

INVICTUS

SPORTS PERFORMANCE AND FITNESS

Baseball/Fastpitch Speed Training Program: Maximize Your Hustle on the Basepaths

Baseball/Fastpitch is a game of inches, and a burst of speed can be the difference between a single and a double, or beating out a throw to first. This 8-week program is designed specifically for high school and college baseball/fastpitch players to improve their running speed and agility for maximum impact on the field.

Week 1-2: Focus on Building a Base

- **3 days per week:**
 - Distance running: 2-3 miles at an easy pace
 - Hill repeats: 6-8 repetitions of uphill sprints (50-75 meters) with jog recovery
 - General strength training: Squats, lunges, planks, push-ups (3 sets of 10-12 reps)

Week 3-4: Introduce Speed Drills

- **3-4 days per week:**
 - **Sprints:**
 - 50m sprints: 6 sets of 4-6 reps with 2-3 minutes rest
 - 10m sprints: 4 sets of 8-10 reps with 1-2 minutes rest
 - **Acceleration drills:**
 - Flying 20s: Start from a walking pace and accelerate to top speed over 20 meters (6-8 reps)
 - **Quick feet drills:** Ladder drills, cone drills with high knees and butt kicks (2-3 sets of 30 seconds)
 - **Plyometrics:** Box jumps, depth jumps (3 sets of 5-8 reps)

Week 5-6: Push the Limits

- **3-4 days per week:**
 - **Hill sprints:** Increase uphill reps to 8-10 with jog recovery
 - **Speed drills:** Increase sets and reps of all drills by 1-2
 - **Speed-specific strength training:** Olympic lifts, medicine ball throws (3 sets of 5-8 reps)

Week 7-8: Fine-tune and Maintain

- **3 days per week:**
 - **Sport-specific drills:** Base running drills, stealing drills (3 sets of 10-12 reps)
 - **Maintain speed and strength:** Reduce reps and sets of drills from previous weeks, focus on technique and explosiveness
 - **Active recovery:** Yoga, swimming, light cardio

Additional Tips:

- Incorporate plyometrics and agility drills: These exercises improve explosiveness and change-of-direction speed, crucial for baseball.
- Focus on proper form: Improper form can lead to injury and hinder your progress. Seek guidance from a trainer if needed.
- Don't neglect strength training: Building strength in your legs and core will translate to more powerful strides.
- Listen to your body: Take rest days when needed and avoid overtraining.
- Fuel your body properly: Eat a nutritious diet with plenty of protein and carbohydrates for optimal performance and recovery.