



3 Week Baseball Speed Development Workout

Week 1: Monday-Wednesday-Friday

Bulgarian Squat with Twist	3 sets of 12 reps
Split Squat Jumps	3 sets of 10 reps

Skill Work: Treadmill Sprints

1. Run 15 seconds rest 30 seconds - Run 15 seconds rest 1 minute (incline 11, speed 10)
2. Run 15 seconds rest 30 seconds - Run 15 seconds rest 1 minute (incline 12, speed 10.5)
3. Run 15 seconds rest 30 seconds - Run 15 seconds rest 1 minute (incline 13, speed 11)
4. Run 15 seconds rest 30 seconds - Run 15 seconds rest 1 minute (incline 14, speed 11.5)
5. Run 15 seconds rest 30 seconds - Run 15 seconds (incline 15, speed 12)

Week 2: Monday-Wednesday-Friday

Bulgarian Squat with Twist	3 sets of 10 reps
Split Squat Jumps	3 sets of 12 reps

Skill Work: Treadmill Sprints

1. Run 15 seconds rest 30 seconds - Run 15 seconds rest 1 minute (incline 12, speed 10)
2. Run 15 seconds rest 30 seconds - Run 15 seconds rest 1 minute (incline 13, speed 10.5)
3. Run 15 seconds rest 30 seconds - Run 15 seconds rest 1 minute (incline 14, speed 11)
4. Run 15 seconds rest 30 seconds - Run 15 seconds rest 1 minute (incline 15, speed 11.5)
5. Run 15 seconds rest 30 seconds - Run 15 seconds (incline 16, speed 12)

Week 3: Monday-Wednesday-Friday

Bulgarian Squat with Twist	3 sets of 8 reps
Split Squat Jumps	3 sets of 12 reps

Skill Work: Treadmill Sprints

1. Run 15 seconds rest 30 seconds - Run 15 seconds rest 1 minute (incline 12, speed 10.5)
2. Run 15 seconds rest 30 seconds - Run 15 seconds rest 1 minute (incline 13, speed 11)
3. Run 15 seconds rest 30 seconds - Run 15 seconds rest 1 minute (incline 14, speed 11.5)
4. Run 15 seconds rest 30 seconds - Run 15 seconds rest 1 minute (incline 15, speed 12)
5. Run 15 seconds rest 30 seconds - Run 15 seconds (incline 16, speed 12.5)