NÁRODNÍ BASEBALLOVÝ PROGRAM

STRENGTH PROGRAM

BASEBALL

3. FÁZE - 6 TÝDNŮ

KAIZEN ATHLETE

KAIZEN ATHLETE TRAINING - Training 1					
Excercise	Reps	Tempo	RPE / %	Rest	Comment
A1: Tall Kneeling Hip Mobility **A2: Prone Y Swimmer CARs** **A3: Bent over KB Rotational Swing**	**2x5+5** **2x 8-10** **2x alt. 20**		6-7 RPE		
B1: Split Squat High Jump	**2-3x alt. 10**				
B2: MB Ball Slam	**2-3x8**		2-4kg MB	Full	Bomby
C1: Back Squat / Front Squat / SSB	1. týden - **4x 3 (1 a 1/2 squat)** 2. týden - **4x 3 (1 a 1/2 squat)** 3. týden - **4x 2 (1 a 1/2 squat)** 4. týden - **4x 2 @20X1** 5. týden - **4x 2 @20X1** 6. týden - **4x 2 @20X1**		7.5 RPE 8 RPE 8.5 RPE 7.5 RPE 8 RPE 8.5 RPE		
C2: Hurdle Hops	**4x5-8**			2-3min	
D1: Split Stance Dual DB Romanian DL	**3x 4+4**	3011	8RPE		
D2: Seated Rotational DB Press	**3x6+6**	10X1	8RPE	1-2min	
E1: Rotational Single Arm Cable Pull Down	**2-3x8+8**	20X1			
E2: Jefferson Curls	**2-3x6**	3030	7-8RPE	1-2min	

KAIZEN ATHLETE TRAINING - Training 2					
Excercise	Reps	Tempo	RPE / %	Rest	Comment
A1: Y Drop and Catch	**3x10-15**		6 RPE		
A2: Assisted Side to Side Single Leg Pogo Jumps	**3x15+15**			1min	
B1: TrapBar DL Overcoming ISO	**3-4x 2x3s**		Max Effort		
B2: Multiple Broad Jump	**3-4x 3-6ti skok**			2min	
C1: Bench Press	1. týden - **4x 3 (1 a 1/2 bench)** 2. týden - **4x 3 (1 a 1/2 bench)** 3. týden - **4x 2 (1 a 1/2 bench)** 4. týden - **4x 2 @20X1** 5. týden - **4x 2 @20X1** 6. týden - **4x 2 @20X1**		7.5 RPE 8 RPE 8.5 RPE 7.5 RPE 8 RPE 8.5 RPE		
C2: Single Arm MB Chest Pass	**3-4x3+3**			2min	
D1: Split Stance Cable Chop	**3-4x 5+5**	10X1	7-8RPE		
D2: Split Squat Rotational Ball Slam	**3-4x 4+4**		2-4kg MB	2min	
E: Bent over Y raises	**3x12-15**	2011	7RPE	1min	

KAIZEN ATHLETE TRAINING - Training 3					
Excercise	Reps	Tempo	RPE / %	Rest	Comment
A1: Dead Hang / Single Arm Dead Hang	**3x30-45s**				
A2: Half Kneel. Lateral Jump	**3x3+3**			1-2min	
B1: Split Stance TrapBar DL	1. týden - **4x 4+4** 2. týden - **4x 3+3** 3. týden - **4x 2+2** 4. týden - **4x 4+4** 5. týden - **4x 3+3** 6. týden - **4x 2+2**	20X1	Up to 8.5 RPE		
B2: Alternating Single Leg Horizontal Bounds	**4x alt. 10**			2min	
C1: Landmine Push Press	**3x4+4**	20X1	7-8 RPE		
C2: Landmine Lateral Lunge	**3x6+6**	20X1	7-8 RPE	1-2min	
D1: Half Kneeling Rotational Cable Row	**3x8+8**	20X1	8 RPE		
D2: Single Leg Squatted Calf Raises	**3x8/each**	1011	8-9 RPE	1-2min	
E: GHD MB Bear Hug Sit-Ups	**3x10**	2011	8 RPE	1min	

KAIZEN ATHLETE TRAINING - Training 1		
Excercise	Reps	Výsledky
A1: Tall Kneeling Hip Mobility **A2: Prone Y Swimmer CARs** **A3: Bent over KB Rotational Swing**	**2x5+5** **2x 8-10** **2x alt. 20**	
B1: Split Squat High Jump	**2-3x alt. 10**	
B2: MB Ball Slam	**2-3x8**	
C1: Back Squat / Front Squat / SSB	1. týden - **4x 3 (1 a 1/2 squat)** 2. týden - **4x 3 (1 a 1/2 squat)** 3. týden - **4x 2 (1 a 1/2 squat)** 4. týden - **4x 2 @20X1** 5. týden - **4x 2 @20X1** 6. týden - **4x 2 @20X1**	
C2: Hurdle Hops	**4x5-8**	
D1: Split Stance Dual DB Romanian DL	**3x 4+4**	
D2: Seated Rotational DB Press	**3x6+6**	
E1: Rotational Single Arm Cable Pull Down	**2-3x8+8**	
E2: Jefferson Curls	**2-3x6**	

KAIZEN ATHLETE TRAINING - Training 2		
Excercise	Reps	Výsledky
A1: Y Drop and Catch	**3x10-15**	
A2: Assisted Side to Side Single Leg Pogo Jumps	**3x15+15**	
B1: TrapBar DL Overcoming ISO	**3-4x 2x3s**	
B2: Multiple Broad Jump	**3-4x 3-6ti skok**	
C1: Bench Press	1. týden - **4x 3 (1 a 1/2 bench)** 2. týden - **4x 3 (1 a 1/2 bench)** 3. týden - **4x 2 (1 a 1/2 bench)** 4. týden - **4x 2 @20X1** 5. týden - **4x 2 @20X1** 6. týden - **4x 2 @20X1**	
C2: Single Arm MB Chest Pass	**3-4x3+3**	
D1: Split Stance Cable Chop	**3-4x 5+5**	
D2: Split Squat Rotational Ball Slam	**3-4x 4+4**	
E: Bent over Y raises	**3x12-15**	

KAIZEN ATHLETE TRAINING - Training 3		
Excercise	Reps	Výsledky
A1: Dead Hang / Single Arm Dead Hang	**3x30-45s**	
A2: Half Kneel. Lateral Jump	**3x3+3**	
B1: Split Stance TrapBar DL	1. týden - **4x 4+4** 2. týden - **4x 3+3** 3. týden - **4x 2+2** 4. týden - **4x 4+4** 5. týden - **4x 3+3** 6. týden - **4x 2+2**	
B2: Alternating Single Leg Horizontal Bounds	**4x alt. 10**	
C1: Landmine Push Press	**3x4+4**	
C2: Landmine Lateral Lunge	**3x6+6**	
D1: Half Kneeling Rotational Cable Row	**3x8+8**	
D2: Single Leg Squatted Calf Raises	**3x8/each**	
E: GHD MB Bear Hug Sit-Ups	**3x10**	