



Baseball Return to Sports High School/College

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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