

Name \_\_\_\_\_

Recovery Zone: \_\_\_\_\_

Anaerobic Threshold: \_\_\_\_\_

Peak Training: \_\_\_\_\_

Heart Rate	_____
Heart Rate	_____
Heart Rate	_____

Baseball- In season

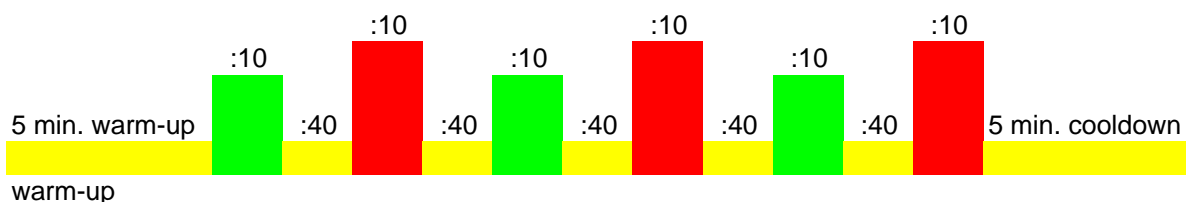
### Low Intensity Day

5 min. warm-up



WORKLOAD	
Heart Rate	

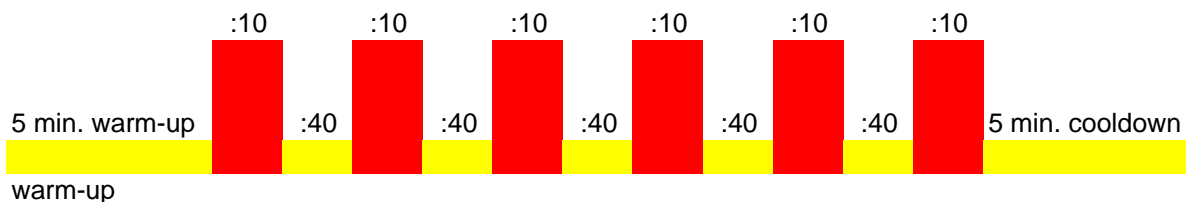
### Medium Intensity



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: