

# Modifying the program

- Accelerated – 2 wk version

Fielders	Week	Sun	Mon	Tue	Wed	Thur	Fri	Sat
	1	Hitting	45'x50	Hitting	60'x50	Hitting	90'x50	Hitting
	2	90'x75	Hitting	120'x50	Hitting	150'x50	Hitting	180'x50
	3	Hitting	RTP					

- In-season
- Minor injuries
- Already in shape
- Brief time off