



# BNL Baseball Workouts February

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1						1 Insanity/Hit 3:45 – 5:15 PM  Fit Test / Insane Abs	2 (rest)
	3 On Your Own Run Jog 45 min	4 – No School Insanity/ Pitch/Hit 10:00 AM – 12:00 PM  Max Interval Ckt	5 Insanity 3:50 – 5:00 PM  Max Interval Plyo	6 Insanity 3: 50 – 4:50 PM  Max Cardio Cond/Abs	7 Insanity/Pitch 3: 50 – 5:30 PM  Max Recovery	8 Insanity 3:45 – 4:45 PM  Max Interval Ckt	9 (rest)
WEEK 2	10 On Your Own Run Run 3 Miles	11 Insanity 4:45 – 6:00 PM  Max Interval Plyo/Abs	12 Insanity/Pitch 3:50 – 5:30 PM  Max Cardio Cond	13 Insanity 3: 50 – 4:50 PM  Max Recovery	14 Insanity/Pitch 3: 50 – 5:30 PM  Max Interval Ckt	15 Insanity 6:00 AM – 7:15 AM  Max Interval Sports	16 (rest)
	17 On Your Own Run Jog 60 min	18 – No School Insanity/Pitch/Hit 1:30 – 3:30 PM  Fit Test	19 Insanity/Hit 3:50 – 5:30 PM  Max Interval Ckt	20 Insanity 3: 50 – 4:50 PM  Max Interval Plyo	21 Insanity/Pitch 3: 50 – 5:30 PM  Max Cardio Cond/Abs	22 Insanity 6:00 AM – 7:15 AM  Max Interval Sports	23 (rest)
WEEK 3	24 On Your Own Run Run 4 Miles	25 Insanity 3: 50 – 5:10 PM  Max Interval Ckt/Abs	26 Insanity/Pitch/Hit 3:50 – 5:30 PM  Max Interval Plyo	27 Insanity 3: 50 – 4:50 PM  Max Interval Sports	28 Insanity/Pitch 3: 50 – 5:30 PM  Max Cardio Cond	1 Insanity 3:30 – 4:30 PM  Insanity Graduation	
	RECOVERY						