

CONDITIONING INTRODUCTION

IN THIS PACKET YOU WILL FIND YOUR SUPPLEMENTARY CONDITIONING PROGRAM. THIS PROGRAM CAN BE FOLLOWED USING ANY PIECE OF CARDIO EQUIPMENT. IF YOU PREFER TO RUN OUTSIDE, YOU WILL NEED WATCH EQUIPPED WITH AN INTERVAL TIMER.

THIS PROGRAM IS INTERVAL BASED, AND PROGRESSES FROM LONGER MEDIUM INTENSITY INTERVALS TO SHORT HIGH INTENSITY INTERVALS. LOWER INTENSITY RECOVERY DAYS ARE STRATEGICALLY PROGRAMMED AND SHOULD BE FOLLOWED AND NOT SKIPPED. RECOVERY DAYS SHOULD ALWAYS BE PERFORMED ON A NON-IMPACT PIECE OF EQUIPMENT SUCH AS A BIKE OR ELLIPTICAL.

EVERY TRAINING SESSION SHOULD LAST APPROXIMATELY 20 MINUTES. AT THE END OF YOUR TRAINING SESSION, RECORD THE DISTANCE YOU COVERED. THIS IS AN EASY WAY TO MONITOR PROGRESS; HOWEVER, BE SURE TO ONLY COMPARE PERFORMANCE BETWEEN SIMILAR WORKOUTS.

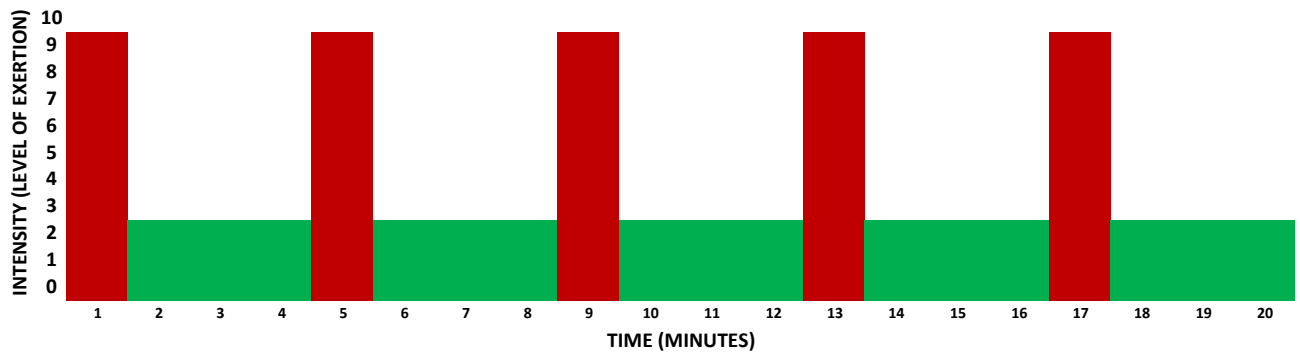
PREFERABLY, CONDITIONING SESSIONS SHOULD BE PERFORMED ON DAYS YOU DO NOT STRENGTH TRAIN. HOWEVER, IF YOU DO CHOOSE COMBINE STRENGTH TRAINING AND CONDITIONING, BE SURE TO PERFORM CONDITIONING AFTER STRENGTH TRAINING. THIS IS NON-NEGOTIABLE.

SESSION 30

1:00 ABOVE 85%. 3:00 BELOW 30%. COMPLETE 5 SETS. DATE:

EQUIPMENT USED:

DISTANCE COVERED:



THE DIAGRAM ABOVE IS AN EXAMPLE OF ONE OF YOUR TRAINING SESSIONS. LET ME EXPLAIN THE GRAPH AND WALK YOU THROUGH THE INSTRUCTIONS FOR THIS DAY.

ON THE VERTICAL-AXIS OF THE GRAPH YOU WILL SEE "INTENSITY". THIS REFERS TO YOUR LEVEL OF PERCEIVED EXERTION, OR HOW HARD YOU PUSH YOURSELF. ON THE HORIZONTAL-AXIS OF THIS GRAPH, YOU WILL SEE "TIME", OR FOR HOW LONG YOU EXERCISE AT A PRESCRIBED LEVEL

ABOVE THE GRAPH YOU WILL SEE INSTRUCTIONS. IN THIS EXAMPLE:

1:00 ABOVE 85%. 3:00 BELOW 30%. REPEAT 5X.

