

In-Season Baseball Strength Training & Conditioning

By Jon Doyle

An extremely hot, and very misunderstood, topic in baseball is how to perform baseball strength training and weight training in-season. There is so much misinformation floating around I decided I had to write this article ASAP.

I figured I would list DO's and DON'T's so there is no confusion...

So here it is...The Top Ten In-Season Strength & Conditioning Do's and Don't's...

In-Season DON'T'S

- DON'T stop weight training in-season – This will simply lead to decrease strength, power, conditioning and ultimately performance,
- DON'T perform a split routine. Rather 2 full-body sessions each week works best for most.
- DON'T follow the performance-draining theory of “light weight and high reps” – All this will do is burn you out, leaving you slow, weak and fatigued.
- DON'T waste time training small muscle groups with isolation exercises such as bicep curls, wrist curls and calf raises. These muscle groups will get plenty of stimulation with compound movements.
- DON'T train the day before a game unless you have found this specifically works for you.
- DON'T eat junk food. This will decrease performance and halt recovery, which is vital to performance.
- DON'T drink soda, coffee or any other diuretic substance.
- DON'T let any in-season weight training session go beyond 30 minutes. This will lead to central nervous system fatigue, which will lead to you becoming slow, weak and tired.
- DON'T stay up late wasting time watching TV. Get your sleep so your body can recover.
- DON'T push yourself when your body is extremely fatigued. Know when to pull back. Listen to your body and it will reward you. LEARN YOUR BODY!

In-Season DO'S

- DO weight train in season. I have found two sessions per week lasting between 20-30 minutes works best to maintain strength, speed, power and help facilitate recovery
- DO train using compound movements such as squats, cleans, snatches and deadlifts. (Found in [Power/Speed Development Series](#))
- DO focus on maximum bar speed with each and every rep.
- DO perform sets of low reps between 2 and 5.
- DO train with 45-60% of 1 rep max.
- DO train immediately after or the day after a game.
- DO perform a few static stretching sessions per week, lasting between 15-30 minutes after practice or a weight training session. This will help recovery and regeneration of the body, which will keep you fresh, fast, strong and feeling great.
- DO perform a few sets of external rotation exercises and scapular exercises a few times a week. Keep weight light on these and train within 8-12 rep range with these.

- DO eat whole foods and focus on getting adequate amounts of quality proteins, carbohydrates and healthy fats.
- DO keep your body properly hydrated. Everyone knows this, but few do it. This does not mean tons of sugar-laden sports drinks. Water with added electrolytes works just as well. Simply add a small pinch of sea salt to every 1 liter of filtered water you drink.

There you have it. Stick to the above guidelines and you will be a well-oiled machine throughout the entire season. Be warned that if you fail to follow these guidelines you are setting yourself for failure. The choice is yours.