

GOOSE CREEK MEMORIAL PATRIOTS BASEBALL

~ February 2014 ~						
◀ Jan 2014						Mar 2014 ▶
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 LIVE: 20 Pitches (FB,CH) Sprint / Jog / Walks / ABS
2 Rest	3 LIVE: 30 pitches (2 Innings) FB, CH Leg Circuit	4 Up to tolerated distance @ 80% 7 minutes Endurance Run - 20 min	5 50' flat ground @ 80% - 5 min Sprints Leg Circuit	6 Up to tolerated distance - 7 min Pass Routes / ABS	7 LIVE: 3 innings vs BH FB, CH, one CB per hitter Sprint / Jog / Walks / ABS Leg Circuit	8 Endurance Run - 25 min
9	10 Up to tolerated distance- 7 min Know your body Sprints Leg Circuit	11 LIVE: 40 Pitches FB, CH, one CB per hitter Sprint / Jog / Walk / ABS	12 Up to tolerated distance - 7 min Endurance Run - 20 min Leg Circuit	13 50' Flat Ground - 5 min Sprints	14 LIVE: Varied Pitch Count All pitches available	15 Endurance Run - 20 min
16	17 Vs. Crosby GAME ON!	18	19	20	21	22
23	24	25	26	27	28	Notes: