



# 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

Frequency: 3 days per week

| DETAILS / SETS & REPS     |                                                                    |
|---------------------------|--------------------------------------------------------------------|
| 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

Frequency: 3-4 days per week

| DETAILS / SETS & REPS           |                                                                                    |
|---------------------------------|------------------------------------------------------------------------------------|
| 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: Flying 20s        | Start from a walking pace and accelerate to top speed over 20 meters (6-8 reps)    |
| Acceleration: 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

Frequency: 3-4 days per week

### DETAILS / SETS & REPS

|                                  |                                                            |
|----------------------------------|------------------------------------------------------------|
| Hill Sprints                     | Increase uphill reps to 8-10 with jog recovery             |
| Speed Drills                     | Increase sets and reps of all drills from Weeks 3-4 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

Frequency: 3 days per week

### DETAILS / SETS & REPS

|                             |                                                                                          |
|-----------------------------|------------------------------------------------------------------------------------------|
| 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 & GUIDELINES

- **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.

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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.*