IF YOU WERE USING A BIKE IN THIS EXAMPLE, YOU WILL PEDAL AT OR ABOVE "85%" OF MAX EFFORT FOR 1 MINUTE. YOU WOULD THEN PEDAL AT 30% OF MAX EFFORT (A CASUAL, RECOVERY PACE) FOR 3 MINUTES. YOU WOULD COMPLETE 5 SETS OF THIS ARRANGEMENT.

HOW DO I KNOW WHAT 85% IS?

DON'T OVERTHINK IT. IT'S 8/9 OUT OF 10, IF 10 WAS PEDALING YOUR HARDEST.

FASTPITCH POWER SAMPLE CONDITIONING PROGRAM



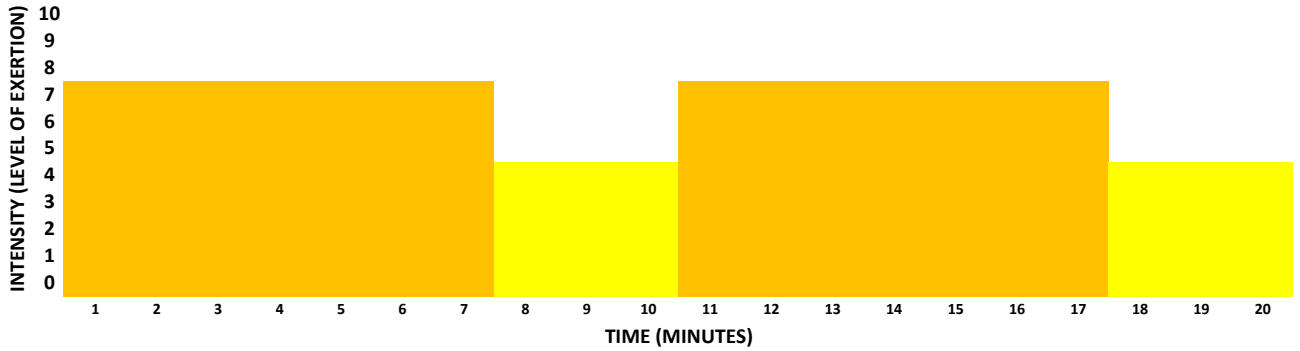
SESSION 1

7:00 @70-80%. 3:00 @30-40%. REPEAT 2X.

DATE:

EQUIPMENT USED:

DISTANCE COVERED:



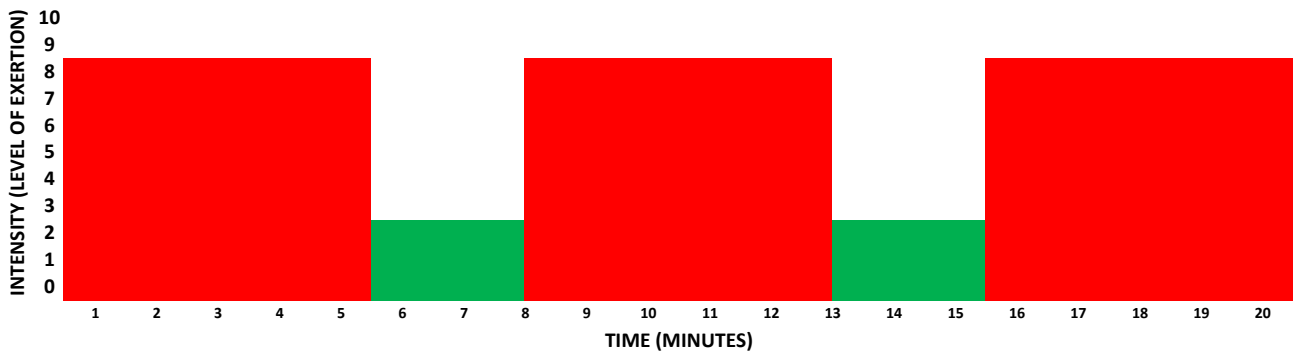
SESSION 2

5:00 @80%. 2:30 @20-30%. REPEAT 3X.

