

UCSD BASEBALL SUMMER LINEAR SPEED DEVELOPMENT					
DATE	EXERCISE	REST	SETS	X	DIST / REPS
6/21/2010	ANKLING (POP OFF ANKLES)	WALK	2	X	10 YARDS
	A - MARCH (HIGH KNEE MARCH)	WALK	2	X	10 YARDS
	B- MARCH (KNEE UP EXTEND LEG -PULL UNDER)	WALK	2	X	10 YARDS
	MB THROWS FOR HEIGHT 6# MB	60	3	X	10
	10 YARD ACCELERATIONS	90	3	X	10 YARDS
6/28/2010	ANKLING	WALK	3	X	10 YARDS
	A - MARCH	WALK	3	X	10 YARDS
	B- MARCH (KNEE UP EXTEND LEG -PULL UNDER)	WALK	3	X	10 YARDS
	MB THROWS FOR HEIGHT 8# MB	60	4	X	10
	10 YARD ACCEL	90	4	X	10 YARDS
7/5/2010	ANKLING	WALK	4	X	10 YARDS
	A - SKIPS (HIGH KNEE RHYTHMIC SKIP)	WALK	4	X	10 YARDS
	B- SKIPS	WALK	4	X	10 YARDS
	MB THROWS FOR HORIZONTAL DISTANCE	60	3	X	10
	10 YARD ACCEL	90	5	X	10 YARDS
7/12/2010	HIGH KNEES ON WALL - RUN ON WALL	WALK	30 REPS	X	10 YARDS
	A-SKIPS TO HIGH KNEES	WALK	3	X	10 YARDS
	B-SKIPS TO STRIDES	WALK	3	X	10 YARDS
	MB THROWS FOR HORIZONTAL DISTANCE	60	3	X	10
	10 YARD ACCEL	90	6	X	10 YARDS

NOTE: ALWAYS START EACH WORKOUT WITH 50 SEATED/KNEELING/STANDING ARM SWINGS

UCSD BASEBALL SUMMER LATERAL SPEED DEVELOPMENT					
DATE	EXERCISE	REST	SETS	X	DIST / REPS
6/24/2010	LATERAL SQUAT WALK RIGHT	WALK	2	X	10 YARDS
	LATERAL SQUAT WALK LEFT	WALK	2	X	10 YARDS
	SL LATERAL LOW HURDLE JUMPS R/L	90	2	X	10 EACH
	3 SLIDES TO A SPRINT R/L	60	3	X	10 YARDS
	5 YARD SPRINT & RETURN R/L (LATERAL FACING)	90	2	X	10 YARDS
7/1/2010	LATERAL SQUAT WALK RIGHT	WALK	3	X	10 YARDS
	LATERAL SQUAT WALK LEFT	WALK	3	X	10 YARDS
	SL LATERAL LOW HURDLE JUMPS R/L	90	3	X	10 EACH
	MB SIDE THROWS 4 DIST 8#	60	3	X	10
	10 YARD SPRINT & RETURN R/L	90	3	X	20 YARDS
7/8/2010	LATERAL SQUAT WALK RIGHT	WALK	4	X	10 YARDS
	LATERAL SQUAT WALK LEFT	WALK	4	X	10 YARDS
	DL LATERAL LOW HURDLE JUMPS R/L (SPEED)	90	4	X	10 EACH
	MB SIDE THROWS 4 DIST 10#	60	3	X	10
	15 YARD SPRINT & RETURN R/L	90	3	X	30 YARDS
7/15/2010	LATERAL SQUAT WALK RIGHT	WALK	3	X	10 YARDS
	LATERAL SQUAT WALK LEFT	WALK	3	X	10 YARDS
	DL LATERAL HURDLE JUMPS + SPRINT R/L	90	3	X	5 EACH +10YRDS
	MB SIDE THROWS 4 DIST 12#	60	3	X	10
	20 YARD SPRINT & RETURN R/L	90	2	X	40 YARDS