

Indiana Softball Summer Packet Phase 1 (June 1st-June 27th)

Day 1

Warm Up: Team Dynamic

1a) Sprint/Conditioning	Wk 1:Sets/Reps	Wk 2:Sets/Reps	Wk 3: Sets/Reps	Wk 4: Sets/Reps
10 Yard Acceleration (Resisted)	1x5	1x5	1x5	1x3
(Rest 30 Secs. B/w Reps)	1x5	1x5	1x5	1x3
(Rest 1:00min b/w Sets)		1x5	1x5	1x3
1st+2nd Set Steal Start			1x5	1x3
3rd+ 4th Set 2 Point Start				
2a) Barbell Split Squat	1x5ea @30%	1x5ea @35%	1x4ea @40%	1x3ea @50%
OR	1x5ea @40%	1x5ea @40%	1x4ea @50%	1x3ea @55%
SL Leg Press		1x5ea @45%	1x4ea @55%	1x3ea @55%
2b) DB Split Jump	1x3ea	1x3ea	1x3ea	1x3ea
Wk 1: Bodyweight	1x3ea	1x3ea	1x3ea	1x3ea
Wk 2-4: 10-20lbs ea. hand		1x3ea	1x3ea	1x3ea
2c) SL Box Jump	1x5ea	1x5ea	1x5ea	1x5ea
	1x5ea	1x5ea	1x5ea	1x5ea
		1x5ea	1x5ea	1x5ea
3a) DB SL Glute Bridge	1x12ea	1x12ea	1x10ea	1x10ea
*From Floor	1x12ea	1x12ea	1x10ea	1x10ea
Wk 1: Bodyweight		1x12ea	1x10ea	1x10ea
Wk 2-4: 30-50lbs				
3b) S-Sit Switch+ Hip Raise	1x6ea	1x6ea	1x6ea	1x6ea
Wk 1-2: Bodyweight	1x6ea	1x6ea	1x6ea	1x6ea
Wk 2-4: Hold 10lb Plate		1x6ea	1x6ea	1x6ea
3c) SL Squat to Bench	1x8ea	1x8ea	1x8ea	1x8ea
	1x8ea	1x8ea	1x8ea	1x8ea
		1x8ea	1x8ea	1x8ea
4a) Front Plank	1x45 sec	1x45 sec	1x1 min	1x1 min
	1x45 sec	1x45 sec	1x1 min	1x1 min
		1x45 sec	1x1 min	1x1 min
4b) Side Plank	1x30 sec ea	1x30 sec ea	1x45 sec ea	1x45 sec ea
	1x30 sec ea	1x30 sec ea	1x45 sec ea	1x45 sec ea
		1x30 sec ea	1x45 sec ea	1x45 sec ea
4d) Glute Bridge Hold	1x1 min	1x1 min	1x 90 secs	1x 90 secs
	1x1 min	1x1 min	1x 90 secs	1x 90 secs
		1x1 min	1x 90 secs	1x 90 secs
5a) Correctives (Use Correctives Card)				
6a) Total Body Foam Roll	x1 min ea. Body Part	x1 min ea. Body Part	x1 min ea. Body Part	x1 min ea. Body Part
Back				
Lats				
Glutes				
Hamstrings				
Quads				
Calves				
Anterior Tib				
Groin				

Indiana Softball Summer Packet Phase 1 (June 1st-June 27th)

Day 2

Warm Up: Team Dynamic

1a) Sprint/Conditioning	Wk 1:Sets/Reps	Wk 2:Sets/Reps	Wk 3: Sets/Reps	Wk 4: Sets/Reps
100 Yd Repeats	1x5	1x5	1x6	1x6
100 Yd Sprint EMOM	1x5	1x5	1x6	1x6
EMOM=Every Minute on the Minute		1x5	1x6	1x6
Groups (See attached list for times)				
Rest 1:30 b/w sets				
2a) Bench Press	1x5 @35%	1x5 @40%	1x5 @45%	1x4 @50%
OR	1x5 @ 40%	1x5 @45%	1x5 @50%	1x4 @55%
DB Bench (Pitchers)		1x5 @45%	1x5 @50%	1x4 @60%
2b) Bent Over MB Slam	1x10	1x10	1x10	1x10
Use 10-20lb MB	1x10	1x10	1x10	1x10
		1x10	1x10	1x10
2c) Dynamic Plate Press	1x6	1x6	1x6	1x6
Using a 45lb plate	1x6	1x6	1x6	1x6
		1x6	1x6	1x6
3a) Chin Ups (use weight if possible)	1x5	1x5	1x6	1x6
OR	1x5	1x5	1x6	1x6
Chin Up Negatives		1x5	1x6	1x6
3b) Band Pull Apart	1x12	1x12	1x12	1x12
	1x12	1x12	1x12	1x12
		1x12	1x12	1x12
3c) DB Bicep Curl	1x8	1x8	1x8	1x8
	1x8	1x8	1x8	1x8
		1x8	1x8	1x8
4a) Crunches	1x20	1x20	1x20	1x20
	1x20	1x20	1x20	1x20
		1x20	1x20	1x20
4b) Paloff Press	1x10ea	1x10ea	1x10ea	1x10ea
	1x10ea	1x10ea	1x10ea	1x10ea
		1x10ea	1x10ea	1x10ea
4d) Superman Hold	1x30 sec	1x30 sec	1x45 sec	1x45 sec
	1x30 sec	1x30 sec	1x45 sec	1x45 sec
		1x30 sec	1x45 sec	1x45 sec
5a) Correctives (Use Correctives Card)				
6a) Total Body Banded Stretch	x1 min ea. Stretch	x1 min ea. Stretch	x1 min ea. Stretch	x1 min ea. Stretch
Banded Lower Body:				
Lying Hamstring				
Across The Body (Hip)				
Away from Body (Groin)				
Over the Shoulder (Quad)				
Banded Shoulder				
Lay it long (Lat)				
Across Body (Rear Delt)				
Away From Body (Pec/Anterior Shoulder)				
Elbow In (Tricep/Lat)				

