

# GOOSE CREEK MEMORIAL PATRIOTS BASEBALL

◀ Dec 2013	~ January 2014 ~						Feb 2014 ▶
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			<b>1</b> Up to 90' for 7 minutes 45' Flat Ground @ 50% - 5 min Leg Circuit	<b>2</b> Up to 90' for 7 minutes Endurance Run - 20 Minutes <b>ABS</b>	<b>3</b> Up to 90' for 7 minutes 45' Flat Ground @ 50%- 5 min Leg Circuit	<b>4</b> Endurance Run - 20 Min.	
<b>5</b> Rest	<b>6</b> Up to 120' @ 60% - 7 minutes 45' flat ground @ 60% - 5 min Leg Circuit	<b>7</b> Up to 120' @ 60% - 7 minutes Sprint / Jog / Walks / ABS	<b>8</b> Up to 120' @ 60% - 7 minutes 45' flat ground @ 60% - 5 min Leg Circuit	<b>9</b> Up to 120' @ 60% - 7 minutes Sprint / Jog / Walks / ABS	<b>10</b> Up to 120' @ 60% - 7 minutes 45' flat ground @ 60% - 5 min Leg Circuit	<b>11</b> Endurance Run - 25 Min	
<b>12</b> Rest	<b>13</b> Up to 150' @ 70% - 7 min. 50' Flat ground @ 70% - 5 min Leg Circuit	<b>14</b> Up to 150' @ 70% - 7 min. Sprints / ABS	<b>15</b> Up to 150' @ 70% - 7 min. 50' Flat ground @ 70% - 5 min Leg Circuit	<b>16</b> Up to 150' @ 70% - 7 min. Sprints / ABS	<b>17</b> Up to 150' @ 70% - 7 min. 50' Flat ground @ 70% - 5 min Leg Circuit	<b>18</b> Endurance Run - 25 Min	
<b>19</b> Rest	<b>20</b> Up to tolerated distance 80% (7 minutes) 50' flat ground @ 80% - 5 min Leg Circuit	<b>21</b> 50' Bullpen 80% - 5 min Sprint / Jog / Walks / ABS	<b>22</b> Up to tolerated distance 80% (7 minutes) Leg Circuit	<b>23</b> 50' Bullpen 80% - 5 min Sprint / Jog / Walks / ABS	<b>24</b> Up to tolerated distance 80% (7 minutes) Leg Circuit	<b>25</b> Endurance Run - 25 min	
<b>26</b> Rest	<b>27</b> Up to tolerated distance 85% (7 minutes) 50' flat ground @ 80% - 5 min Leg Circuit	<b>28</b> LIVE: 25-30 Pitches (FB, CH) Sprint / Jog / Walks / ABS	<b>29</b> Up to 120' @ 75% Leg Circuit 20 min run	<b>30</b> 50' Flat ground @ 80% Sprints / ABS	<b>31</b> Up to tolerated distance 85% (7 minutes) Leg Circuit Endurance Run - 20 min	Notes:	

Feb 2014

Mar 2014

Apr 2014