

## REGINA GOLD POWER PROGRAM

This program is designed to maintain competition fitness and strength levels during season play. Perform the program at least once per week while active, and twice per week during layoff periods. (Extracted from, "Gold Medal Softball Conditioning")

NOTE: This is an anaerobic program which requires 10 - 20 seconds of high intensity work, followed by 30 to 60 seconds of rest. Emphasis should be on speed and form.

### WORKOUT CRITERIA

1. *Each set of must be completed at maximum speed.*
2. *Rest at least 30 seconds between sets, and 1 minute between circuits. A circuit is one set of all 8 exercises.*
3. *Perform the exercises in any order preferred.*

### WARM-UP

- Light jogging to break sweat.
- Stretch program.
- 3/4 speed sprints, 5 x 40m - focus on running form.

### DRILLS

- |    |   |                     |
|----|---|---------------------|
| 1. | <i>TWISTING SIT-UPS</i>                 | 4 sets x 10 reps    |
| 2. | <i>HITTERS - SNAP BACKS</i>             | 4 sets x 10 reps    |
|    | <i>PITCHERS - SPEED CIRCLES</i>         | 3 sets x 10 reps    |
| 3. | <i>HIGH KNEE JUMPS</i>                  | 3 sets x 10 reps    |
| 4. | <i>HITTERS - POWER SWINGS</i>           | 4 sets x 10 reps    |
|    | <i>PITCHERS - WEIGHTED BALL CIRCLES</i> | 4 sets x 10 reps    |
| 5. | <i>JUMPING PUSH-UPS</i>                 | 3 sets x 5 reps     |
| 6. | <i>HITTERS - TUBING SWINGS</i>          | 4 sets of 10 reps   |
|    | <i>PITCHERS - TUBING PULL THROUGH</i>   | 4 sets of 10 reps   |
| 7. | <i>TUBING PULL THROUGH - THROWING</i>   | 4 sets x 10 reps    |
| 8. | <i>PYRAMID SPRINTS - W/TUBING</i>       | 3 Pyramids - 10-50m |

### COOL DOWN

- Easy Jogging - at least 2 minutes
- Stretch Program