Indiana Softball Summer Packet Phase 1 (June 1st-June 27th)

Day 3

Warm Up: Team Dynamic

1a) Sprint/Conditioning	Wk 1:Sets/Reps	Wk 2:Sets/Reps	Wk 3: Sets/Reps	Wk 4: Sets/Reps
20 Yard Sprint	1x3	1x3	1x3	1x3
<i>(Rest 45 Secs. B/w Reps)</i>	1x3	1x3	1x3	1x3
<i>(Rest 1:00min b/w Sets)</i>		1x3	1x3	1x3
1st+2nd Set Steal Start			1x3	1x3
3rd+ 4th Set 2 Point Start				
2a) Barbell Rev Lunge	1x6ea @30%	1x6ea @30%	1x5ea @35%	1x5ea @40%
OR	1x6ea @30%	1x6ea @35%	1x5ea @40%	1x5ea @40%
Goblet Rev. Lunge		1x6ea @35%	1x5ea @40%	1x5ea @45%
*Based Off Split Squat MAX				
2b) Broad Jump	1x3ea	1x3ea	1x3ea	1x3ea
(Land+Stick)	1x3ea	1x3ea	1x3ea	1x3ea
		1x3ea	1x3ea	1x3ea
2c) DB Squat Jump	1x5ea	1x5ea	1x5ea	1x5ea
WK 1: Bodyweight	1x5ea	1x5ea	1x5ea	1x5ea
WK 2: 15-20lbs		1x5ea	1x5ea	1x5ea
3a) DB Shoulder Press	1x10	1x10	1x8	1x8
*Seated 75-90 Deg.	1x10	1x10	1x8	1x8
(Neutral Position)		1x10	1x8	1x8
3b) Plate Rear Delt	1x10	1x10	1x12	1x12
	1x10	1x10	1x12	1x12
		1x10	1x12	1x12
3c) DB Forearm Curls	1x15ea	1x15ea	1x12ea	1x12ea
	1x15ea	1x15ea	1x12ea	1x12ea
		1x15ea	1x12ea	1x12ea
4a) Cross Body Sit Ups	1x8ea	1x8ea	1x10ea	1x10ea
	1x8ea	1x8ea	1x10ea	1x10ea
		1x8ea	1x10ea	1x10ea
4b) Russian Twists	1x30 sec ea	1x30 sec ea	1x45 sec ea	1x45 sec ea
	1x30 sec ea	1x30 sec ea	1x45 sec ea	1x45 sec ea
		1x30 sec ea	1x45 sec ea	1x45 sec ea
4d) Hollow Hold	1x30 sec	1x30 sec	1x45 sec	1x45 sec
	1x30 sec	1x30 sec	1x45 sec	1x45 sec
		1x30 sec	1x45 sec	1x45 sec
5a) Correctives (Use Correctives Card)				
6a) Total Body Foam Roll	x1 min ea. Body Part	x1 min ea. Body Part	x1 min ea. Body Part	x1 min ea. Body Part
Back				
Lats				
Glutes				
Hamstrings				
Quads				
Calves				
Anterior Tib				
Groin				

Indiana Softball Summer Packet Phase 1 (June 1st-June 27th)

Day 4

Warm Up: Team Dynamic

1a) Sprint/Conditioning	Wk 1:Sets/Reps	Wk 2:Sets/Reps	Wk 3: Sets/Reps	Wk 4: Sets/Reps
Conditioning Test (Build Up Protocol)	1x4	1x4	1x4	1x4
Times: see attached sheet	1x2	1x4	1x4	1x4
2 Mins of Rest B/w Sets			1x2	1x4
2a) Back Squat	1x5 @40%	1x5 @40%	1x5 @40%	1x4 @50%
OR	1x5 @40%	1x5 @45%	1x5 @45%	1x4 @55%
Leg Press		1x5 @45%	1x5 @50%	1x4 @60%
2b) Skater Jump Loaded	1x3ea	1x3ea	1x3ea	1x3ea
Hold a 10lb Plate	1x3ea	1x3ea	1x3ea	1x3ea
		1x3ea	1x3ea	1x3ea
2c) Lateral Box Jump	1x2ea	1x2ea	1x2ea	1x2ea
	1x2ea	1x2ea	1x2ea	1x2ea
		1x2ea	1x2ea	1x2ea
3a) RDL	1x8 @35%	1x8 @40%	1x10 @45%	1x10 @50%
OR	1x8 @35%	1x8 @40%	1x10 @45%	1x10 @50%
Leg Curl		1x8 @45%	1x10 @50%	1x10 @ 50%
*Taken Off Back Squat Max				
3b) DB Row	1x8ea	1x8ea	1x8ea	1x8ea
	1x8ea	1x8ea	1x8ea	1x8ea
		1x8ea	1x8ea	1x8ea
3c) Cable or Band Facepull	1x10	1x10	1x12	1x12
	1x10	1x10	1x12	1x12
		1x10	1x12	1x12
4a) Push Up	1x5--10	1x5--10	1x5--10	1x5--10
(Weighted if possible)	1x5--10	1x5--10	1x5--10	1x5--10
		1x5--10	1x5--10	1x5--10
4b) 1 Arm Farmers Carry	1x15 yards ea	1x15 yards ea	1x15 yards ea	1x15 yards ea
*Hold DB or KB	1x15 yards ea	1x15 yards ea	1x15 yards ea	1x15 yards ea
		1x15 yards ea	1x15 yards ea	1x15 yards ea
4d) DB or KB Cossack Squat	1x8ea	1x8ea	1x8ea	1x8ea
Wk 1: Bodyweight	1x8ea	1x8ea	1x8ea	1x8ea
Wk 2-4: 20-40lbs		1x8ea	1x8ea	1x8ea
5a) Correctives				
(Use Correctives Card)				
6a) Total Body Banded Stretch	x1 min ea. Stretch	x1 min ea. Stretch	x1 min ea. Stretch	x1 min ea. Stretch
Banded Lower Body:				
Lying Hamstring				
Across The Body (Hip)				
Away from Body (Groin)				
Over the Shoulder (Quad)				
Banded Shoulder				
Lay it long (Lat)				
Across Body (Rear Delt)				
Away From Body (Pec/Anterior Shoulder)				
Elbow In (Tricep/Lat)				

Indiana Softball Summer Packet Phase 1 (June 1st-June 27th)

Day 5		Wk 1-4			
Warm Up: Team Dynamic					
	Week 1	Week 2	Week 3	Week 4	
Recovery Run 1/4 Mile Tempo Run(Outside)	Pace/Time:				
First 1/4 Mile	1:45	1:45	1:40	1:38	
Second 1/4 Mile	2:30	2:30	2:27	2:27	
Third 1/4 Mile	2:00	2:00	1:58	1:58	
Fourth 1/4 Mile	2:30	2:30	2:27	2:27	
	Week 1	Week 2	Week 3	Week 4	
Treadmill Recovery Run 1/4 Mile Tempo	Treadmill Speed				
First 1/4 Mile	8.6 MPH	8.6 MPH	8.7 MPH	8.8 MPH	
Second 1/4 Mile	6 MPH	6 MPH	6.1 MPH	6.1 MPH	
Third 1/4 Mile	7.6 MPH	7.6 MPH	7.7 MPH	7.8 MPH	
Fourth 1/4 Mile	6 MPH	6 MPH	6.1 MPH	6.1 MPH	

IUSB SUMMER TRAINING PACKET (June 28th-July 4th)

Monday:	Wednesday	Friday
20 Min Timed Run	Field Sprint Work	Metabolic Conditioning
Followed By:	20 Yard Sprints	Run 1 Mile (Under 8:00 mins)
	x12 Reps:45 secs. b/w ea. rep	10 Tuck Jumps
12 Min. (AMRAP)		20 MTN Climbers
Push Ups x8	EMOM x12 Mins	10 Rev. Lunges (Total)
Jump Squats x10	3 Broad Jumps	12 Situps
Air Squats x10	6 Split Jumps	Repeat for 3 TOTAL ROUNDS
Deadbugs x10ea.	12 Glute Bridge	
Bicycles x10 ea.	15 Toe Touches	

Indiana Softball Summer Packet Phase 2 (July 7th-August 4th)

Day 1

Warm Up: Team Dynamic

1a) Sprint/Conditioning	Wk 1:Sets/Reps	Wk 2:Sets/Reps	Wk 3: Sets/Reps	Wk 4: Sets/Reps
Banded First Step	1x5	1x5	1x5	1x3
*1st Set: Steal Start/2nd Set: 2 Point	1x5	1x5	1x5	1x3
15 Yd Acceleration	1x3	1x3	1x3	1x3
*1st Set: Steal Start/2nd Set: 2 Point	1x3	1x3	1x3	1x3
2a) Barbell Split Squat	1x4ea @50%	1x4ea @55%	1x3ea @60%	1x3ea @55%
OR	1x4ea @55%	1x4ea @60%	1x3ea @65%	1x3 ea@60%
SL Leg Press	1x4 ea @60%	1x4ea @65%	1x3ea @70%	1x3 ea@65%
Wk 1+2: 3sec Eccentric/Wk 3-4: 3sec Iso				
2b) Scissor Jump	1x3ea	1x3ea	1x3ea	1x3ea
	1x3ea	1x3ea	1x3ea	1x3ea
		1x3ea	1x3ea	1x3ea
2c) Weighted Box Jump	1x3	1x3	1x3	1x3
*Weighted Vest or DB	1x3	1x3	1x3	1x3
10-20lbs	1x3	1x3	1x3	1x3
3a) Barbell Glute Bridge	1x8 @60%	1x8 @65%	1x8 @70%	1x8 @72.5%
*From Bench	1x8 @60%	1x8 @65%	1x8 @70%	1x8 @72.5%
*Taken from Back Squat MAX	1x8 @60%	1x8 @65%	1x8 @70%	1x8 @72.5%
3b) DC Block Hip Mobility	1x6ea	1x6ea	1x6ea	1x6ea
Wk 1-2: Bodyweight	1x6ea	1x6ea	1x6ea	1x6ea
Wk 2-4: Hold 10lb Plate		1x6ea	1x6ea	1x6ea
3c) SL Leg Extension	1x12ea	1x12ea	1x12ea	1x12ea
	1x12ea	1x12ea	1x12ea	1x12ea
	1x12ea	1x12ea	1x12ea	1x12ea
4a) Front Plank+ Reach	1x8ea	1x8ea	1x8ea	1x8ea
	1x8ea	1x8ea	1x8ea	1x8ea
	1x8ea	1x8ea	1x8ea	1x8ea
4b) Dynamic Side Plank	1x10ea	1x10ea	1x10ea	1x10ea
	1x10ea	1x10ea	1x10ea	1x10ea
	1x10ea	1x10ea	1x10ea	1x10ea
4c) SL Glute Bridge Hold	1x30 sec ea	1x30 sec ea	1x30 sec ea	1x30 sec ea
	1x30 sec ea	1x30 sec ea	1x30 sec ea	1x30 sec ea
	1x30 sec ea	1x30 sec ea	1x30 sec ea	1x30 sec ea
5a) Correctives (Use Correctives Card)				
6a) Total Body Foam Roll	x1 min ea. Body Part	x1 min ea. Body Part	x1 min ea. Body Part	x1 min ea. Body Part
Back				
Lats				
Glutes				
Hamstrings				
Quads				
Calves				
Anterior Tib				
Groin				

