

Baseball Weekly Training Log

Fill one copy per week. Save a local copy in a PDF reader that supports forms.

PHASE MAP: W1-2 restart | W3-6 build | W7-10 strength

W11-14 power | W15-16 preseason. Repeat phases if readiness requires it.

Plan throwing, batting and lifting together. This is not a throwing prescription.

Week / phase / dates / next game

Monday - lift, skill work, throwing and recovery notes

Tuesday - lift, skill work, throwing and recovery notes

Wednesday - lift, skill work, throwing and recovery notes

Thursday - lift, skill work, throwing and recovery notes

Friday - lift, skill work, throwing and recovery notes

Saturday - lift, skill work, throwing and recovery notes

Sunday - lift, skill work, throwing and recovery notes

Weekly review: what needs changing?

Full context: primeformen.com/off-season-baseball-strength-program/

PrimeForMen | September 12, 2026 | Editorial planning aid, not individualized advice.