

12 WEEK SOFTBALL - OUTFIELDER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	Warm-up 45'x10 60'x10	OFF	Warm-up 45'x15 60'x15	OFF	Warm-up 45'x15 60'x20	OFF	OFF
WEEK 2	Warm-up 45'x10 60'x15 75'x10	OFF	Warm-up 60'x10 75'x15 Rest 5 min 75'x15	OFF	OFF	Warm-up 60'x10 75'x15 90'x10	OFF
WEEK 3	Warm-up 60'x10 75'x15 90'x10	OFF	Warm-up 75'x10 90'x20	OFF	Warm-up 75'x10 90'x15 120'x5	Warm-up 75'x10 90'x15 120'x5	OFF
WEEK 4	Warm-up 90'x10 120'x10	OFF	Warm-up 90'x15 120'x10	OFF	Warm-up 90'x10 120'x10 150'x5	Warm-up 90'x10 120'x10 150'x5	OFF
WEEK 5	Warm-up 120'x15 Rest 5 min then repeat	OFF	Warm-up 120'x10 150'x10	OFF	Warm-up 120'x10 150'x10 165'x5	Warm-up 120'x10 150'x10 165'x5	OFF
WEEK 6	Warm-up 120'x10 150'x15	OFF	Warm-up 120'x10 150'x15 165'x10	OFF	Warm-up 120'x10 150'x10 180'x5	OFF	Warm-up 120'x10 150'x10 165'x10 180'x5
WEEK 7	Warm-up 120'x10 150'x15 180'x10	OFF	Warm-up 120'x10 150'x10 180'x10	Warm-up 120'x10 150'x15 180'x10	OFF	Warm-up 120'x10 150'x10 180'x10 190'x5	OFF
WEEK 8: Transitional Phase – end of distance-building, progressing to outfielder'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.							

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WEEK 9	OFF	OFF	Warm-up 90'x10 120'x15 2 sets	OFF	Warm-up 90'x10 120'x15 150'x10 6 crow-hop throws to 3B – 50% 6 crow-hop throws home – 50%	OFF	Warm-up 90'x10 120'x10 150'x15 6 crow-hop to 3B – 50% 6 crow-hop home – 50%
WEEK 10	OFF	Warm-up 90'x10 120'x10 150'x15 6 crow-hop to 3B – 75% 6 crow-hop home – 75%	Warm up to 150' 6 throws to cutoff/relay – 75% 6 do-or-die charge throws home – 75%	Warm-up 120'x10 150'x10 180'x10	OFF	Warm-up 120'x10 150'x10 180'x10 6 crow-hop to 3B 4 crow-hop to 2B 6 crow-hop home (75%)	Warm-up 120'x10 150'x10 180'x10 6 crow-hop to 3B 4 crow-hop to 2B 6 crow-hop home (75%)
WEEK 11	OFF	Warm-up 120'x10 150'x10 180'x10 120'x10	OFF	Warm-up 120'x10 150'x10 180'x10 120'x10 4 crow-hop throws to each base (80%)	Warm-up 120'x10 150'x10 180'x10 6 to cutoff/relay 4 do-or-die home 6 crow-hop to 3B (80%)	OFF	Warm-up 120'x10 150'x10 180'x10 190'x5
WEEK 12	OFF	Warm-up to 180' 6 crow-hop throws to each base	OFF	Warm-up to 180' 6 crow-hop throws to each base	Warm-up to 180' 6 crow-hop throws to each base	OFF	Warm-up to 190' 8 crow-hop throws to each 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