Indiana Softball Summer Packet Phase 1 (July 7th- Aug 4th)

Day 2

Warm Up: Team Dynamic

1a) Sprint/Conditioning	Wk 1:Sets/Reps	Wk 2:Sets/Reps	Wk 3: Sets/Reps	Wk 4: Sets/Reps
Half Gassers	1x4	1x4	1x5	1x5
<i>Half Gassers EMOM</i>	1x4	1x4	1x5	1x5
<i>EMOM=Every Minute on the Minute</i>	1x4	1x4	1x5	1x5
Groups (See attached list for times)				
Rest 1:30 b/w sets				
2a) Bench Press	1x4 @55%	1x4 @60%	1x4 @70%	1x3 @70%
OR	1x4 @60%	1x4 @65%	1x4 @70%	1x3 @75%
DB Bench (Pitchers)	1x4 @65%	1x4 @65%	1x4 @70%	1x3 @75%
Wk 1-2: 3 Sec. Eccentric/ Wk 3-4 3 Sec. Iso				
2b) Plyo Push Up	1x3	1x3	1x3	1x3
	1x3	1x3	1x3	1x3
	1x3	1x3	1x3	1x3
2c) MB Broad Jump to Chest Pass	1x3	1x3	1x3	1x3
10-20lb Ball	1x3	1x3	1x3	1x3
	1x3	1x3	1x3	1x3
3a) Pulldown	1x8	1x8	1x10	1x10
	1x8	1x8	1x10	1x10
	1x8	1x8	1x10	1x10
3b) Scap Push Ups	1x12	1x12	1x12	1x12
	1x12	1x12	1x12	1x12
	1x12	1x12	1x12	1x12
3c) Cable Curl	1x10	1x10	1x10	1x10
	1x10	1x10	1x10	1x10
	1x10	1x10	1x10	1x10
4a) Overhead Sit Ups	1x12	1x12	1x12	1x12
Use 10-20 MB	1x12	1x12	1x12	1x12
	1x12	1x12	1x12	1x12
4b) 3 Way Chop Series	1x10ea	1x10ea	1x10ea	1x10ea
High--Low: 1st Set	1x10ea	1x10ea	1x10ea	1x10ea
Lateral: 2nd Set	1x10ea	1x10ea	1x10ea	1x10ea
Low--High: 3rd Set				
4d) Reverse Plank	1x30 sec	1x30 sec	1x45 sec	1x45 sec
	1x30 sec	1x30 sec	1x45 sec	1x45 sec
	1x30 sec	1x30 sec	1x45 sec	1x45 sec
5a) Correctives				
(Use Correctives Card)				
6a) Total Body Banded Stretch	x1 min ea. Stretch	x1 min ea. Stretch	x1 min ea. Stretch	x1 min ea. Stretch
Banded Lower Body:				
Lying Hamstring				
Across The Body (Hip)				
Away from Body (Groin)				
Over the Shoulder (Quad)				
Banded Shoulder				
Lay it long (Lat)				
Across Body (Rear Delt)				
Away From Body (Pec/Anterior Shoulder)				
Elbow In (Tricep/Lat)				

Indiana Softball Summer Packet Phase 1 (July 7th- Aug 4th)

Day 3

Warm Up:	Team Dynamic			
	Wk 1:Sets/Reps	Wk 2:Sets/Reps	Wk 3: Sets/Reps	Wk 4: Sets/Reps
1a) Sprint/Conditioning				
15 Yard Sprint	1x5	1x5	1x5	1x5
(Rest 30 Secs. B/w Reps)	1x5	1x5	1x5	1x5
(Rest 1:00min b/w Sets)	1x5	1x5	1x5	1x5
<i>1st+2nd Set Steal Start</i>	1x5	1x5	1x5	1x5
<i>3rd+ 4th Set 2 Point Start</i>				
2a) Barbell Rev Lunge	1x4ea @45%	1x4ea @50%	1x3ea @50%	1x3ea @45%
OR	1x4 ea @50%	1x4ea @52.5%	1x3ea @50%	1x3ea @50%
Goblet Rev. Lunge	1x4 ea @50%	1x4ea @55%	1x3ea @55%	1x3ea @50%
*Based off Split Squat MAX				
2b) SL Broad Jump/DL Land	1x3ea	1x3ea	1x3ea	1x3ea
Jump+Stick	1x3ea	1x3ea	1x3ea	1x3ea
	1x3ea	1x3ea	1x3ea	1x3ea
2c) DB Squat Jump	1x3	1x3	1x3	1x3
10-20lbs ea. hand	1x3	1x3	1x3	1x3
	1x3	1x3	1x3	1x3
3a) DB Incline Press	1x8	1x8	1x10	1x10
*Seated 45 Deg.	1x8	1x8	1x10	1x10
(Neutral Position)	1x8	1x8	1x10	1x10
3b) Chin Up Hold	1x20 secs	1x20 secs	1x20 secs	1x20 secs
(Weight If Possible)	1x20 secs	1x20 secs	1x20 secs	1x20 secs
	1x20 secs	1x20 secs	1x20 secs	1x20 secs
3c) DB Forearm Rotations	1x20ea	1x20ea	1x20ea	1x20ea
	1x20ea	1x20ea	1x20ea	1x20ea
	1x20ea	1x20ea	1x20ea	1x20ea
4a) Altn. Toe Touch	1x10 ea	1x10 ea	1x10 ea	1x10 ea
	1x10 ea	1x10 ea	1x10 ea	1x10 ea
	1x10 ea	1x10 ea	1x10 ea	1x10 ea
4b) Paloff Rotations	1x12ea	1x12ea	1x12ea	1x12ea
	1x12ea	1x12ea	1x12ea	1x12ea
	1x12ea	1x12ea	1x12ea	1x12ea
4d) Bicycle Crunch	1x30 sec	1x30 sec	1x45 sec	1x45 sec
	1x30 sec	1x30 sec	1x45 sec	1x45 sec
	1x30 sec	1x30 sec	1x45 sec	1x45 sec
5a) Correctives				
(Use Correctives Card)				
6a) Total Body Foam Roll	x1 min ea. Body Part	x1 min ea. Body Part	x1 min ea. Body Part	x1 min ea. Body Part
Back				
Lats				
Glutes				
Hamstrings				
Quads				
Calves				
Anterior Tib				
Groin				

