

**Name**

Recovery Zone:

Anaerobic Threshold:

Peak Training:

Heart Rate \_\_\_\_\_  
 Heart Rate \_\_\_\_\_  
 Heart Rate \_\_\_\_\_

Baseball- In season

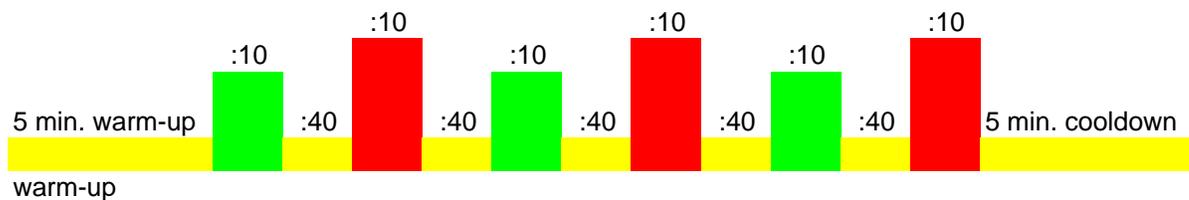
**Low Intensity Day**

5 min. warm-up



WORKLOAD	
Heart Rate	

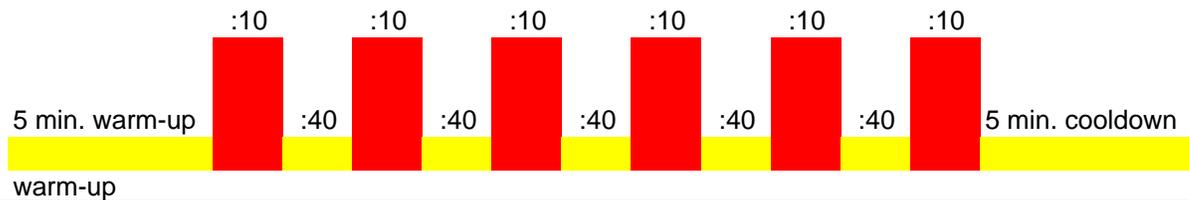
**Medium Intensity**



WORKLOAD	60%	75%	60%	90%	60%	80%	60%	90%	60%	85%	60%	90%	60%
Heart Rate													

Do as many sprints as needed before doing cooldown as long as they heart rate recovers in :40

**High Intensity**



WORKLOAD	60%	90%	60%	90%	60%	90%	60%	90%	60%	90%	60%	90%	60%
Heart Rate													

Do as many sprints as needed before doing cooldown as long as they heart rate recovers in :40

**Rotate Workouts**

Comments: