**Option 1**

**Dynamic Warm-Up**

**Plyos**
- 2 to 1 rest ratio between sets
  - Vertical Jumps (reset each rep) 3 x 10
  - S.L. Vertical Jumps 2 x 6 each leg
  - Standing Broad Jump (reset each rep) 2 x 6 each leg
  - Standing S.L. Broad Jump 2 x 6 each leg

**Foot Work**
- 10 sec. rest between sets
  - Box Taps 3 x 20 sec.
  - Skip Hops 3 x 20 sec.
  - Lateral Box Hops 3 x 20 sec.

**Conditioning**
- Sprints
  - 80yds x 3
  - (3 to 1 rest between reps)
  - 60yds x 5
  - (4 to 1 rest between 60's)
  - 5 yd Lead Off Sprints x 6
  - (3 to 1 Rest between starts)

**Option 2**

**Dynamic Warm-Up**

**Plyos**
- 2 to 1 rest ratio between sets
  - Continuous Broad Jump 3 x 5 jumps
  - Continuous S.L. Broad Jump 2 x 5 jumps each leg
  - Standing Triple Jump 3 x 2 starting with each leg
  - Forward Tuck Jumps 3 x 10 jumps

**Speed Work**
- Wall Run Double Replacement 3 x 6 each leg
- 30yd (90ft) sprints x 8

*Start in on base position, 30 sec. rest between reps, this is about quality not conditioning.

**Foot Work**
- 10 sec. rest between sets
  - For./Back Line Hops 3 x 15 sec.
  - Side to Side Line Hops 3 x 15 sec.
  - S.L. For./Back Line Hops 2 x 10 sec. each leg
  - S.L. Side to Side Line Hops 2 x 10 sec. each leg
  - 4 Corner Line Hops 2 x 15 sec. each way
  - S.L. 4 Corner Line Hops 1 x 10 sec. each leg/way

**Conditioning**
- 1 mile run

**Option 3**

**Dynamic Warm-Up**

**Plyos**
- 2 to 1 rest ratio between sets
  - Continuous Vertical Jumps 3 x 10
  - Split Jumps 3 x 6 each leg
  - Tuck Jumps 3 x 10
  - Continuous Lateral Bounds 3 x 6 each leg

**Foot Work**
- 10 sec. rest between reps and sets
  - Jump Rope
  - Double Leg 3 x 30 sec.
  - Single Leg 2 x 15 sec. each leg
  - Alternating 3 x 30 sec.
  - Your Choice 1 x 60 sec.

**Conditioning**
- 2 mile run or 20 minutes

**Option 4**

**Dynamic Warm-Up**

**Plyos**
- Circuit - no rest between sets, 1 into the next for 3 rounds
  - Lunge Jumps 10 sec. each leg
  - Squat Jumps 15 sec.
  - Lateral Line Hops 15 sec.
  - Tuck Jumps 10 sec.
  - Lateral Line Hops 15 sec.

**Conditioning**
- 1 mile run

**Option 5**

**Dynamic Warm-Up**

**Speed Work**
- Wall Run Triple Replacement 3 x 6 each leg
- 5yd starts x 10 (30 sec. between reps)

**Foot Work**
- 1 to 1 rest between sets
  - Dot Mat
    - X 3 x 15 sec.
    - Hour Glass 2 x 15 sec. each way
    - Triangle 2 x 15 sec. each way

**Conditioning**
- 1 min. rest between sets
  - Sprints Progression x 2
    - | Set | Distance | reps | Rest |
    - |-----|-------|-----|-----|
    - | 1   | 5yds | 5 | 5 sec. |
    - | 2   | 10yds | 5 | 5 sec. |
    - | 3   | 20yds | 5 | 10 sec. |

**Additional Conditioning Options**

**Option 1** - Jump Rope - 600 Jumps
**Option 2** - 100yd Sprints - x 6
  *3 to 1 rest ratio, run each one between 16 to 20 sec.
**Option 3** - 3 mile Run or 30 minutes
### Option 1
**Dynamic Warm-Up**

- Plyos:
  - Vertical Jumps (reset each rep) 2 to 1 ratio
  - S.L. Vertical Jumps 2 to 1 ratio between sets
  - Standing Broad Jump (reset each rep) 2 to 1 ratio
  - Standing S.L. Broad Jump 2 to 1 ratio between sets

- Foot Work:
  - 10 sec. rest between sets
    - Box Taps 3 x 20 sec.
    - Skip Hops 3 x 20 sec.
    - Lateral Box Hops 3 x 20 sec.

- Conditioning:
  - Sprints:
    - 80yds x 4
    - 60yds x 5
    - 5 yd Lead Off Sprints x 6

### Option 2
**Dynamic Warm-Up**

- Plyos:
  - Continuous Broad Jump 3 x 5 jumps
  - Continuous S.L. Broad Jump 3 x 5 jumps each leg
  - Standing Triple Jump x 3
  - Forward Tuck Jumps 3 x 10 jumps

- Speed Work:
  - Wall Run Double Replacement 3 x 6 each leg
  - 30yd (90ft) sprints x 8

*Start in on base position, 30 sec. rest between reps, this is about quality not conditioning.

- Foot Work:
  - 1 x 15 sec.
  - 2 x 15 sec. each leg
  - For./Back Line Hops 2 x 15 sec.

- Conditioning:
  - Sprints Progression x 2

### Option 3
**Dynamic Warm-Up**

- Plyos:
  - Continuous Vertical Jumps 3 x 10
  - Split Jumps 3 x 6 each leg
  - Tuck Jumps 3 x 10
  - Continuous S.L. Broad Jumps 3 x 6 each leg

- Foot Work:
  - 10 sec. rest between reps and sets
    - Jump rope
    - Double Leg 3 x 30 sec.
    - Single Leg 2 x 15 sec. each leg
    - Alternating 3 x 30 sec.
    - Your Choice 1 x 60 sec.

- Conditioning:
  - 2 mile run or 20 minutes

### Option 4
**Dynamic Warm-Up**

- Plyos:
  - Forward Double Leg Hops 2 x 20yds
  - Forward S.L. Hops 2 x 15yds each leg
  - Lateral DL Hops 1 x 20yds each side
  - Lateral S.L. Hops 1 x 10yds each way
  - High Knee Run 2 x 20yds
  - Lateral High Knee Run 1 x 20 yds each side

- Foot Work:
  - 1 to 1 ratio
    - Jump Rope
    - High Knee Run 2 x 20yds

- Conditioning:
  - 1 mile run

### Option 5
**Dynamic Warm-Up**

- Plyos:
  - Lunge Jumps 10 sec. each leg
  - Squat Jumps 15 sec.
  - Lateral Line Jumps 15 sec.
  - Tuck Jumps 10 sec.
  - Lateral Line Jumps 15 sec.

- Speed Work:
  - Wall Run Triple Replacement 3 x 6 each leg
  - 5yd starts x 10 (30 sec. between reps)

- Foot Work:
  - 1 to 1 rest ratio
    - Dot Mat
      - X 3 x 15 sec.
      - Hour Glass 2 x 15 sec. each way
      - Triangle 2 x 15 sec. each way

- Conditioning:
  - Sprints Progression x 2

### Additional Conditioning Options
- Option 1 - Jump Rope - 650 Jumps
- Option 2 - 100yd Sprints - x 7
- **3 to 1 ratio, run each one between 16 to 20 sec.**
- Option 3 - 3 mile Run or 30 minutes
Macalester Baseball  
Winter Break  
Week 3 Jan. 2nd

<table>
<thead>
<tr>
<th>Option 1</th>
<th>Dynamic Warm-Up</th>
<th>Option 2</th>
<th>Dynamic Warm-Up</th>
<th>Option 3</th>
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<td>2 to 1 rest ratio between sets</td>
<td><strong>Plyos</strong></td>
<td>2 to 1 rest ratio between sets</td>
<td><strong>Plyos</strong></td>
<td>2 to 1 rest ratio between sets</td>
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<td>Vertical Jumps (reset each rep)</td>
<td>3 x 10</td>
<td>Continuous Broad Jump</td>
<td>3 x 5 jumps</td>
<td>Continuous Vertical Jumps</td>
<td>3 x 10</td>
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<tr>
<td>S.L. Vertical Jumps</td>
<td>2 x 6 each leg</td>
<td>Standing Broad Jump (reset each rep)</td>
<td>2 x 6 each leg</td>
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<tr>
<td>Standing S.L. Broad Jump</td>
<td>2 x 6 each leg</td>
<td>Standing Triple Jump</td>
<td>x 3 starting with each leg</td>
<td>Tuck Jumps</td>
<td>3 x 10</td>
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<tr>
<th><strong>Foot Work</strong></th>
<th>10 sec. rest between sets</th>
<th><strong>Speed Work</strong></th>
<th><strong>Foot Work</strong></th>
<th>10 sec. rest between sets</th>
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<tr>
<td>Box Taps</td>
<td>3 x 20 sec.</td>
<td>Wall Run Double Replacement</td>
<td>3 x 6 each leg</td>
<td>Jump rope</td>
</tr>
<tr>
<td>Skip Hops</td>
<td>3 x 20 sec.</td>
<td>30yd (90ft) sprints</td>
<td>x 10</td>
<td>Single Leg</td>
</tr>
<tr>
<td>Lateral Box Hops</td>
<td>3 x 20 sec.</td>
<td><em>start in on base position, 30 sec. rest between reps, this is about quality not conditioning.</em></td>
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</table>

| **Conditioning** | | **Conditioning** | | **Conditioning** |
|------------------|-------------------|-------------------|-------------------|
| Sprints          | | | 2 mile run or 20 minutes |
| 80yds x 4        | | | |
| (3 to 1 rest between reps) | | | |
| 60yds x 6        | | | |
| (4 to 1 rest between 60’s) | | | |
| 5 yd Lead Off Sprints | x 8 | | |
| (5 to 1 Rest between starts) | | | |

<table>
<thead>
<tr>
<th>Option 4</th>
<th>Dynamic Warm-Up</th>
<th>Option 5</th>
<th>Dynamic Warm-Up</th>
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<tr>
<td><strong>Plyos</strong></td>
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<tr>
<td>Lunge Jumps</td>
<td>10 sec. each leg</td>
<td></td>
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</tr>
<tr>
<td>Squat Jumps</td>
<td>15 sec.</td>
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<td></td>
</tr>
<tr>
<td>Lateral Line Hops</td>
<td>15 sec.</td>
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</tr>
<tr>
<td>Tuck Jumps</td>
<td>10 sec.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lateral Line Hops</td>
<td>15 sec.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| **Conditioning** | | **Conditioning** | | **Conditioning** |
|------------------|-------------------|-------------------|-------------------|
| 1 mile run | | | |

| **Additional Conditioning Options** | | **Additional Conditioning Options** | | **Additional Conditioning Options** |
|------------------------------------|-------------------|-------------------|-------------------|
| Option 1 - Jump Rope - 700 Jumps | | Option 2 - 100yd Sprints - x 8 | |
| Option 2 - 3 to 1 rest ratio, run each one between 16 to 20 sec. | | Option 3 - 3 mile Run or 30 minutes | |
### Option 1
#### Dynamic Warm-Up
- **Plyos**: 2 to 1 rest ratio between sets
  - Vertical Jumps (reset each rep): 3 x 10
  - S.L. Vertical Jumps: 2 x 6 each leg
  - Standing Broad Jump (reset each rep): 2 x 6 each leg
  - Standing S.L. Broad Jump: 2 x 6 each leg

- **Foot Work**: 10 sec. rest between sets
  - Box Taps: 3 x 20 sec.
  - Skip Hops: 3 x 20 sec.
  - Lateral Box Hops: 3 x 20 sec.

- **Conditioning**
  - Sprints:
    - 80yds: x 4 (3 to 1 rest between reps)
    - 60yds: x 8 (4 to 1 rest between 60’s)
    - 5 yd Lead Off Sprints: x 8 (3 to 1 Rest between starts)

### Option 2
#### Dynamic Warm-Up
- **Plyos**: 2 to 1 rest ratio between sets
  - Continuous Broad Jump: 3 x 5 jumps
  - Continuous S.L. Broad Jump: 3 x 5 jumps each leg
  - Standing Triple Jump: x 3 starting with each leg
  - Forward Tuck Jumps: 3 x 10 jumps

- **Speed Work**
  - Wall Run Double Replacement: 3 x 6 each leg
  - 30yd (90ft) sprints: x 10

- **Foot Work**: 10 sec. rest between sets
  - For./Back Line Hops: 3 x 15 sec.
  - Side to Side Line Hops: 3 x 15 sec.
  - S.L. For./Back Line Hops: 2 x 10 sec. each leg
  - S.L. Side to Side Line Hops: 2 x 10 sec. each leg
  - 4 Corner Line Hops: 2 x 15 sec. each way
  - S.L. 4 Corner Line Hops: 1 x 10 sec. each leg/way

- **Conditioning**
  - 1 mile run

### Option 3
#### Dynamic Warm-Up
- **Plyos**: 2 to 1 rest ratio between sets
  - Continuous Vertical Jumps: 3 x 10
  - Split Jumps: 3 x 6 each leg
  - Tuck Jumps: 3 x 10
  - Continuous Lateral Bounds: 3 x 6 each leg

- **Foot Work**: 10 sec. rest between reps and sets
  - Jump rope:
    - Double Leg: 3 x 40 sec.
    - Single Leg: 2 x 20 sec. each leg
    - Alternating: 3 x 40 sec.
    - Your Choice: 1 x 90 sec.

