

## Women's Fast Pitch Winter 2006

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Hello ladies,

Welcome to your off-season workout program!

- ❖ It's important that if any of you have injuries that you have them attended to **BEFORE** starting this workout program and that you know what you can and cannot do.
- ❖ Always stay hydrated before, during and after your workouts. And good nutrition plays a big part in performance and helping recovery.
- ❖ Always try to workout with a partner.
- ❖ Listen to your body! Your rest days are as important as your workout days.

The following weight program is for you to do over the next 4 months. I spaced out your running (cardio) and weight program throughout the week, but if some of you are stuck for time and cannot get to the gym 5 days a week, please feel free to pair up weights and a cardio workout in the same day.

### Running descriptions:

\*Make sure that you always warm up for at least 5 minutes and then stretch **BEFORE** going on these runs. Stretch **afterwards** also!! Even when you are not running, you should still be stretching **EVERY DAY!!** Good luck!

**Intervals:** On the tread-mill or running outside, do a **30-minute high intensity cardio workout**. Intervals to be inserted as often as you see fit i.e.; 30 min run with increased speed every 3 or 4 minutes...then return to set pace. Progress to more intervals within your 30 minutes each interval workout. Ratio 1:1

**Long Slow Distance (LSD):** Maintain slower speed (must be able to carry a conversation) for duration of **45 minutes minimum**. The more minutes you include, better the recovery between shifts. Please build from week to week to more distance and time. This is to work your aerobic, so don't sprint!

**REPs:** Is like interval training, except when you increase speed you go to a full sprint and then take a longer period to pace afterwards. Ratio 1:5 i.e.; 60 min run with 3 minute sprint and then 15minutes at pace.

**EZ:** It's what it reads....easy run **OR** bike of 20-30 minutes to help recovery.

## Resistance Training Descriptions:

**Routine A:** Everything is 2 sets of 10 reps

Bench Press: do with partner spotting on bench

Lats. Pull Down

Seated Row

Tricep Extensions: please do with the rope or bar on the cable system

Bicep curls: one arm at a time, free weights, sitting with elbow on inside of knee

Front Lunges: hold weights at side or use bar across back of shoulders, take a step forward trying to keep knee aligned with toes (90 degrees)

Squats: use either squat rack (with spotter) or smith machine (bar is attached to frame), make sure you are sticking your bum out and do not bend knees past 90 degrees

Abs (2 x to fatigue): your choice

Back extensions: use back extension bench, start with no weight but feel free to progress to holding a plate

**Routine B:** Everything is 2 sets of 10 reps

Shoulder rotators: stand facing mirror with 2 or 3 lbs weight, hold arm at 90 degrees from the body and bend elbow to 90 degrees, palm facing mirror and rotate shoulder downwards **comfortably** and back up to starting position

Bent over flies: sitting on bench bend over so chest is laying on your thighs, weights in both hands, keeping shoulders down, bring arms back, squeezing shoulder blades together. Keep elbows slightly bent and neck aligned with spine

Lateral flies: holding weights like arms to 90 degrees at your side

Front flies: alternate arms by lifting weight in front of body to 90 degrees

Multi-hip machine: please do all directions (front/back and in/out)

calf raises: standing with machine

double leg curl: lying on machine

Abdominals = obliques “side-crunches”(2 x 20 each side)

\*\*BOTH routine A and B are to build muscle mass, so everything is done with 2 sets of 10 reps (unless otherwise noted). No worries you're not going to bulk up in 3 weeks, but it does give you a great base to start endurance and then power later on!!

**Routine C:** Everything is now 3 sets of 12-15 reps

Bench Press

Lats. Pull Down

Seated Row

Tricep Extensions: please do with the rope or bar on the cable system

Bicep curls: one arm at a time, free weights, sitting with elbow on inside of knee

Front Lunges: hold weights at side or use bar across back of shoulders, take a step forward trying to keep knee aligned with toes (90 degrees)

Squats: use either squat rack (with spotter) or smith machine (bar is attached to frame), make sure you are sticking your bum out and do not bend knees past 90 degrees

Abdominals (2 x to fatigue): your choice

Back extensions: use back extension bench, start with no weight but feel free to progress to holding a plate

\*same as routine A, but now we're working endurance ( 3 sets of 12-15 reps). Have fun!

