

# The Multi-Year System For the Division I Baseball Player

By Tim Kontos, CSCS

[www.kontosstrength.com](http://www.kontosstrength.com)



# Acknowledgements

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- There is nothing new presented in this talk
- Specialty=coaching athletes
- Hard work =Results



# Definitions

- Beginner- someone who has had no lifting experience at VCU
- Intermediate- athlete who has had at least one year of training at VCU



# Pitchers vs. Position Players

## ■ Similarities -

- Need for rotator cuff, core strength, rotational ability, forearm work

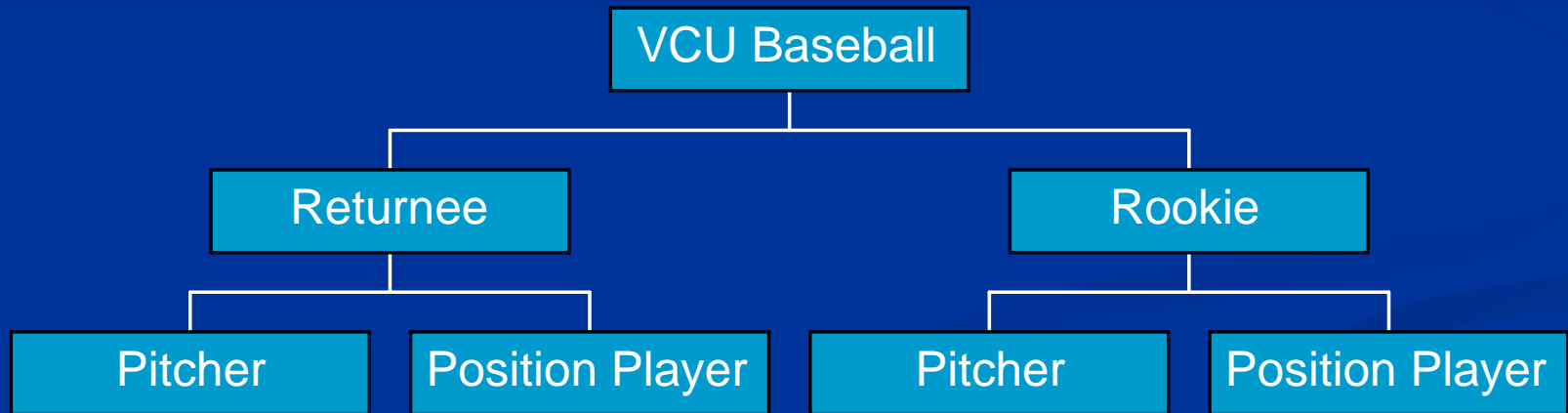
## ■ Difference

- pitchers throw with greater frequency
- Position - hit - bat weighs 30 oz=greater need for absolute strength

Program differences - Pitchers are given a choice of whether they do or do not want to do Barbell bench press



# VCU Baseball Classification



# Week 1 Introduction to the Weight Room



# Testing Criteria

<p>Squat</p> <ul style="list-style-type: none"><li>-Below parallel</li><li>-All players</li></ul>	<p>Bench Press</p> <p>touch the chest</p> <ul style="list-style-type: none"><li>- Position players</li></ul>	<p>Pull-up - start from a hang</p> <ul style="list-style-type: none"><li>-Pull up until chin touches the bar</li><li>- Overhand Grip</li></ul>
<p>60 - hand timed</p>	<p>Body Fat- skin fold calipers</p>	<p>Body Weight</p>

# Squat Teaching Progression

- All done with a box
- 5 reps body weight
- 5 reps with bar only
- 3 to 5 reps with 95
- Do 5 to 6 sets of 3

# Bench Teaching Progression

- Med ball chest pass
- Get grip
- Squeeze shoulders together
- Tuck feet back
- Start bar low
- Bring bar straight down
- Pause @ chest
- Drive straight up

QuickTime™ and a  
Motion JPEG OpenDML decompressor  
are needed to see this picture.

