

BASEBALL WORKOUT SCHEDULE

The Program Does Not Matter. The Schedule Does. One Page, Eight Weeks.

What Is Actually Happening

Every player who got stronger did the same three things: picked one program, put it on a calendar around games and school, and ran it eight weeks without switching. This sheet is the calendar.

How Many Days A Week

	Lifts	Throwing	Arm care	Full rest
Off-season	3, non-consecutive	3 program days	Every throw day	1
Preseason	3	Every practice	Every throw day	1
In season	2, never the day before you pitch	Games and practice	Every throw day	1
Tournament week	1, light, early in the week	The games are the work	Between games too	1

Your Week, Fill It In

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Write GAME on the game days first. Then LIFT on non-game days, not next to a start if you pitch. Then BANDS on every day you throw. Then one FULL REST. The week builder on the training page does this for you and prints it.

Pick A Door, Pick A Program

Door	Free programs that are written down
School weight room	Your coach's program first. Otherwise StrongLifts 5x5, or the Basic Beginner Routine.
A gym membership	GZCLP, or 5/3/1 for Beginners.
Home, bands and bodyweight	The Recommended Routine (bodyweight), plus the J-Band routine for the arm.

Program: _____ Start date: _____ Week 8 check-in: _____

The Rules. Non-Negotiable.

1. One program, eight weeks, exactly as written. No exercises from a video, no swapped days.
2. Lifts after practice, never before. Tired legs at shortstop lose games.
3. Pitchers: no heavy legs the day before a start. The day after a start is bands and a walk, no lift.
4. One full rest day every week. Eat, sleep, nothing else counts.
5. Write every session in the log. Weight, sets, reps. At week eight the log is the only honest answer.

The Bottom Line

Any real program on a schedule beats the perfect program done sometimes. The week builder, the program doors and the throwing workload calculator are at uncommittedu.com/training.

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