**Routine D:** Everything is 3 sets of 12-15 reps

**Shoulder rotators:** stand facing mirror with 2 or 3 lbs weight, hold arm (one at a time) at 90 degrees from the body and bend elbow to 90 degrees, palm facing mirror and rotate shoulder downwards **comfortably** and back up to starting position

**Bent over flys:** sitting on bench bend over so chest is laying on your thighs, weights in both hands, keeping shoulders down, bring arms back, squeezing shoulder blades together. Keep elbows slightly bent and neck aligned with spine

**Lateral flys:** holding weights like arms to 90 degrees at your side

**Front flys:** alternate arms by lifting weight in front of body to 90 degrees

**Multi-hip machine:** please do all directions (front/back and in/out)

**calf raises:** standing with machine

**double leg curl:** lying on machine

**Abdominals** = obliques “side-crunches”(2 x 20 each side)

\*same as routine B, but again now it’s endurance (3 sets of 12-15reps, no longer 2 X 10).

\*\*For Routines E to H: We’ll continue with endurance up to 3 times a week dividing up upper and lower body, but also incorporating some basic plyometrics. Everything is 3 sets of 12-15 reps, except for the lunge and squat sets (see below).

**Routine E:** 3 sets of 12-15 reps, unless noted

**Shld. Rotators:** now switching to holding arm at side at 90 degrees and using the cable system to pull in towards body and outwards. Always keep elbow at side.

**Chest flys:** with free weights on bench

**tricep dips:** with heels on floor and palms on bench

**upright row:** standing facing mirror use weight bar and lift to armpits, keeping elbows high and out. Keep knees slightly bent

**pullups:** can be done on the machine that assists you OR with a partner spotting you by holding your legs or helping lift at the armpits. For this we will do 3 sets of 6 reps (if this is too easy please advance!)

**Abs** 2x20: your choice

**Obliques** 2x20 each side (can do on swiss ball also)

**Routine F:** 3 sets of 12-15 reps

Seated calf raises

standing single leg curl

leg extension: do not do if any ACL knee surgery

lunge set\*: for this we are going to do 1 set of front lunges and then 2 sets of 12-15 side lunges (same but are taking a side step), then 2 sets of 10 slip jumps: start in a front lunge position and using your arms, jump as high as possible and land with your feet shoulder width apart.

Lower abs\* 2x 20: your choice

reverse back exts\* 2x 20: these are done on the swiss(exercise) ball with hips on ball and hands/forearms on matt. Legs are in the air and you lift your legs so that you’re in line with your spine. Back stays straight, no not hyperextend

**Routine G:** 3 sets of 12-15 reps

wrist curls: with forearms flat on, bench curl off bench and back up

wrist extensions: same as above but extensions

Push ups

reverse bicep curls: standing with free weights, palms down, curl up

seated row

lateral and front raises alternating: same as previous but now we are combining both exercises, so one arm is doing a lateral raise while the other is doing a front raise. Use the mirror b/c it can get confusing, concentrate on only going to 90 degrees

Abs 2x 20

obliques 2x20 each side

**Routine H:** 3 sets of 12-15 reps

Pogo jumps: to practice proper landing for your plyos....start with knees slightly bent and jump up without the use of your toes. When you land, try to balance the landing across the whole foot.

Maintain the knee bend and hold for a second before jumping again. Use this landing technique for the later jumps.

Straight leg dead lifts: bar at feet, facing mirror, knees slightly bent, bend at hips to get bar and lift (with arms straight) from hips. You'll feel it in the hamstrings.

squat set\*: 1 set of squats, then 2 sets of 10 squat jumps: start on a half-squat (90 degrees) position and jump up as high as you can. Keep toes curled and flex ankles up, do not get your power from your calves!, then end with 2 sets of 10 knee tucks: start at a semi-squat position with palms down, hands at armpit height . Jump as high as you can while attempting to tuck in your knees. Keep back straight during jump.

multi-hip

Lower abs 2x 20

reverse bask exts. 2x20 (on swiss ball).

That's the program! Remember to stay safe in the weight room and if you're not sure of something, ASK! Don't keep doing it improperly please!

Routine I & J will be set out later and will consist of more sport and position specific exci.

If you have any questions feel free to email me.

Have fun & Good luck!

Crissy McPhee

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