

## 12 WEEK SOFTBALL - INFIELDER

|                                                                                                                                                                                                                                                                 | Monday                                         | Tuesday | Wednesday                                                | Thursday                               | Friday                                                   | Saturday                                            | Sunday                                |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------|---------|----------------------------------------------------------|----------------------------------------|----------------------------------------------------------|-----------------------------------------------------|---------------------------------------|
| <b>WEEK 1</b>                                                                                                                                                                                                                                                   | Warm-up<br>30'x10<br>45'x10                    | OFF     | Warm-up<br>30'x15<br>45'x15                              | OFF                                    | Warm-up<br>45'x15<br>60'x15                              | OFF                                                 | OFF                                   |
| <b>WEEK 2</b>                                                                                                                                                                                                                                                   | Warm-up<br>45'x10<br>60'x15                    | OFF     | Warm-up<br>45'x10<br>60'x20<br>Rest 5 min<br>60'x20      | OFF                                    | OFF                                                      | Warm-up<br>45'x10<br>60'x20<br>Rest 5 min<br>60'x20 | OFF                                   |
| <b>WEEK 3</b>                                                                                                                                                                                                                                                   | Warm-up<br>60'x15<br>75'x15                    | OFF     | Warm-up<br>60'x15<br>75'x25                              | OFF                                    | Warm-up<br>60'x15<br>75'x25                              | Warm-up<br>60'x15<br>75'x25                         | OFF                                   |
| <b>WEEK 4</b>                                                                                                                                                                                                                                                   | Warm-up<br>60'x15<br>75'x15                    | OFF     | Warm-up<br>60'x15<br>75'x25                              | OFF                                    | Warm-up<br>60'x15<br>75'x25                              | Warm-up<br>60'x15<br>75'x15<br>90'x10               | OFF                                   |
| <b>WEEK 5</b>                                                                                                                                                                                                                                                   | Warm-up<br>75'x25<br>Rest 5 min then<br>repeat | OFF     | Warm-up<br>75'x25<br>Rest 5 min then<br>repeat           | OFF                                    | Warm-up<br>75'x10<br>90'x15                              | Warm-up<br>75'x10<br>90'x15                         | OFF                                   |
| <b>WEEK 6</b>                                                                                                                                                                                                                                                   | Warm-up<br>75'x10<br>90'x25                    | OFF     | Warm-up<br>75'x10<br>90'x25<br>Rest 5 min then<br>repeat | OFF                                    | Warm-up<br>75'x10<br>90'x25<br>Rest 5 min then<br>repeat | OFF                                                 | Warm-up<br>60'x10<br>75'x25<br>90'x10 |
| <b>WEEK 7</b>                                                                                                                                                                                                                                                   | Warm-up<br>75'x10<br>90'x25<br>105'x10         | OFF     | Warm-up<br>75'x10<br>90'x10<br>105'x25                   | Warm-up<br>75'x10<br>90'x25<br>105'x10 | OFF                                                      | Warm-up<br>75'x10<br>90'x10<br>105'x10<br>120'x10   | OFF                                   |
| <b>WEEK 8: Transitionary Phase</b> – end of distance-building, progressing to infielder's specific throws/drills. If time available, not a bad idea to take a buffer week of easy throws from 60-90' for 5 minutes, but only two days. Then progress to week 9. |                                                |         |                                                          |                                        |                                                          |                                                     |                                       |

## 12 WEEK SOFTBALL - INFIELDER

|                |     |                                                                                                 |                                                                                     |                                                                                     |                                                                                                                                |                                                                                                            |                                                                                                               |
|----------------|-----|-------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
| <b>WEEK 9</b>  | OFF | OFF                                                                                             | Warm-up<br>60'x10<br>75'x15<br>2 sets                                               | OFF                                                                                 | Warm-up<br>60'x10<br>75'x15<br>90'x10<br>6 across-diamond<br>throws – 50%<br>6 DP feeds/turns –<br>50%                         | OFF                                                                                                        | Warm-up<br>60'x10<br>75'x10<br>90'x15<br>6 across-diamond<br>throws – 50%<br>6 DP feeds/turns –<br>50%        |
| <b>WEEK 10</b> | OFF | Warm-up<br>60'x10<br>75'x10<br>90'x15<br>6 across-diamond<br>– 75%<br>6 DP feeds/turns –<br>75% | Warm up to 90'<br>6 across-diamond –<br>75%<br>6 slow-roller charge<br>throws – 75% | Warm-up<br>75'x10<br>90'x10<br>105'x15                                              | OFF                                                                                                                            | Warm-up<br>75'x10<br>90'x10<br>105'x15<br>6 across-diamond<br>4 DP turns<br>6 slow-roller charges<br>(75%) | Warm-up<br>75'x10<br>90'x10<br>105'x15<br>6 across-diamond<br>4 DP turns<br>6 slow-roller<br>charges<br>(75%) |
| <b>WEEK 11</b> | OFF | Warm-up<br>75'x10<br>90'x10<br>105'x10<br>120'x10                                               | OFF                                                                                 | Warm-up<br>75'x10<br>90'x10<br>105'x10<br>120'x10<br>4 throws to each base<br>(80%) | Warm-up<br>75'x10<br>90'x10<br>105'x10<br>6 across-diamond<br>4 DP turns<br>6 slow-roller<br>charges<br>4 throws home<br>(80%) | OFF                                                                                                        | Warm-up<br>75'x10<br>90'x10<br>105'x10<br>120'x10                                                             |
| <b>WEEK 12</b> | OFF | Warm-up to 120'<br>6 throws to each<br>base                                                     | OFF                                                                                 | Warm-up to 120'<br>6 throws to each base                                            | Warm-up to 120'<br>6 throws to each<br>base                                                                                    | OFF                                                                                                        | Warm-up to 120'<br>8 throws to each<br>base                                                                   |

- Distance dictates intensity! Don't try to throw THROUGH your target, throw TO them.
- Continue with all strengthening exercises
- Do not try to throw through pain or soreness; if you have pain, take a day off and start that session x1 day later
- This is intended to be a general guideline – modifications may be made if needed