

# Understanding Baseball Speed Training: Part 3

By Shawn Moody

\Well with the break in the weather and as we dive into spring, baseball season is here. The smell of the fresh cut grass and the feel of the grit on your skin formed from the infield, it's time to conquer the diamond.

In part two of this series we examined a sample training session to help you acquire the speed necessary for dominating your game. The next question that I often receive is, "How do I put it all together?". Let's take a look at how you can utilize the methods I have described in this series into a weekly plan.

Before I have my athletes or clients engage in any type of physical training I always prescribe some type of dynamic warm-up. This time is used to elevate the body's core temperature and prepare the joints for the up-coming session.

Because of the movements required in baseball, we must make sure that we warm up the rhomboid (back of the shoulder) muscles. These muscles are responsible to keeping the shoulders healthy because of all the forward over-hand throwing motions when playing. We will also want to make sure that our lower body is activated in the warm-up to help with rotational, hip and leg mobility.

If you don't own Jon Doyle's warm-up dvd, then you are missing out. Because if you are jogging laps and static stretching before your big game.... You are NOT prepared!

Because of the lateral and explosive speed demands of baseball, that will be the primary focus of our training week. BUT, explosive sprinting and lateral work is very taxing on your CNS (central nervous system), so we will incorporate a few days of tempo work. This will allow us the opportunity to continue working on running and movement mechanics but will also act as a restoration method to help speed up the recovery process from the sprint work.

The Weekly Plan:

Monday	Tuesday	Wednesday	Thursday	Friday
agility/ speed development	tempo work	agility/ speed development	tempo work	agility/ speed development

The Session: Monday

- warm-up / dynamic range of motion work
- 15 yard short-shuttles = 4 total
  
- visual take-offs - Set up two cones or bases (just so you have a starting and finishing point) approximately 30 yards from each other. Have one of your parents or friends throw the ball from behind you and you run in the direction of the ball based on the visual cue. = 4 total

- sprinting brackets =  
Bracket 1.  
15 yard sprint = 5x (times)  
30 yard sprint = 3x  
60 yard sprint = 1x

Bracket 2.  
15 yard sprint = 1x  
30 yard sprint = 5x  
60 yard sprint = 3x

Bracket 3.  
15 yard sprint = 3x  
30 yard sprint = 1x  
60 yard sprint = 5x

#### The Session: Tuesday

- warm-up / dynamic range of motion work
- tempo work with change of direction  
distance set up is 60 yards. Start by running at approximately 50% for the first 20 yards, then turn and shuffle laterally in a good athletic position for the next 20 yards, and finally turn and finish the last 20 yards running forward at 60%. Rest 15 – 30 seconds and repeat 6 total times.

- tempo build-ups:  
distance is 100 yards. Start by running at approximately 50% for the first 20 yards gradually increase your speed up to 70% as you reach the middle of the field and then slowly decrease your speed for the last 20 yards. Rest 45 seconds to 1 minute and repeat 4 times.

#### The Session: Wednesday

- warm-up / dynamic range of motion work
- 15 yard short-shuttles = 4 total

- sprinting brackets =  
Bracket 2.  
15 yard sprint = 1x  
30 yard sprint = 5x  
60 yard sprint = 3x

Bracket 3.  
15 yard sprint = 3x  
30 yard sprint = 1x  
60 yard sprint = 5x

Bracket 1.  
15 yard sprint = 5x (times)  
30 yard sprint = 3x  
60 yard sprint = 1x

#### The Session: Thursday

- warm-up / dynamic range of motion work
- tempo ladder (distances 30 and 60 yards running at approximately 70%) set up 3 cones. One for a starting point the second at the 30 yard mark and the last at 60 yards. Start by running slightly past the 30 yard mark and slowly loop around and run back to the starting point. Rest 30 seconds and repeat.
- complete tempos in this order
  - 30 yards 6 times
  - 60 yards 4 times
  - 30 yards 6 times

#### The Session: Friday

- warm-up / dynamic range of motion work
- 15 yard short-shuttles = 4 total
- auditory response take-offs - Set up two cones or bases (just so you have a starting and finishing point) approximately 30 yards from each other. Have one of your parents or friends hit the ball from behind you and you run in the direction of the ball based on hearing the ball being hit. = 4 total

- sprinting brackets =  
Bracket 3.  
15 yard sprint = 3x  
30 yard sprint = 1x  
60 yard sprint = 5x

- Bracket 1.  
15 yard sprint = 5x (times)  
30 yard sprint = 3x  
60 yard sprint = 1x

- Bracket 2.  
15 yard sprint = 1x  
30 yard sprint = 5x  
60 yard sprint = 3x

After Friday our training week is complete. Rest on Saturday and Sunday. Remember to focus on the key points that I spoke about in Parts 1 & 2. Baseball is an explosive sport so we need to be able to move quickly and efficiently. Pulling this all together should give you a better understanding of how to train.

Remember this is just a sample of something that I use. It's not the end all, but it has worked for me and my athletes.