# Week 1

## Day 1

### ■ Squat

- Dynamic Effort
- 6 sets of 3 to 5 reps
  - All Technique work
  - Stiff leg Deadlifts
  - Only two exercises

## Day 3

### ■ Squat

- Max Effort
  - Weights get heavier
  - Weight are hand written in
  - 3 to 4 movements done this day

## Day 2

### ■ Bench Press

- “Max Effort”
  - 4 sets of 10 reps
  - Triceps, Rows, and Abs
  - 4 movements only

## Day 4

### ■ Bench Press

- Dynamic Effort Day
- Pull-ups done 1st
- Med ball chest passes 1st
- Teach explosiveness
- Pause at the chest 1st

# Week 2-3

## ■ Squat

- Dynamic “Speed” Squat
  - Weight goes up only slightly from week 1
  - Deadlifts get heavier
- Max Effort
  - Weight goes up more than “speed” day
  - All weights are hand written by the coach

## ■ Bench Press

- “Max” effort Day
  - 4 sets of 8 - get all of your reps-Do Not fail
  - Speed Day -use same weight for 6 sets of 3 as 4 sets of 10
  - Pull-ups are done for 4 sets of 4
  - This week the athletes will do the entire workout

# Test Week

## Rookies

- Squat - 3 to 5 rep max
- Bench - 3 to 5 rep max
- Pull-up - max reps

## Returnees

- Squat - 1 RM
- Bench - 1 RM
- Pull-up - 1 RM

QuickTime™ and a  
Motion JPEG OpenDML decompressor  
are needed to see this picture.

# Fall Ball (weeks 5-8)

- 4 weeks long
- Treated like in-season
- Teaches athletes they can lift **and** play baseball
- More later...



# Day 1 - Speed Box Squats

Day 1

Speed Squat x 8 to 10 sets of 2

A1 Heavy Accessory

A2 Horizontal Row

B1 Twisting Ab

B2 Single leg

B3 Vertical pull (shrug)

QuickTime™ and a  
Motion JPEG OpenDML decompressor  
are needed to see this picture.

# Day 2 Max Effort Bench

A1 Regular bench

A2 Upper Ab

B1 High Rep Tricep (higher stress movement)

B2 Vertical pull

C1 Bicep

C2 Wrist extension

C3 Holding grip work or  
Pronation/Supination

D1 Rotator Cuff - humerus 90 degrees  
of abduction

D2 Serratus

QuickTime™ and a  
Motion JPEG OpenDML decompressor  
are needed to see this picture.

# Day 3 - Max Effort Squat

Day 3

A1 Squat

A2 Twisting ab

B1 Single leg

B2 Horizontal Row

C1 Low Back

C2 Shrug

QuickTime™ and a  
Motion JPEG OpenDML decompressor  
are needed to see this picture.

# Day 4 Speed Bench

Day 4

A1 Pull-up/Chin up

A2 Rotator Cuff Humerus 0  
degrees

A3 Serratus

B1 Speed bench

B2 Wrist Flexion

B3 Crushing forearm

C1 Db press

C2 Lower ab

C1 Tricep (Heavier but  
lower stress movement)

C2 Brachialis

QuickTime™ and a  
Motion JPEG OpenDML decompressor  
are needed to see this picture.

# Rookie Template - Lower (weeks 9-11)

## Squats

### Box Squats

#### ■ Speed Day

- 3 week wave using straight weight
  - 50% x 10 x 2
  - 55% x 8 x 2
  - 60% x 8 x 2

#### ■ Max Effort Day

- Box Squats
  - 65% x 6 x 3
  - 70% x 6 x 2
  - 80% x 6 x 1

QuickTime™ and a  
Motion JPEG OpenDML decompressor  
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# Rookie Template - Upper

## Bench press

### Straight weight

#### ■ Max Effort Day

- 72% x 4 x 5
- 76% x 3 x 5
- 81% x 2 x 5

#### ■ Speed Day

- 3 week wave USING 55%
  - Week 1 - 3 reps -
    - 6 second hold @ chest
    - 3 seconds hold @ chest
    - 1 second hold @ chest
  - Week 2 - 3 reps all w/6 second negative
  - Week 3 - down and up FAST

QuickTime™ and a  
Motion JPEG OpenDML decompressor  
are needed to see this picture.

