

HITTING POWER PROGRAM

This program is designed to maintain competition fitness during layoffs due to schedule breaks or inclement weather. If you will be inactive for more than two successive days, use this or an equivalent program at least every second day.

NOTE: This is an anaerobic program which requires short bursts of high intensity work. Work for 10 - 20 seconds then rest for 3 to 5 times the work period. Emphasis should be on speed and technique.

WARM-UP

- Light jogging to break sweat.
- Stretch program
- 3/4 speed sprints, 5x40m - focus on running technique

DRILLS

- | | | |
|----|---------------------------------|----------------------------------|
| 1. | Twisting Sit-ups | 4 sets x 10 reps |
| 2. | Snap Backs | 4 sets x 10 reps |
| 3. | High Knee Jumps | 3 sets x 10 reps |
| 4. | Resistance Swings (with tubing) | 4 sets of 10 secs @ max velocity |
| 5. | Jumping Push-ups | 3 sets x 5 reps |
| 6. | Power Swings | 4 sets x 10 reps |
| 7. | Pyramid Sprints | 3 Pyramids - 10-50m |
| 8. | Shadow Swings - with imagery | 100 swing program |

COOL DOWN

- Easy Jogging - at least 2 minutes
- Stretch Program

PROCESS

1. Perform each set of exercises at maximum speed.
2. Rest at least 10 seconds between sets, and 1 minute between activities
3. Do 1 set of exercises # through # followed by 1 pyramid.
4. Repeat to desired number of sets.
5. Finish with exercise #8
6. You can do the exercises in any order you prefer.