

## Conditioning Days

### Build-Up Sprints or Flying Starts

Build-up sprints (or Flying Starts) begin with the athlete already in motion. In the example below, you will run a total of 60 yards, but only the second 30 yards at full speed. Again, use the foul line as your starting point. Set up cones at 30 and 60 yards. Perform a couple of light sprints first. When you perform the Build-Up sprints, begin your run at 50 to 75% effort. As you hit the halfway mark, increase your speed to 100% effort.

- 2 30-yard sprints at 50% effort
  - 8 60-yard Build-Up sprints: first 30 yards at 75% effort, second 30 yards at 100% effort
- Again, after each sprint, use your walk back to the starting line as your rest.

### Base Running Drills

Talk about getting sport-specific. Base running drills allow you to work on your base running skills while also working on your conditioning. Try this sequence:

- Start at home. Sprint through 1st base. Walk to 2nd base.
- Get your normal lead from 2nd base and sprint home as if trying to score on a single. After reaching home, walk to 1st base.
- Get your lead from 1st base and sprint to 3rd base. Walk to home.
- Starting at home plate, sprint to second as if you just hit a double. Walk to 3rd base.
- Again, take your normal lead from 3rd base and sprint home as if you were trying to score on a grounder to the infield. Walk to 1st base.
- Take your lead from 1st base and sprint around the bases to score at home.

Rest to full recovery after one full set of the above sequence. Perform one to three sets.

### Shuttle Runs

Shuttle runs allow you to work on agility and change of direction. Set up two cones anywhere from 10 to 20 yards apart. Begin at the start cone and sprint full speed to the second cone. Decelerate and change direction, then sprint back to the start. Performing the total assigned distance between the cones completes one rep. Here's a good series where the total distance may be similar from rep to rep, but the distance between the cones varies, allowing for more or less change of direction.

- 2 x 30 yards - cones 10 yards apart
- 2 x 60 yards - cones 15 yards apart
- 2 x 60 yards - cones 20 yards apart
- 2 x 60 yards - cones 10 yards apart

Rest one to two minutes between sets