# Rookie Template (weeks 12-14)

## Squats

- Speed Day
  - Same percentages as weeks 1-3 weight should move faster
- Max Effort Day
  - Free Squats
  - 75% x 5 x 3
  - 85% x 4 x 2
  - 95% x 4 x 1
    - Tell tail week

## Bench press

- Max Effort Day
  - 2 Board x 3 and leave it
  - 2 board x 3 rep max
  - Chain Bench x 3 Rep max
- Speed Day
  - Same 3 week wave as before now with chains

# Returnee Template - Upper (weeks 9-11)

## Bench press

- Max Effort Day
  - 2 Week waves
    - 3 rep max - 1st week
    - 1 rep max 2nd

- Speed Day

- Same 3 week template as rookies

QuickTime™ and a  
Motion JPEG OpenDML decompressor  
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# Returnee Template - Lower

## Squat

### ■ Speed Day

#### ■ 3 week wave Using bands

- 45% x 8 x 2
- 47% x 8 x 2
- 50% x 6x 2
- Bands -

135 to 399=purple

400 to 500=Green

### ■ Max Effort Day

#### ■ 2 week waves

- 3 rep max - 1st week
- 1 rep max 2nd week

QuickTime™ and a  
Motion JPEG OpenDML decompressor  
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# Returnee Template (weeks 12-14)

## Squat

- Speed Day
  - Free Squats
  - 3 week wave Using bands
    - 50% x 8 x 2
    - 53% x 8 x 2
    - 56% x 6x 2
  - Bands -
    - 135 to 399=purple+mini
    - 400 to  
500=Green+monster  
mini

## Bench press

- Speed Day
  - Same 3 week template  
now with chains

# Lower body Max Effort Movements

- High Box Squat
- Helps get the athlete used to heavy weights
- Confidence booster

QuickTime™ and a  
Motion JPEG OpenDML decompressor  
are needed to see this picture.

# Lower body Max Effort Movements

- Chain Squats
- Helps with stability and speed from the bottom
- 3 - 20lb chains per side

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# Lower body Max Effort Movements

- **Low Box squat**
- Box is 1.5 inches lower than Speed Day
- Helps with squat depth

QuickTime™ and a Motion JPEG OpenDML decompressor are needed to see this picture.

# Upper Body Max Effort Movements

- Reverse band press - confidence builder, helps with speed
- Board Presses- reduce stress on shoulders
- Chain Bench-2 chains per side - gets closer to “classic” exercise

QuickTime™ and a  
Motion JPEG OpenDML decompressor  
are needed to see this picture.

# Down week

- Work up to 90% 1 x 1 on bench and squat
- Do 1 to 2 sets of assistance movements
- Two workouts this week

# In-Season

- Decrease Volume
- Use 4 - day template
- 3 to 4 days per week during pre-season
  - Always do ME BP and ME SQ
  - Alternate DE SQ and DE BP
- Start with higher intensity and decrease as season gets closer
  - Assistance movements= 2 sets instead of 3 to 4
  - No bands or chains are used
  - Movements are chosen based on ease of set-up

QuickTime™ and a Motion JPEG OpenDML decompressor are needed to see this picture.

# Modified Max Effort Lower

- Done By Prilepin's Chart
  - 80%, 78%, 76% x 4 x 2
  - 73%, 70%, 65% x 4 x 3
- Done 1st in the week-Sunday after 3 game series

QuickTime™ and a Motion JPEG OpenDML decompressor are needed to see this picture.

# In-Season Pitcher Post-Throw

A1 ME SQ

A2 Rotator cuff-Humerus Parallel  
to ground

A3 Serratus

B1 Horizontal Row

B2 Horizontal Push

C1 Single leg

C2 Twisting abs

D1 Triceps

D2 Biceps

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# In-Season Pitcher Pre-Throw

A1 DE SQ

A2 Rotator cuff-Humerus  
perpendicular to the  
ground

A3 Full cans-band, DB

B1 Vertical pull

B2 Horizontal push

C1 “Upper” abs

C2 Low-back

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# Modified Max Effort Upper

- Movements chosen to reduce stress on shoulders
- Done for 3 to 5 Reps
- Will “shut it down” early to prevent misses

QuickTime™ and a  
Motion JPEG OpenDML decompressor  
are needed to see this picture.

# Recommended Reading

- [www.elitefts.com](http://www.elitefts.com)
- Science and Practice of Strength Training, Zatsiorsky
- Science of Sports Training, Kurz
- [www.kontosstrength.com](http://www.kontosstrength.com)
- Plates, Homeruns, Stolen Bases, Miles per Hour: Explosive Strength Training for Baseball - due out Summer '07