

Bears Baseball

Aerobic & Anaerobic Training Program

Exercise	Time
3-Mile Run	try to decrease time daily
Sprints—90 Feet	try to decrease time daily
(Do above 3 times per week for aerobic training program)	
Pole Sprints---300 feet	try to decrease time daily
Jumping Rope*	5-10 Minutes
Swimming Laps*	As Often as Possible

*Recovery time should be twice the time of your exercise interval.
Example: Your recovery time after doing a 1 minute sprint pole should be 2 minutes.

(Do above 3 times per week for anaerobic training program)

You will need a stopwatch to assist.
Please keep a logbook to track your progress.