



COLLEGE IN-SEASON TRAINING PROGRAM

BASEBALL & SOFTBALL

This is a comprehensive 12-week weight lifting program designed for college-level baseball or softball players who are in-season. This program focuses on maintaining strength, batting and throwing power, and speed through compound movements and isolation exercises. The program is structured to be performed three times a week.

WEEK 1-12: IN-SEASON MAINTENANCE PHASE

DAY 1: UPPER BODY AND CORE

	SETS	REPS/DURATION	REST
Bench Press	3	6-8	2-3 minutes
Pull-Ups	3	6-8	2-3 minutes
Overhead Press	3	8-10	2 minutes
Bent Over Rows	3	8-10	2 minutes
Bicep Curls	3	10-12	1.5 minutes
Tricep Dips	3	10-12	1.5 minutes
Plank	3	1 minute	1 minute
Russian Twists	3	20	1.5 minutes

DAY 2: LOWER BODY AND POWER

	SETS	REPS/DURATION	REST
Squats	3	6-8	3 minutes
Deadlifts	3	6-8	3 minutes
Leg Press	3	10-12	2 minutes

	SETS	REPS/DURATION	REST
Hamstring Curls	3	10-12	1.5 minutes
Calf Raises	3	15	1.5 minutes
Box Jumps	3	10	2 minutes
Medicine Ball Throws	3	10	2 minutes

DAY 3: FULL BODY AND SPEED

	SETS	REPS/DURATION	REST
Hex Bar Deadlifts	3	6-8	3 minutes
Incline Dumbbell Press	3	8-10	2 minutes
Lat Pulldowns	3	10-12	2 minutes
Lateral Raises	3	12-15	1.5 minutes
Power Cleans	3	4-6	3 minutes
Push Press	3	4-6	2-3 minutes
Plyometric Push-Ups	3	10	1.5 minutes

PROGRAM NOTES & GUIDELINES

- **Warm-Up:** Always start with a 10-15 minute dynamic warm-up to prepare your muscles and joints.
- **Cool Down:** Finish each session with a 10-minute cool down, including stretching and foam rolling.
- **Progression:** Maintain the weight throughout the season to avoid overtraining and ensure recovery.
- **Rest:** Ensure adequate rest and recovery between workouts to prevent fatigue and injury.
- Feel free to adjust the program based on individual needs and progress. Good luck with your training and your season!

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This program is for educational purposes. Consult a physician before beginning any new exercise program. Stop if you experience pain. Results vary based on individual effort, nutrition, and consistency.