



# BNL Baseball Workouts January

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1			1	2 – No School Insanity / Pitching 3:00-5:00 PM	3 Insanity 3:45 – 4:45  <i>Plyo Cardio Circuit</i>	4 Insanity/Hitting 3:45 – 4:45  <i>Cardio Power/Resistance</i>	5 (rest)
WEEK 2	6 On Your Own Run Jog 30 min	7 Insanity/Pitching 6:00 AM – 7:15 AM  <i>Pure Cardio</i>	8 Insanity/Hitting 3:45 – 5:15  <i>Cardio Recovery + Abs</i>	9 Insanity 3:45 – 4:45  <i>Plyo Cardio Circuit</i>	10 Insanity/Pitching/Hit 3:45 – 5:15  <i>Cardio Power/Resistance</i>	11 Insanity/Pitching 6:00 AM – 7:15 AM  <i>Pure Cardio</i>	12 (rest)
WEEK 3	13 On Your Own Run Run 2 Miles	14 Insanity/Pitching 6:00 AM – 7:15 AM  <i>Fit Test</i>	15 Insanity/Hitting 3:45 – 5:15  <i>Plyo Cardio Circuit</i>	16 Insanity 3:45 – 4:45  <i>Cardio Power/Resistance</i>	17 Insanity/Pitching 6:00 AM – 7:15 AM  <i>Pure Cardio</i>	18 Insanity 3:30 – 4:30  <i>Cardio Recovery + Abs</i>	19 (rest)
WEEK 4	20 On Your Own Run Jog 45 min	21 – No School Insanity/Pitch/Hit 2:00 – 3:30  <i>Plyo Cardio Circuit</i>	22 Insanity/Hitting 3:45 – 5:15  <i>Cardio Power/Resistance</i>	23 Insanity 3:45 – 4:45  <i>Pure Cardio</i>	24 Insanity/Pitching 6:00 AM – 7:15 AM  <i>Cardio Recovery + Abs</i>	25 Insanity 3:30 – 4:30  <i>Max Interval Sports</i>	26 (rest)
RECOVERY	27 On Your Own Run Run 3 Miles	28 Insanity 3:45 – 4:45  <i>Core Cardio &amp; Balance</i>	29 Insanity/Pitch/Hit 3:45 – 5:20  <i>Core Cardio &amp; Balance</i>	30 Insanity 3:45 – 4:45  <i>Core Cardio &amp; Balance</i>	31 Insanity/Pitching 6:00 AM – 7:15 AM  <i>Core Cardio &amp; Balance</i>	1	