DATE:

EQUIPMENT USED:

DISTANCE COVERED:



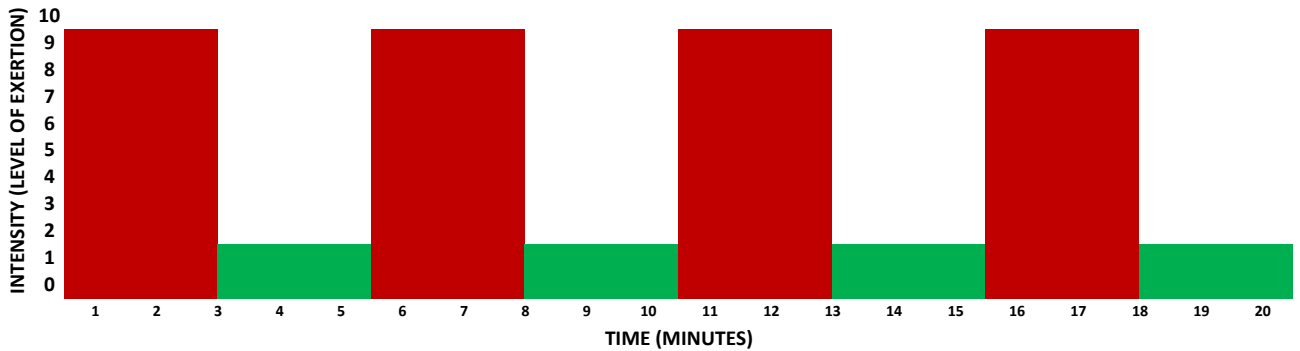
SESSION 3

2:30 @85-90%. 2:30 @10-20%. REPEAT 4X.

DATE:

EQUIPMENT USED:

DISTANCE COVERED:



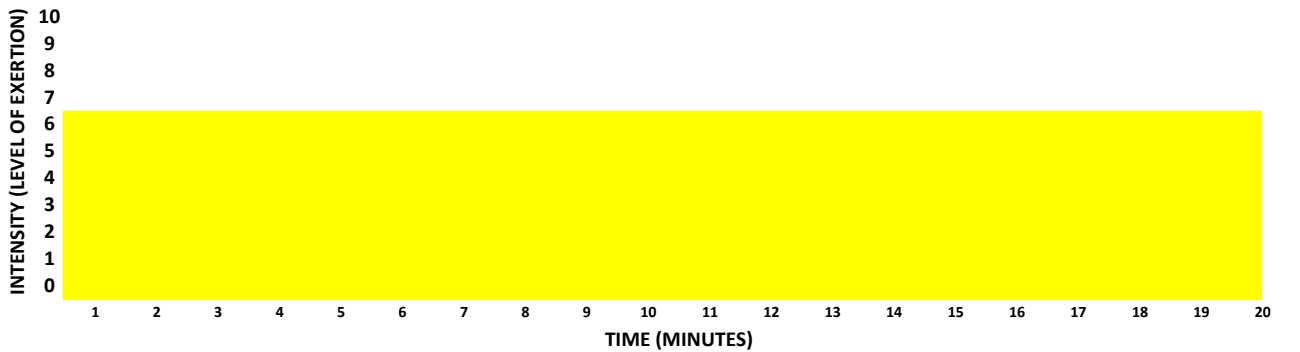
SESSION 4

RECOVERY DAY. 20 MINUTES @60-70%

DATE:

EQUIPMENT USED:

DISTANCE COVERED:



FASTPITCH POWER SAMPLE CONDITIONING PROGRAM



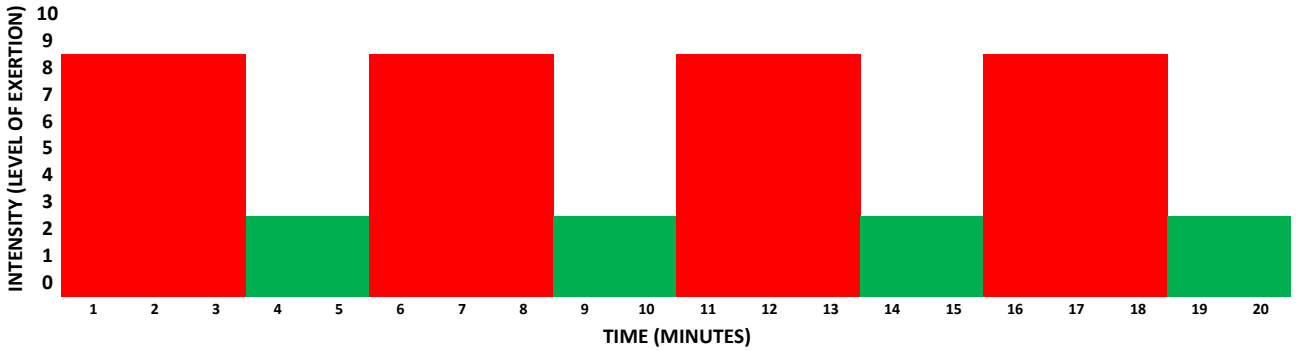
SESSION 5

3:00 @80-90%. 2:00 @20-30%. REPEAT 4X.

DATE:

EQUIPMENT USED:

DISTANCE COVERED:



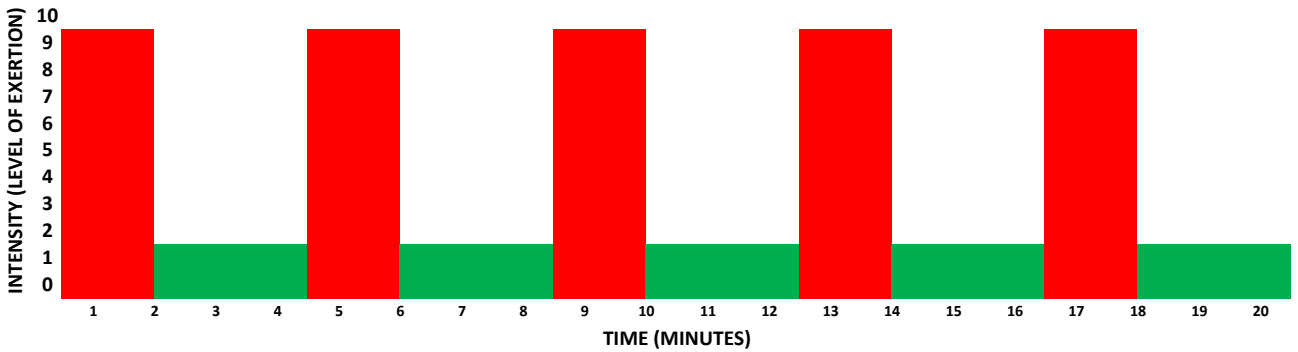
SESSION 6

1:30 ABOVE 85%. 2:30 0-10%. REPEAT 5X.

DATE:

EQUIPMENT USED:

DISTANCE COVERED:



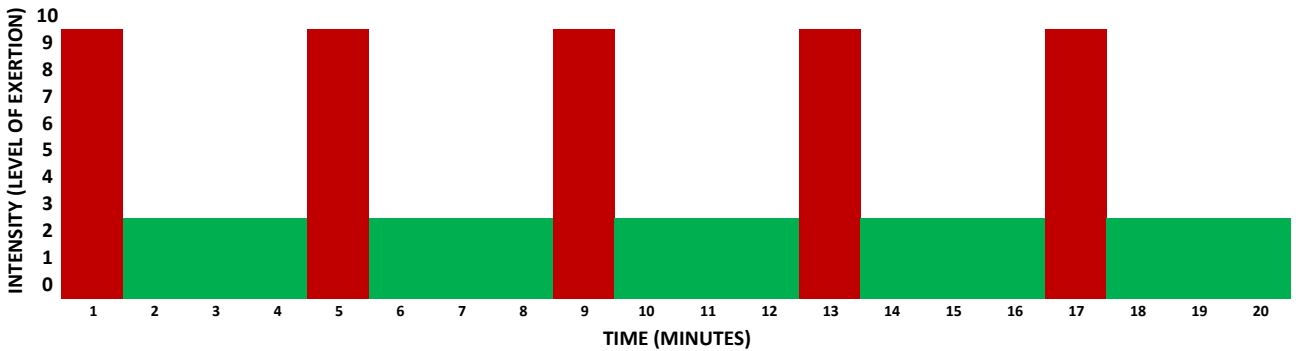
SESSION 7

1:00 ABOVE 85%. 3:00 BELOW 30%. REPEAT 5X.

DATE:

EQUIPMENT USED:

DISTANCE COVERED:



SESSION 8

RECOVERY DAY. 20 MINUTES @60-70%

DATE:

EQUIPMENT USED:

DISTANCE COVERED:

