



52-Week Baseball Training

A. Eugene Coleman

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Get in better condition for baseball—and watch your game improve! Players are getting bigger, stronger, and faster every season. Their conditioning level is at an all-time high, resulting in more towering home runs and blazing fastballs than ever before. With *52-Week Baseball Training*, you can use the same baseball-specific training regimen as the major leaguers to prepare for the demands of today's game.

As the strength and conditioning coach for the Houston Astros, Gene Coleman helped to extend Nolan Ryan's career into his mid-40s, develop Jeff Bagwell into a power-hitting, perennial MVP candidate, and shape Craig Biggio into a warrior-like iron man at the plate and in the field. In *52-Week Baseball Training*, Coleman provides a complete year-round conditioning plan to keep in shape in the off-season and for peak performance during the season and playoffs. These day-by-day, week-by-week, season-by-season workouts include resistance training, total conditioning exercises, and position-specific activities. And not only does this baseball-specific conditioning improve performance, it helps you avoid injuries, too.

The training plan conforms well to high school, college, and summer-league calendars and organizes workouts into sequential phases:

- Postseason—Active Rest and Recovery
- Off-Season—Fitness Training
- Preseason—Training to Play
- In-Season—Training to Win

In addition to these detailed weekly fitness programs, the book describes how to perform each drill and exercise and includes more than 150 photos showing proper technique. Use *52-Week Baseball Training* to perform better at the plate, in the field, and on the mound—every game, every season.

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