



Researched Based Baseball

<u>Dynamics of Increasing the Training Load</u>		
Load Percent	Microcycle - Load Increases	
90-100	High	MxS- % of 1RM
80-85	Medium	RPE- Rate of Perceived Exertion
70-75	Low	
60-65	Regeneration	

<u>Load Increments per Microcycle</u>				
Low-Intensity Micro				
Monday	Tuesday	Wednesday	Thursday	Friday
Low	Medium	High	Low	Med
75%	85%	95%	70%	80%
Med-Intensity Micro				
Monday	Tuesday	Wednesday	Thursday	Friday
Low	High	Low	Med	High
75%	95%	70%	80%	90%
High-Intensity Micro				
Monday	Tuesday	Wednesday	Thursday	Friday
Med	High	Med	High	Low
75%	95%	70%	90%	75%



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<u>Dynamics of Increasing the Training Volume</u>				
Volume/Microcycle				
Number of sets				
High	Med	Low		
20-30 sets	8-10 sets	2-4 sets		
Volume Increments per Microcycle				
Low-Volume Micro				
Monday	Tuesday	Wednesday	Thursday	Friday
Low	Medium	High	Low	Med
2-4 sets	8-10 sets	20-30 sets	2-4 sets	8-10 sets
Volume Increments per Microcycle				
Med-Volume Micro				
Monday	Tuesday	Wednesday	Thursday	Friday
Low	High	Low	Med	High
2-4 sets	20-30 sets	2-4 sets	8-10 sets	20-30 sets
Volume Increments per Microcycle				
High-Volume Micro				
Monday	Tuesday	Wednesday	Thursday	Friday
Med	High	Med	High	Low
8-10 sets	20-30 sets	8-10 sets	20-30 sets	2-4 sets



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<u>Dynamics of Increasing the Training Frequency</u>				
Frequency and Duration / Microcycle				
Number of Days				
High		Med	Low	
5 day		3 day	2 day	
45min- 1hr		45min- 1hr	45-min- 1hr	
Frequency and Duration Increments per Microcycle				
Low-Frequency Micro				
Monday	Tuesday	Wednesday	Thursday	Friday
	x		x	
Frequency and Duration Increments per Microcycle				
Med-Frequency Micro				
Monday	Tuesday	Wednesday	Thursday	Friday
x		x		x
Frequency and Duration Increments per Microcycle				
High-Frequency Micro				
Monday	Tuesday	Wednesday	Thursday	Friday
x	x	x	x	x