Indiana Softball Summer Packet Phase 1 (July 7th-August 4th)

Day 4

Warm Up: Team Dynamic

1a) Sprint/Conditioning	Wk 1:Sets/Reps	Wk 2:Sets/Reps	Wk 3: Sets/Reps	Wk 4: Sets/Reps
Conditioning Test (Build Up Protocol)	1x6	1x6	1x6	1x4
Times: see attached sheet	1x6	1x6	1x6	1x4
2 Mins of Rest B/w Sets				1x4
2a) Back Squat	1x4 @55%	1x4 @60%	1x4 @65%	1x3 @60%
OR	1x4 @60%	1x4 @65%	1x4 @70%	1x3 @65%
Leg Press	1x4 @65%	1x4 @70%	1x4 @75%	1x3 @70%
Wk 1-2: 3 sec. Eccentric/Wk 3-4: 3 sec. Iso				
2b) Lateral Step Over	1x10 ea	1x10 ea	1x10 ea	1x10 ea
	1x10 ea	1x10 ea	1x10 ea	1x10 ea
	1x10 ea	1x10 ea	1x10 ea	1x10 ea
2c) Lateral Hurdle Hops (For Speed)	1x5ea	1x5ea	1x5ea	1x5ea
	1x5ea	1x5ea	1x5ea	1x5ea
	1x5ea	1x5ea	1x5ea	1x5ea
3a) Kickstand RDL	1x6ea	1x6ea	1x6ea	1x6ea
OR	1x6ea	1x6ea	1x6ea	1x6ea
SL Leg Curl	1x6ea	1x6ea	1x6ea	1x6ea
3b) Machine Row	1x10	1x10	1x10	1x10
	1x10	1x10	1x10	1x10
	1x10	1x10	1x10	1x10
3c) Cable Rev. Fly	1x12	1x12	1x12	1x12
	1x12	1x12	1x12	1x12
	1x12	1x12	1x12	1x12
4a) Push Up Tempo	1x3-5	1x3-5	1x3-5	1x3-5
Wk 1-2: 3 Sec. Eccentric/Wk 3-4 3 sec. Iso	1x3-5	1x3-5	1x3-5	1x3-5
	1x3-5	1x3-5	1x3-5	1x3-5
4b) Lunge Hold	1x30 secs ea	1x30 secs ea	1x45 secs ea	1x45 secs ea
	1x30 secs ea	1x30 secs ea	1x45 secs ea	1x45 secs ea
	1x30 secs ea	1x30 secs ea	1x45 secs ea	1x45 secs ea
4d) DB or KB Lateral Lunge	1x10 ea	1x10 ea	1x10 ea	1x10 ea
	1x10 ea	1x10 ea	1x10 ea	1x10 ea
	1x10 ea	1x10 ea	1x10 ea	1x10 ea
5a) Correctives				
(Use Correctives Card)				
6a) Total Body Banded Stretch	x1 min ea. Stretch	x1 min ea. Stretch	x1 min ea. Stretch	x1 min ea. Stretch
Banded Lower Body:				
Lying Hamstring				
Across The Body (Hip)				
Away from Body (Groin)				
Over the Shoulder (Quad)				
Banded Shoulder				
Lay it long (Lat)				
Across Body (Rear Delt)				
Away From Body (Pec/Anterior Shoulder)				
Elbow In (Tricep/Lat)				

Indiana Softball Summer Packet Phase 1 (July 7th- August 4th)

Day 5	Wk 1-4			
Warm Up:	Team Dynamic			
	Week 1	Week 2	Week 3	Week 4
Recovery Run 1/2 Mile Tempo Run(Outside)	Pace/Time:			
First 1/2 Mile	3:30	3:30	3:25	3:25
Second 1/2 Mile	5:00	5:00	5:00	5:00
Third 1/2 Mile	3:45	3:45	3:40	3:40
Fourth 1/2 Mile	5:00	5:00	5:00	5:00
Treadmill Recovery Run 1/4 Mile Tempo	Treadmill Speed:			
	Week 1	Week 2	Week 3	Week 4
First 1/2 Mile	8.6 MPH	8.6 MPH	8.7 MPH	8.7 MPH
Second 1/2 Mile	6 MPH	6 MPH	6 MPH	6 MPH
Third 1/2 Mile	8.0 MPH	7.6 MPH	8.1 MPH	8.1 MPH
Fourth 1/2 Mile	6 MPH	6 MPH	6 MPH	6 MPH

Indiana Softball Summer Packet Phase 3 (August 2nd-22nd)