- **Conditioning**
  - 2 mile run or 20 minutes

### Option 4
#### Dynamic Warm-Up
- **Foot Work**: 1 to 1 rest ratio
  - Jump Rope
    - Forward Double Leg Hops: 2 x 20yds
    - Forward S.L. Hops: 2 x 15yds each leg
    - Lateral DL Hops: 1 x 20yds each side
    - Lateral S.L. Hops: 1 x 10yds each way
    - High Knee Run: 2 x 20yds
    - Lateral High Knee Run: 1 x 20 yds each side

- **Plyos**: Circuit - no rest between sets, 1 into the next for 3 rounds
  - Split Jumps: 10 sec. each leg
  - Vertical Jumps: 15 sec.
  - S.L. Lateral Line Hops: 20 sec. each leg
  - Tuck Jumps: 10 sec.
  - S.L. Lateral Line Hops: 20 sec. each leg

- **Conditioning**
  - 1 mile run

### Option 5
#### Dynamic Warm-Up
- **Speed Work**
  - Wall Run Triple Replacement: 3 x 6 each leg
  - 5yd starts: x 10 (30 sec. between reps)

- **Foot Work**: 1 to 1 rest between sets
  - Dot Mat
    - Big X: 3 x 15 sec.
    - Figure 8: 2 x 15 sec. each way
    - 4 Corner: 2 x 15 sec. each way

- **Conditioning**
  - Sprints Progression x 2

<table>
<thead>
<tr>
<th>Set</th>
<th>Distance</th>
<th>reps</th>
<th>Rest</th>
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<td>1</td>
<td>5yds</td>
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<td>5 sec.</td>
</tr>
<tr>
<td>2</td>
<td>10yds</td>
<td>6</td>
<td>5 sec.</td>
</tr>
<tr>
<td>3</td>
<td>20yds</td>
<td>6</td>
<td>10 sec.</td>
</tr>
<tr>
<td>4</td>
<td>40yds</td>
<td>4</td>
<td>20 sec.</td>
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</tbody>
</table>

### Additional Conditioning Options
- **Option 1**: Jump Rope - 750 Jumps
- **Option 2**: 100yd Sprints - x 8
  - *3 to 1 rest ratio, run each one between 16 to 20 sec.*
- **Option 3**: 3 mile Run or 30 minutes
<table>
<thead>
<tr>
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<th>Dynamic Warm-Up</th>
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<td><strong>2 to 1 rest ratio between sets</strong></td>
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<td><strong>Plyos</strong></td>
<td><strong>2 to 1 rest ratio between sets</strong></td>
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<td>Vertical Jumps (reset each rep)</td>
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<td>Continuous Broad Jump</td>
<td>3 x 5 jumps</td>
<td>Continuous Vertical Jumps</td>
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<tr>
<td>S.L. Vertical Jumps</td>
<td>2 x 6 each leg</td>
<td>Standing Broad Jump</td>
<td>2 x 5 jumps each leg</td>
<td>Split Jumps</td>
<td>3 x 6 each leg</td>
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<td>Standing Broad Jump (reset each rep)</td>
<td>2 x 6 each leg</td>
<td>Standing Triple Jump</td>
<td>3 starting with each leg</td>
<td>Tuck Jumps</td>
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<td>Standing S.L. Broad Jump</td>
<td>2 x 6 each leg</td>
<td>Forward Tuck Jumps</td>
<td>3 x 10 jumps</td>
<td>Continuous Lateral Bounds</td>
<td>3 x 6 each leg</td>
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<tr>
<td><strong>Foot Work</strong></td>
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<td><strong>Speed Work</strong></td>
<td><strong>10 sec. rest between sets</strong></td>
<td><strong>Foot Work</strong></td>
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<td>Wall Run Double Replacement</td>
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<td>Double Leg</td>
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<td>Skip Hops</td>
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<td>x 10</td>
<td>Single Leg</td>
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<td>(4 to 1 rest between 60's)</td>
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<td>5 yd Lead Off Sprints</td>
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<td>(3 to 1 Rest between starts)</td>
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<tr>
<td><strong>Option 4</strong></td>
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<td><strong>Option 5</strong></td>
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<tr>
<td>1 mile run</td>
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