL Squat w Reach	3 SETS 5 REPS	3 SETS 5 REPS	4 SETS 5 REPS	4 SETS 5 REPS
Box Jump	3 SETS 5 REPS	3 SETS 5 REPS	4 SETS 5 REPS	4 SETS 5 REPS
RUNNING				

Week 5	Day 1	Day 2	Day 3	Day 4	Day 5
	3 Zone 4-5x10-15 Intervals	Tempo Runs 1000- 1600 yds	3 Zone 6-7x10-15 Intervals	Tempo Runs 1000- 1600 yds	3 Zone 5-6x10-15 Intervals

3 Zone

10 yds full speed

10 yds form running

10 yds full speed

Week 6	Day 1	Day 2	Day 3	Day 4	Day 5
	4 Zone 3-4x10-20 Intervals	Tempo Runs 1000- 1600 yds	4 Zone 5-6x10-20 Intervals	Tempo Runs 1000- 1600 yds	4 Zone 4-5x10-20 Intervals

4 Zone

10 yd Build Up

10 yd Sprint

10 yd Sprint

10 yd Form Run