

The

ULTIMATE

Pitchers In-Season Training
Blueprint

Train To Perform Inseason



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Pitchers Inseason Training Blueprint

Introduction

In-Season Performance training should be effective and hyper focused on PREPARING TO PERFORM every week!

Getting, and sticking to a well thought out, well-rounded, scientifically based performance program aimed at keeping athletes healthy, competing, and priming the body to EXPLODE on Game Day is what it's all about!

But just because you start the season strong doesn't mean you will end it strong.

In-Season lifting is just as important as Off-Season lifting... Maybe even more.

What is the point of training all those hours during the fall and winter if it's just going to be lost within the first month of the season?

You have to commit time in order to get results!

Coaches and players who believe training baseball players, especially pitchers, inseason is detrimental or risk injury are living in the past. Baseball is changing and getting more competitive every year. Along with the increased competition is increasing knowledge on how and when to train baseball players correctly.

Unless you have a High Level Strength coach, with locked in programming along with a fully functional weight room that can train your whole team... But before I get going, let's break this all down and give you the tools to Dominate on the field & in the weight room.

I'm not writing this for my fellow college strength coaches who have a weight room with 25 racks, 5 full time assistants, 7 interns and a wealth of experience. This Blueprint is for the 95% of high school and lower level college programs who have coaches and teachers running their strength programs. You guys give all your effort and sweat to your kids and I hope I can provide some knowledge to allow you to program and coach at a higher level.

I have already received so many awesome training tips from the coaches I have worked with. If you have any that have really worked for you, email me at bneal@oneightyathletics.com so I can add those training tips to this program in the future.

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Here's a few things you need to know when training your team in-season.

- Planning & Logistics
- Sets, Reps, & Frequency
- Minimize Injuries & Maximum Playing Levels for Each Game
- Injury Matrix / Alt. Workouts
- Off-Season vs. In-Season
- Weekly Motivation

1. Know your schedule: (Plan)

- What days of the week are you playing?
- Do you train the team before school, after school-before practice, after practice?
- Do you have to work around footballs schedule for the weightroom?
- Or maybe you have an athletic prep period 5 days a week.
- Can you get in a weightroom on the weekends or do you need to workout at the field?
- What equipment will you need to take for that?

2. Know your team:

- How many kids do you have? (Can they all train in the weight room at once?)
- Who's injured? (Communication with athletic trainer – Head Coach- Players)
- What modifications do we need to make?
- How many INNINGS did he pitch LAST game? How many pitches did he throw? (This will affect training). 80 pitches through 7 innings is much different than 80 pitches through 5.

3. Know your staff

- How many coaches are coaching in the weight room? Which ones are comfortable enough to lead a group and need my help at all times? Do I need my seniors to lead certain groups?
- WALK THROUGH EVERYTHING! Players know if you're not prepared.
- We're COACHES not supervisors... If you're sitting down in the weight room or talking some B.S. with other coaches don't be surprised if your players lack focus and detail in the weight room...

Knowing all of this is crucial when preparing to perform at a high level on game days. Here's an inside look of my ideal lifting schedule.

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We break up our starters pitching routine around their pitching schedule. The nice part about high school and college is the 7 day split. Training can be optimized within 6 days of rest.

Let's walk through our 7 day program. This is assuming this pitcher is a pitcher only (PO) and will be pitching every 7 days.

Starting pitcher workout

This day is for the starting pitcher (or relief pitcher who went extended innings) who will not pitch for another 7 days AND is NOT playing another position in a game for at least 2 days.

Example: Pitcher throws 80 pitches through 5 innings Friday night. He is shut down until his next start the following Friday. He will not play in the game Saturday or the following midweek game. This workout will prepare him for his midweek bullpen and his next outing. If your Friday night pitcher will play CF on Saturday, then he playing will be his "recovery". He will need to complete all arm care and stretching/ recovery protocol required, and lift with the hitters/relief pitchers on Monday and Wednesday.

Day 1 - Workout day immediately after starting

One of the many ways we attempt to create and maintain such good baseball players is the way we train our pitchers after outings. The Day 1 workout is exclusively for the day after a pitcher starts. This workout is crucial in the recovery of the pitcher, so I am going to spend much more time defining its importance. The main purpose of the workout is to initiate the recovery process and "flush" the body. Recovery is defined as a process of bringing an athlete's performance back to homeostasis, or where it was prior to the performance. The flush accomplishes this by inducing increased blood flow to the physiological structures that are involved in the mechanical processes of throwing. The purpose of such activity is to "flush out" harmful metabolites and send new blood to the affected areas to increase the rate of recovery and restore muscles to their pre-performance state (strength and mobility).