Day 1

Warm Up: Team Dynamic

1a) Sprint/Conditioning	Wk 1:Sets/Reps	Wk 2:Sets/Reps	Wk 3: Sets/Reps
Banded 1st Step	1x5	1x5	1x5
*1st Set: Steal Start/2nd Set: 2 Point	1x5	1x5	1x5
20 Yard Sprint	1x3	1x3	1x3
*1st Set: Steal Start/2nd Set: 2 Point	1x3	1x3	1x3
2a) Barbell Split Squat	1x5ea @60%	1x5ea @62.5%	1x5ea @55%
OR	1x5ea @65%	1x5ea @65%	1x5ea @60%
SL Leg Press	1x5ea @65%	1x5ea @67.5%	1x5ea @65%
2b) Single Leg Hurdle Hop to Single Box Jump	1x3ea	1x3ea	1x3ea
	1x3ea	1x3ea	1x3ea
	1x3ea	1x3ea	1x3ea
2c) DB Split Jumps	1x3ea	1x3ea	1x3ea
*Weighted Vest or DB	1x3ea	1x3ea	1x3ea
10-20lbs	1x3ea	1x3ea	1x3ea
3a) Leg Curl	1x10	1x10	1x10
	1x10	1x10	1x10
	1x10	1x10	1x10
3b) Chu Squat	1x5ea	1x5ea	1x5ea
Wk 1-2: Bodyweight	1x5ea	1x5ea	1x5ea
Wk 2-4: Hold 10lb Plate	1x5ea	1x5ea	1x5ea
3c) Lunge Hold	1x30 secs ea.	1x30 secs ea.	1x30 secs ea.
	1x30 secs ea.	1x30 secs ea.	1x30 secs ea.
	1x30 secs ea.	1x30 secs ea.	1x30 secs ea.
4a) Front Plank+ Row	1x8ea	1x8ea	1x8ea
	1x8ea	1x8ea	1x8ea
	1x8ea	1x8ea	1x8ea
4b) Foot Elevated Side Plank	1x30 secs ea.	1x30 secs ea.	1x30 secs ea.
	1x30 secs ea.	1x30 secs ea.	1x30 secs ea.
	1x30 secs ea.	1x30 secs ea.	1x30 secs ea.
4d) SL Glute Bridge Hold	1x30 sec ea	1x30 sec ea	1x30 sec ea
*On Toe	1x30 sec ea	1x30 sec ea	1x30 sec ea
	1x30 sec ea	1x30 sec ea	1x30 sec ea
5a) Correctives			
(Use Correctives Card)			
6a) Total Body Foam Roll	x1 min ea. Body Part	x1 min ea. Body Part	x1 min ea. Body Part
Back			
Lats			
Glutes			
Hamstrings			
Quads			
Calves			
Anterior Tib			
Groin			

Indiana Softball Summer Packet Phase 3 (Aug. 2nd-22nd)

Day 2

Warm Up: Team Dynamic

1a) Sprint/Conditioning	Wk 1:Sets/Reps	Wk 2:Sets/Reps	Wk 3: Sets/Reps
300's	1x1	1x1	1x1
EMOM (Every Minute on the Minute)	1x1	1x1	1x1
Split by 50 yards	1x1	1x1	1x1
Groups (See attached list for times)			
Rest 2:00 b/w reps			
2a) Bench Press	1x5 @60%	1x5 @65%	1x5 @50%
OR	1x5 @65%	1x5 @67.5%	1x5 @55%
DB Bench (Pitchers)	1x5 @70%	1x5 @72.5%	1x5 @60%
2b) MB Chest Pass	1x3	1x3	1x3
(10lb MB)	1x3	1x3	1x3
	1x3	1x3	1x3
2c) Broad Jump	1x3	1x3	1x3
*Continuous**	1x3	1x3	1x3
	1x3	1x3	1x3
3a) DB Row	1x10 ea.	1x10 ea.	1x10 ea.
(30-60lbs)	1x10 ea.	1x10 ea.	1x10 ea.
	1x10 ea.	1x10 ea.	1x10 ea.
3b) Cable Reverse Fly	1x12	1x12	1x12
	1x12	1x12	1x12
	1x12	1x12	1x12
3c) DB Concentration Curl	1x8	1x8	1x8
	1x8	1x8	1x8
	1x8	1x8	1x8
4a) Weighted Sit Ups	1x10	1x10	1x10
Use 10-20 MB	1x10	1x10	1x10
	1x10	1x10	1x10
4b) Paloff Hold+ 3 Step Shuffle	1x3ea	1x3ea	1x3ea
	1x3ea	1x3ea	1x3ea
	1x3ea	1x3ea	1x3ea
4d) Superman	1x20	1x20	1x20
	1x20	1x20	1x20
	1x20	1x20	1x20
5a) Correctives			
(Use Correctives Card)			
6a) Total Body Banded Stretch	x1 min ea. Stretch	x1 min ea. Stretch	x1 min ea. Stretch
Banded Lower Body:			
Lying Hamstring			
Across The Body (Hip)			
Away from Body (Groin)			
Over the Shoulder (Quad)			
Banded Shoulder			
Lay it long (Lat)			
Across Body (Rear Delt)			
Away From Body (Pec/Anterior Shoulder)			
Elbow In (Tricep/Lat)			

Indiana Softball Summer Packet Phase 3 (Aug. 2nd-22nd)

