



**East Cobb Mudcats**  
**2011 - 2012**  
**WORKOUT SCHEDULE**

**During each week, follow this minimum schedule:**

1. Daily: Stretch out
2. Daily: 100 swings with the bat (25 top hand only, 25 bottom hand only, 25 right handed, 25 left handed)
3. Daily: 3 sets of 15 sit ups
4. Daily: 25 sets pitching on a line
5. Every Other Day: 3 sets of 20 pushups
6. Every other day: 25 leg squats (no weight)
7. Every Other Day: 30 to 40 Long Toss
8. Three times a week: run half mile
9. Three times a week: take 50 ground balls for form only
10. Soft toss or tee: AS MUCH AS YOU CAN