We have a systematic approach to our Day1. Below is just one of many ways to detail, outline, and accomplish this type of workout. This is one way we accomplish the "flush" workout at when a weightroom is present, but certainly not the only way. There are also various road recovery workouts, pool workouts, body weight circuits, etc., we incorporate as well as the season progresses.

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Initially when the pitcher arrives to the weight room post start, he will begin our Three Part Warm Up. The first part of the Three Part Warm Up is our Dynamic Flex. This general warm up increases the core body temperature and gets blood flowing to the muscles, primarily the legs, hips, and low back. Immediately following the Dynamic Flex we continue to our second part, the Hurdle Mobility Series. This is a series of 6 hurdle drills again aimed at hip, knee, and ankle flexibility and mobility. Third in our Warm Up is our Resistance Band Shoulder Warm Up. This targets not only the rotator cuff muscles but also the other musculature involved in the throwing process, such as the lower/mid trap, and the serratus anterior. The amount of exercises varies from 4-6 exercises and total volume is determined by the pitch count from the night before.

Our flush day is also our heavy leg day. At ONEighty Athletics we want to continue to build strength throughout the season. Not only does this keep us strong in the right areas to ensure safety but it also helps us to build velocity during the season when others may be losing it. Subsequently following our general warm up including the Dynamic Flex, Hurdle Mobility, and Resistance Band Shoulder Series, we begin our squats. Following our squat warm ups, our pitchers will normally do 3-5 sets of 2-6 reps between 70 and 89% of their 1 Repetition Max (1RM). Between our sets of squats, we employ complex training wherein we will box jump immediately after our squats. Complex training is defined (Radcliffe & Farentinos, 1999) as two different exercises with similar movement patterns that are categorized in two different groups, such as strength (squat) and plyometric (box jump), done one after the other. For example, our pitchers will complete one set of 3 squats at 80% of their 1RM. Immediately racking the weight they walk to the plyo box and complete 3 box jumps. This is a very efficient way to work on our strength and power simultaneously.

As our lower body auxiliary exercises, three sets of a moderately heavy single leg exercise such as the Step Ups or Walking Lunges follows squats. A strong posterior chain exercise such as the Glute Ham Raise or Romanian Deadlifts ensues to complete the leg portion of our flush day.

Our Upper Body Flush routine is completed in a Push-Pull manner, circuit-like fashion for 2-3 rounds. We target each muscle group of the upper body including the chest, back (1:2 chest to back ratio), triceps, biceps, and shoulders. We vary the intensity and volume by changing the amount of time for a given exercise, weight chosen for each exercise, number of repetitions or sets, and rest time between sets. Typically we look to complete 12-20 repetitions, with no technical flaws, per exercise. We also ask the athlete to complete as many repetitions as possible in a 20-30 second

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time limit and record his results. The athlete is then expected not to meet but to beat the number of repetitions on his second set as he did on his first. Rest time is kept to a minimum. The only rest the pitcher gets is the time it takes him to move to the next exercise or pick up a new set of dumbbells.

There are a variety of exercises to choose from when designing the Upper Body Section for this workout. For simplicity, we will begin with [Push Up Plus](#) for our chest exercise. After 20 seconds on Push Up Plus the pitcher moves to 20 seconds of [DB Row](#), then to [Tricep Push Down](#), [DB Hammer Curls](#), [DB Reverse Fly](#), and another Shoulder Series with 3-4 new exercises. We commonly use a 2.5-lb plate series since we previously used our resistance bands in Warm Ups. This concludes one set of our Upper Body Section of the flush. Once each Upper Body Section is completed we will either interval train on the bike, interval run outside or on the treadmill, or jump rope for a total of 3-5 minutes to help elevate our heart rate. I prefer to use a weighted jump rope not only for its cardiovascular and coordination benefits, but also because of the attention and blood flow the shoulders acquire trying to rotate the rope for prolonged periods of time. Repeat the Upper Body Section in its entirety one to 2 more times.

Lastly in the weight room we complete an Ab Circuit. We do at least one to two exercises for their Upper Abs, Lower Abs, Rotational/Oblique's, and Low back. This circuit should take no longer than 5-7 minutes and can incorporate weighted and stability implements.

Conditioning

Immediately following our weight training session, we condition. Generally, our conditioning consists of short interval sprints, stadiums, hills, sled pulls, tempo runs, or various foul pole conditioning. Research states that training aerobically is of little profit (Stone, Stone, & Sands, 2007; Pierce, Rozenek, & Stone, 1993) and even counterproductive (Koziris, et al., 1996; Rhea, Oliverson, Marshall, Peterson, Kenn, & Ayllon, 2008) to strength and power athletes. Therefore, we do not run long distances at low intensities. Our workouts include anaerobic intervals, with short powerful bursts and minimal rest time. This trains the appropriate energy system, builds work capacity, elevates the heart rate to a greater extent, and teaches our athletes to recover quickly in order to repeat another powerful exercise. The conditioning segment may last only 10-15 minutes followed by a cool down lap and an extensive upper and lower body stretch protocol.

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Post Workout Recovery

The demands of the workout are very high and post workout recovery is essential. A very important aspect of the recovery process is not only what happens in training but also what happens after and outside of the weight room. As a coaching staff, we recommend the athlete to take an approved Carbohydrate/Protein Post Workout Recovery Drink. We also ask them to make an educated decision on lunch. Once they are done with the flush workout they have about an hour to get another meal in before they must report back to the field. This is a great way to increase caloric intake at a very optimal time for supplementation. We constantly remind our athletes that they will only get out of their bodies that in which they put into them.

The flush workout, as previously stated, speeds up the recovery process in order to return the body to its homeostatic state. Refueling the body with proper nutrients is an excellent way of getting the nutrients and calories the pitcher needs in order to expedite the process all the more. The total workout typically lasts around one hour from warm-up to cool down. It is a demanding workout for the athlete; however, it is a vital component in starting the recovery process and preparing the athlete for the next start. Our athletes do an excellent job at being prepared when it is their turn to flush. They dread it and HATE it while they're doing it but LOVE how they feel afterwards and the following day.

Day 2 Workout

Day 2 we use as a recovery day. Typically, a pitcher is most sore 2 days' post throw and one day post lift. Generally speaking, this is the day they're the "tightest" so we want to loosen them up and accelerate the recovery process (if you have a hypermobile pitcher who gets looser after they pitch we would want to do some strengthening exercises instead). There are 2 ways to help this in Day 2. We want to improve tissue length (stretching) and tissue quality (foam rolling/soft tissue work).

[We have created a Day 2 Mobility protocol that utilizes some dynamic mobility movements, static stretches and yoga holds](#), as well as foam rollers and lax ball measures to "dig" into our soft tissue to break up any myofascial "knots". This workout should take around an hour to complete.

The goal of this workout is to have the athlete feel better leaving the weightroom/training room/field better than when he got there. Completing this day might be the most important part of the entire recovery process. We emphasize the muscles around the shoulder girdle such as the pec minor and teres minor, the thoracic spine, and also hammer the lead leg.

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We started doing this 2 years ago and our pitchers LOVE it. We also have our catchers who catch everyday perform it once to twice a week.

Some of the exercises you will see are:

- 1.) [Pigeon Stretch](#)
- 2.) [Hip Flexor Stretch](#)
- 3.) [Lower Body Foam Roll](#)

Day 3 Workout

After lifting and running hard on Day 1 and restoring some tissue length and quality on Day 2, Day 3 is a great day to get moving again. In Day 3 we will do some general movement agilities, moderately long sprints, a few stability exercises, and more mobility. Our goal is to elevate our heart rate to increase blood flow to our entire body, work on fielding our position (agilities), increase our work capacity and anaerobic conditioning, to continue to restore the mobility we may have lost from pitching, and prepare for the Day 4 Bullpen session.

Some of the exercises you will see are:

- 1.) [2-Cone Agilities](#)
- 2.) [Fast, Easy, Fast](#)
- 3.) [Push Up Chest Touch](#)

Day 4 Workout

Day 4 is a great day for a bullpen. However, every pitcher is different in the way they “bounce back”. Some may prefer to throw their bullpens on day 3 or 5, or both. Either way, this bullpen should obviously be monitored from a mechanics standpoint, intensity standpoint, and from a pitch count standpoint. This is not the scope of this blueprint. This blueprint is a guide to training your pitcher in-season, in conjunction with your pitching coach’s plan of attack. Our workouts will mimic the bullpen session. This bullpen is short, concise, and should be preparing your pitcher for his next start with mechanics and “spotting up”. We want to focus on the same thing in the weight room. Day 4 will be much shorter than Day 1. It is a total body lift with emphasis on strength and power production of the lower half, strength and stability of the upper half, and mobility about the entire body. Again, we’re trying to get our bodies “primed” for the next start in 3 days.



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Workout After Bullpen

Dynamic Warm up - 10 Minutes

Total Body Workout - 30 minutes

Sprint/Agility - 10 minutes

Stretch/Foam Roll/ Recovery Protocol - 10 minutes

GOAL OF THE WORKOUTS: STRENGTH/HEALTH/RECOVERY

Day 5 Workout

Day 5 is very similar to Day 3. We will focus more on shorter speed and agility sprints and less on gaining any aerobic benefit. We will continue to address the core and spend even more time on dynamic mobility drills.

Some of the exercises you will see are:

- 1.) [Push Up Start](#)
- 2.) [20 Yard Stealing Starts](#)
- 3.) [Upper Back/Shoulder Mobility](#)

Day 6 Workout

Day 6 is typically an off day for most of our starting pitchers. We educate them to sleep, eat and hydrate well all day in order to perform maximally on Day 7 – their start. We usually have them warm up for practice with the team and then get stretched out with the trainer really well.

Day 7

Day 7 is the day the athlete has been working towards. By now he should be fully recovered and primed to hit existing velocities, or higher, and do so safer as well. [Once the pitcher is done with his outing, he should follow it up with the post throw protocol of some active recovery arm care, mobility movements, and some tempo runs \(or 10-minute bike ride\).](#)

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Reliever Workout

Relievers are obviously much different than our starters. At the high school level they are typically your other positional players. Their appearances are much more unpredictable, and their pitch counts can range from 10-60 in some cases. I typically leave them with the hitters on Monday and Wednesday workouts and will make a few modifications to the workout if needed.

Some modifications might be more of a modified upper body flush workout if their pitch count was up, more mobility/soft tissue work if they're sore or tight, or switch out DB pressing for push-ups just to take a little pressure off the arm. Just a few corrections/modifications you can make to help the player feel better, recovery faster, and stay healthier. This is called being a coach, and being able to adapt to your team! Easy, right?!

TEAM Lift #1 and 2: Monday & Wednesday (45 Min) – Hitters and Relievers

- Warm Up – 5 Min
- Speed and Agility – 10 minutes
- Full Body Strength Training – 30 Min

GOAL OF THE WORKOUTS: HEALTH/STRENGTH/POWER

[For A 52 Week Step-by-Step In-Season Performance Program That Keeps Your Athletes HEALTHY, STRONG, & FAST to Dominate Game Day Click Here](#)



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I go about sets and reps with a strict plan that is always subject to change based on a few of these factors:

- Player Individualization (How do you feel? How are your legs, your arm?)
- Player Communication
- Practice Observation
- Game Observation (pitch count, innings played, innings caught, AB's, DH's, etc.)
- Players are never 100%

Nothing is more crucial than being a coach and knowing what players you can push past the B.S. (saying he's injured but not) and which ones are really hurt that need to be dialed back.

I get just as upset when players complain about their arms every day. But I always remind myself that when you're combining the most powerful motion in sports with the most unnatural motion in sports, you're going to have some issues eventually. So be patient, be open minded, and be resourceful.

For auxiliary exercises, we keep the rep range from 8-12, for 2-3 sets. We tell them to stay Medium-Heavy in intensity, so they have 1-2 reps left in the tank. You should always have at least a 2:1 pull to push ratio in your strength program. Some athletes may even need a 3:1 or a 3:0 depending on the person.

You can see the sets & reps for DB Row, Push Up to Row and Inverted Row, etc. in the picture to the right.

SQUAT +	x3 300	x1 300	x1 320	x2 300
BOX JUMP (3x4)	x1 320	x1 320	x1 345	x2 320
	x3 345	x1 345	x1 370	x2 345
		x1 370	x2 390	
			x2 390	
DB ROW	x8	x8	x8	x8
SUPERSET WITH				
LAT STRETCH	x:20s Ea	x:20s Ea	x:20s Ea	x:30s Ea
SUPERSET WITH	x:20s Ea	x:20s Ea	x:20s Ea	x:30s Ea
BTW LATERAL LUNGE	x:20s Ea	x:20s Ea	x:20s Ea	
	x:5ca	x:5ca	x:5ca	x:5ca
	x:5ca	x:5ca	x:5ca	x:5ca
DB PUSH UP TO ROW	x8	x8	x8	OMIT
SUPERSET WITH				
INVERTED ROW	x10	x10	x10	x10
FEET UP	x10	x10	x10	x10
	x10	x10	x10	x10
ABS x 3				

When talking about how long or how often to train we want at least 2x45 minute sessions. This allows enough time to warm up and properly coach the exercises/movements while not rushing. If you only had 2 days to train I would lift Monday and Wednesday or Thursday.



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Conditioning

“But Coach, when do we do condition?”

I like to run on days we lift, or do some base running drills after practice. It doesn't have to be a ton of running for the guys who play every day. For the guys who don't play as much, and the PO's, they can run more to maintain their fitness. Again, baseball is a STRENGTH AND POWER sport, so the days of long distance running, and even running slow poles, are over!

I've listed 3 conditioning drills that you can apply to our starting pitchers.

Day 1 Running

- 1.) 2x10 x Cut 30's (run 30 yards and back in 10s) - :10s target time, with :30s rest – 2:00 break between sets
- 2.) 1x10 x Cut 60's (run 60 yards and back in 20s) - :22s target time, with :60s rest – 2:30 break between sets
- 3.) Prowler Sled Push/Pull

Day 4 Running

- 1.) Pyramid Sprints:
10 yd, 20yd, 30yd, 40yd, 50yd, 60yd, 50yd, 40yd, 30yd, 20yd, 10yd
Rest :01s per yard run. Ex: 10yd sprint = :10s rest, 50yd Sprint = :50s Rest
- 2.) [10xFlying 20's](#) – walk back after each rep to keep fatigue at a minimum



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Minimize injuries and maximize playing levels

A stronger body is a healthier body. If your hamstrings are weak, what do you think is going to happen? Probably pull a hamstring. Right? If your scaps are weak there's a greater likelihood for an injury to the shoulder or elbow. Stronger = Healthier. Having a well thought out, scientifically based performance program that progressively overloads the body is essential. But for this portion I wanted to give you something extra! I wanted to give you our Flexibility routines/videos so you can really help that individual athlete with shoulder issues or consistent hamstring tightness. They're great for before-during-after any lift-practice-game.

Flexibility/Stability Routines

A. Shoulders

[YTL](#)

[Band Pull Apart](#)

[Prone Upper Back Mobility](#)

[Foam Roll Upper Body](#)

B. Hips/ Hamstrings/Lower Back

[4-way Hip Stretch](#)

[Lower Body Clam Shells](#)

[Raised Pigeon Stretch](#)

[Foam Roll Lower Body](#)

Injuries happen and we have to be ready for them. I can promise you after week 10 not all of your athletes are going to be able to squat. Either a nagging upper body or lower body injury or will force you to have alternative exercises available.

Here's a list of great substitute exercises. Bands, Towels, Single Arm, Single Leg, and manual resistance work will become essential tools for in-season training.

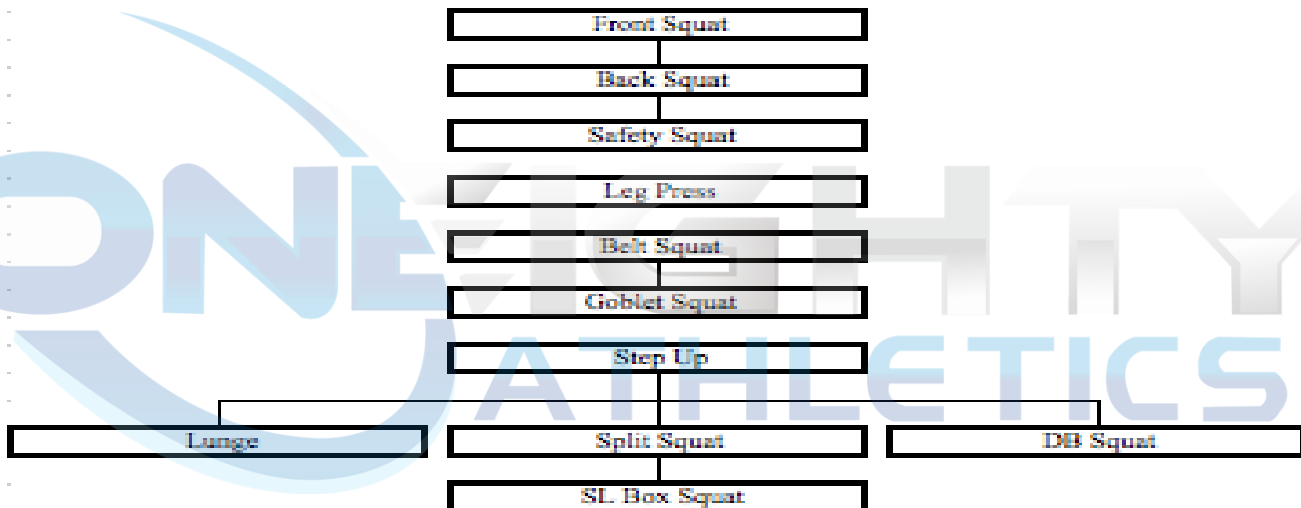
- DB Floor Press
- SA DB (Incline) Press
- SL Leg Press
- SL Step-Ups
- SL Squat
- SA Lat Pull Down
- SA Seated Row
- Band Side, Front Raises
- Band Pushdowns
- Band Bicep Curls
- Band Straight Leg Pulldowns
- SandBag Step-ups
- Towel SA Seated Row
- Towel Lying Lat Pulldown