Day 3

Warm Up: Team Dynamic				
1a) Sprint/Conditioning	Wk 1:Sets/Reps	Wk 2:Sets/Reps	Wk 3: Sets/Reps	
30 Yard Sprint	1x5	1x5	1x5	
(Rest 30 Secs. B/w Reps)	1x5	1x5	1x5	
(Rest 1:00min b/w Sets)	1x5	1x5	1x5	
1st+2nd Set Steal Start	1x5	1x5	1x5	
3rd+ 4th Set 2 Point Start				
2a) Barbell Rev Lunge	1x5ea @40%	1x5ea @45%	1x5ea @45%	
OR	1x5ea @45%	1x5ea @50%	1x5ea @50%	
Goblet Rev. Lunge	1x5ea @50%	1x5ea @55%	1x5ea @50%	
2b) Depth Drop to Broad Jump	1x3	1x3	1x3	
Jump+Stick	1x3	1x3	1x3	
	1x3	1x3	1x3	
2c) DB Box Jump	1x5	1x5	1x5	
Use 5-15lb DB	1x5	1x5	1x5	
	1x5	1x5	1x5	
3a) DB Incline Press	1x6	1x6	1x6	
*Seated 45 Deg.	1x6	1x6	1x6	
(Neutral Position)	1x6	1x6	1x6	
(30-60lbs)				
3b) Pulldown	1x10	1x10	1x10	
	1x10	1x10	1x10	
	1x10	1x10	1x10	
3c) DB Forearm Rotations	1x20ea	1x20ea	1x20ea	
	1x20ea	1x20ea	1x20ea	
	1x20ea	1x20ea	1x20ea	
4a) Altn. Sit Up	1x8 ea	1x8 ea	1x8 ea	
	1x8 ea	1x8 ea	1x8 ea	
	1x8 ea	1x8 ea	1x8 ea	
4b) Paloff Holds	1x30 secs. Ea	1x30 secs. Ea	1x30 secs. Ea	
	1x30 secs. Ea	1x30 secs. Ea	1x30 secs. Ea	
	1x30 secs. Ea	1x30 secs. Ea	1x30 secs. Ea	
4d)Altn. Leg Lowering	1x30 sec	1x30 sec	1x45 sec	
	1x30 sec	1x30 sec	1x45 sec	
	1x30 sec	1x30 sec	1x45 sec	
5a) Correctives				
(Use Correctives Card)				
6a) Total Body Foam Roll	x1 min ea. Body Part	x1 min ea. Body Part	x1 min ea. Body Part	
Back				
Lats				
Glutes				
Hamstrings				
Quads				
Calves				
Anterior Tib				
Groin				

Indiana Softball Summer Packet Phase 3 (Aug. 2nd-22nd)

Day 4

Warm Up: Team Dynamic

1a) Sprint/Conditioning	Wk 1:Sets/Reps	Wk 2:Sets/Reps	Wk 3: Sets/Reps
Conditioning Test (Build Up Protocol)	1x6	1x6	1x4
Times: see attached sheet	1x6	1x6	1x4
2 Mins of Rest B/w Sets			1x4
2a) Back Squat	1x5 @60%	1x5 @65%	1x5 @60%
OR	1x5 @65%	1x5 @70%	1X5 @65%
Leg Press	1x5 @70%	1x5 @72.5%	1X5 @65%
2b) Lateral Hurdle Hop	1x5 ea	1x5 ea	1x5 ea
	1x5 ea	1x5 ea	1x5 ea
	1x5 ea	1x5 ea	1x5 ea
2c) Goblet Lateral Lunge	1x5ea	1x5ea	1x5ea
(40-60lbs)	1x5ea	1x5ea	1x5ea
	1x5ea	1x5ea	1x5ea
3a)SL DB Glute Bridge	1x10ea	1x10ea	1x10ea
(50-70lbs)	1x10ea	1x10ea	1x10ea
	1x10ea	1x10ea	1x10ea
3b) Machine Row	1x8	1x8	1x8
	1x8	1x8	1x8
	1x8	1x8	1x8
3c) Rear Delt Hold	1x20 secs	1x20 secs	1x20 secs
	1x20 secs	1x20 secs	1x20 secs
	1x20 secs	1x20 secs	1x20 secs
4a) Push Up	1x3-5	1x3-5	1x3-5
	1x3-5	1x3-5	1x3-5
	1x3-5	1x3-5	1x3-5
4b) Lunge Hold	1x30 secs ea	1x30 secs ea	1x45 secs ea
Heel Elevated	1x30 secs ea	1x30 secs ea	1x45 secs ea
	1x30 secs ea	1x30 secs ea	1x45 secs ea
4d) DB or KB SL Squat to Bench	1x5ea	1x5ea	1x5ea
	1x5ea	1x5ea	1x5ea
	1x5ea	1x5ea	1x5ea
5a) Correctives			
(Use Correctives Card)			
6a) Total Body Banded Stretch	x1 min ea. Stretch	x1 min ea. Stretch	x1 min ea. Stretch
Banded Lower Body:			
Lying Hamstring			
Across The Body (Hip)			
Away from Body (Groin)			
Over the Shoulder (Quad)			
Banded Shoulder			
Lay it long (Lat)			
Across Body (Rear Delt)			
Away From Body (Pec/Anterior Shoulder			
Elbow In (Tricep/Lat)			

Indiana Softball Summer Packet Phase 3 (Aug. 2nd-22nd)

Day 5	Wk 1-4			
Warm Up:	Team Dynamic			
	Week 1	Week 2	Week 3	Week 4
Recovery Run 1/2 Mile Tempo Run(Outside)	Pace/Time:			
First 1/2 Mile	3:25	3:25	3:23	3:23
Second 1/2 Mile	5:00	5:00	5:00	5:00
Third 1/2 Mile	3:35	3:35	3:35	3:35
Fourth 1/2 Mile	5:00	5:00	5:00	5:00
Treadmill Recovery Run 1/4 Mile Tempo	Treadmill Speed:			
	Week 1	Week 2	Week 3	Week 4
First 1/2 Mile	8.7 MPH	8.7 MPH	8.8 MPH	8.8 MPH
Second 1/2 Mile	6 MPH	6 MPH	6 MPH	6 MPH
Third 1/2 Mile	8.4 MPH	8.4 MPH	8.4 MPH	8.4 MPH
Fourth 1/2 Mile	6 MPH	6 MPH	6 MPH	6 MPH

Conditioning Groups (Minimum Times For All Conditioning Based Workouts)

Half Gassers/100 Yard Repeats/ Conditioning Test-Conditioning Test Build Up Protocol

17 Secs						
Taylor Lambert						
Grayson Radcliffe						
Tete Hart						
Tatum Hayes						
Columbia Holeman						
18 Secs						
Gabbi Jenkins						
Katie Lacefield						
Annika Baez						
Abby Meeks						
Juvia Davis						
Desiree Dufek						
Caraline Woodall						
Hannah Davis						
Bella Norton						
Britanny Ford						
19 Secs						
Emily Goodin						
Kate Rehberg						
Taylor Askland						
20 Secs						
All Incoming Freshman						
300 Yard Repeats						
64 seconds						
Taylor Lambert						
Grayson Radcliffe						
Tete Hart						
Tatum Hayes						
Columbia Holeman						
68 Seconds						
Gabbi Jenkins						
Katie Lacefield						
Annika Baez						
Abby Meeks						
Juvia Davis						
Desiree Dufek						
Caraline Woodall						
Hannah Davis						
Bella Norton						
Britanny Ford						
70 Seconds						
Emily Goodin						
Kate Rehberg						
Taylor Askland						
74 Seconds						
All Incoming Freshman						

Indiana Softball Bench:		Indiana Softball Squat:			Indiana Softball Split Squat	
Name:	Weight:	Name:		Weight:	Name:	Weight:
Caraline Woodall	115	Caraline Woodall		205	Caraline Woodall	160
Chloe Steinhaus	105	Chloe Steinhaus		175	Chloe Steinhaus	155
Anni Baez	150	Anni Baez		245	Anni Baez	165
Katie Lacefield	160	Katie Lacefield		275	Katie Lacefield	200
Grayson Radcliffe	160	Grayson Radcliffe		Leg Press	Grayson Radcliffe	USE DB
Taylor Lambert	N/A	Taylor Lambert		265	Taylor Lambert	195
Taylor Askland	120	Taylor Askland		220	Taylor Askland	160
Emily Goodin	150	Emily Goodin		230	Emily Goodin	175
Natalie Foor	110	Natalie Foor		230	Natalie Foor	155
Brittany Ford	N/A	Brittany Ford		250	Brittany Ford	200
Juvia Davis	145	Juvia Davis		270	Juvia Davis	195
Gabbi Jenkins	180	Gabbi Jenkins		265	Gabbi Jenkins	200
Bella Norton	165	Bella Norton		290	Bella Norton	235
Hannah Davis	150	Hannah Davis		230	Hannah Davis	170
Desiree Dufek	125	Desiree Dufek		190	Desiree Dufek	160
Tete Hart	140	Tete Hart		230	Tete Hart	165
Tatum Hayes	140	Tatum Hayes		255	Tatum Hayes	175
Columbia Holeman	120	Columbia Holeman		Leg Press	Columbia Holeman	185
Abby Meeks	130	Abby Meeks		210	Abby Meeks	175
Kate Rehberg	125	Kate Rehberg		Leg Press	Kate Rehberg	USE DB

JUNE 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Day 1: Phase 1	2 Day 2: Phase 1	3 Day 3: Phase 1	4 Day 4: Phase 1	5 Day 5: Phase 1	6
7	8 Day 1: Phase 1	9 Day 2: Phase 1	10 Day 3: Phase 1	11 Day 4: Phase 1	12 Day 5: Phase 1	13
14	15 Day 1: Phase 1	16 Day 2: Phase 1	17 Day 3: Phase 1	18 Day 4: Phase 1	19 Day 5: Phase 1	20
21	22 Day 1: Phase 1	23 Day 2: Phase 1	24 Day 3: Phase 1	25 Day 4: Phase 1	26 Day 5: Phase 1	27
28	29 Deload (July/4th) Day 1	30 OFF				

JULY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Deload (July 4th) Day 2	OFF	Deload (July 4th) Day 3	Independence Day
5	6	7	8	9	10	11
	Day 1: Phase 2	Day 2: Phase 2	Day 3: Phase 2	Day 4: Phase 2	Day 5: Phase 2	
12	13	14	15	16	17	18
	Day 1: Phase 2	Day 2: Phase 2	Day 3: Phase 2	Day 4: Phase 2	Day 5: Phase 2	
19	20	21	22	23	24	25
	Day 1: Phase 2	Day 2: Phase 2	Day 3: Phase 2	Day 4: Phase 2	Day 5: Phase 2	
26	27	28	29	30	31	
	Day 1: Phase 2	Day 2: Phase 2	Day 3: Phase 2	Day 4: Phase 2	Day 5: Phase 2	

AUGUST 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Day 1: Phase 3	4 Day 2: Phase 3	5 Day 3: Phase 3	6 Day 4: Phase 3	7 Day 5: Phase 3	8
9	10 Day 1: Phase 3	11 Day 2: Phase 3	12 Day 3: Phase 3	13 Day 4: Phase 3	14 Day 5: Phase 3	15
16	17 Day 1: Phase 3	18 Day 2: Phase 3	19 Day 3: Phase 3	20 Day 4: Phase 3	21 Day 5: Phase 3	22
23	24	25	26	27	28	29
30	31					