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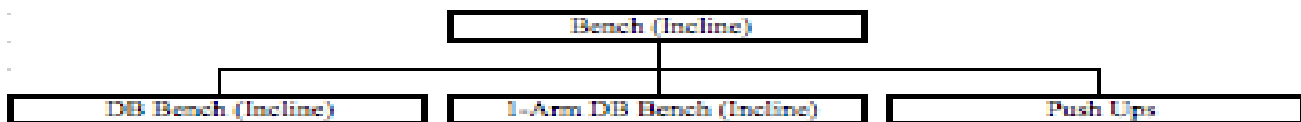
Injury matrix

This is our injury matrix for our big lifts. If the athlete cannot do one of the big lifts, just go down the list until you find one he/she can do. For example, if your athlete has a sore knee and cannot Squat. Go down to Safety Bar Squat. Still a problem. Go down to Leg Press. Still a problem or don't have a leg press? Keep going down to Belt Squat, Goblet Squat, Step Up... We got one! Have the athlete Step Up with his "good leg" and he should be fine while you're getting your athlete better and keeping him with the group! Problem solved! This is a great tool and saves a ton of time!

SQUAT



BENCH



SNATCH/CLEAN



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Off-season vs. in-season

OFFSEASON

- No Practice
- 4-8 Week Training Cycles
- 3-4 Days
- More Max Rep Sets
- 20-30 Total Sets / Workout
- 60-100% Intensity
- 3-4 Days Conditioning/ Week
- Recovery Protocol 2x/Week
- Decreased throwing volume

INSEASON

- Baseball Practice
- 6-12 Week Training Cycles
- 2-3 Days
- Little to No Max Rep Sets
- 18-24 Total Sets / Workout
- 60-89% Intensity
- 1 Day Conditioning/ Week
- Recovery Protocol 3-4x/Week
- Increased throwing volume

For some reason a lot of kids don't get excited to train these days and we have to use some form of motivation to get them going. Some cool things that have given our programs an edge are:

- Quotes- love posting quotes and logos of rival teams each week. I usually have a senior send me a quote that is in line with the team's vision for each week.
- Pictures of opposing players
- Hype Videos: Make quick videos with music to pump them up and tweet out
- Victory Dances: The day after a win we have a huge circle and crank the music... Yes, this is pretty comical!

Every time we're training in the weight room they have to know we are training for the CHAMPIONSHIP... Are we willing to go over that edge and be uncomfortable! blueprint work I hope this blueprint provides you some value and at the very least. It's a quick dive into what we have learned through our experience over the last 12 years.

We learned and created these beliefs through our own "failures" so that you may succeed. I put "failures" in quotations because I don't believe we ever fail. Nelson Mandela once said "I never lose. I either win or learn". That is what we have done here... We have taken what we have learned and

want to give it you so you can make your job easier, coach the sport you love, and help make your athletes athletic experience better...

That's what it's all about right?

It about us coaches putting our athlete in the best possible position to succeed. And if in-season training isn't your "forte" then let us help because it is our forte, and what we love to do.

Check out our Elite Inseason Program here...

<https://oneightyathletics.com/elite-baseball-program2>

You won't be disappointed.

Coach Neal

WIN THE KIDS!!





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