

TPLAN 4.2 | DAY 01

LOWER BODY (POWER & SQUAT) | ~80 min

WEIGHT LEGEND

FUEL: 3,350 cal | 190g protein | Pre-workout meal 90 min before

"XX lbs total" = total weight on the bar (bar + plates). Standard Olympic bar = 45 lbs.
"XX lb DBs" = weight per dumbbell. "+XX lbs" = weight added to body (chin-ups, dips, etc.)

WARM-UP

Incline Walk: 5-10 min (5.0%) | Light Jog: 3-5 min @ 5.5 MPH
Tissue Prep: Foam Rolling (Lats, Quads, T-Spine)

ACTIVATION SEQUENCE

Rest: 60s between sets

Hands & Knees Hip Rotations	2x8/side
Dynamic Lunge + Rotation	2x10/side
Med-Ball Rotational StepBack Throw	3x5/side
Jump Rope	2-3 min

PRIMARY POWER

Rest: 3-5 min between working sets | 2 min between ramps

Altitude Drops	3x5	BW	
Power Clean			
Warm-Up Ramp			
RAMP:	1x5	75 total	BAR +2x10, +2x5
RAMP:	1x3	115 total	LOAD 2x35
WORK:	4x3	145 total	LOAD 2x45, 2x5

TARGET → POWER CLEAN 0.85 m/s @ RPE 8

ROTATIONAL POWER BLOCK

Rest: 2-3 min between sets

Med-Ball Rotational Scoop Toss	4x5/side	10 lbs
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SQUAT CYCLE (ALT WEEKS)

Rest: 3-5 min between working sets | 2 min between ramps

Wk A: Front Squat

Ramp

RAMP:	1x5	75 total	BAR +2x10, +2x5
RAMP:	1x3	115 total	LOAD 2x35
WORK:	4x5	160 total	LOAD 2x45, 2x10, 2x2.5

Tempo: 3/1/1/0 (3s eccentric, 1s pause, explode up)

Wk B: Back Squat

Ramp

RAMP:	1x5	95 total	BAR +2x25
RAMP:	1x3	165 total	ADD +2x35
WORK:	3x5	230 total	LOAD 4x45, 2x2.5

Tempo: 3/1/1/0 (3s eccentric, 1s pause, explode up)

TARGET → SQUAT CYCLE 0.60-0.45 m/s

ACCESSORIES

Rest: 2-3 min between sets (90s for supersets)

Bulgarian Split Squats	3x8/leg	40 lb DBs	
Trap Bar Jumps	3x3	95 total	TRAP BAR +2x10, +2x5, +2x2.5

TARGET → TRAP BAR JUMPS 1.1 m/s @ RPE 7

Wk A: DB Step-Up (alt weeks)

Wk B: Walking Lunge (alt weeks)

Hip Thrusts (ALT WEEKS)

Wk A: Strength	WORK: 4x8	185 total	BAR +2x45, +2x25
Wk B: Explosive	WORK: 3x5	225 total	BAR +4x45
Nordic Hamstring Curl	3x5	Band-Assisted (5s eccentric)	

Progression: Band-Assisted → Eccentric-Only 5s → Full ROM → Weighted (+5 lb)

Lateral Bound	3x5/side	BW	
Sled Push/Pull	4x40 yd	Max Intent	

ARM CARE A

Rest: 60-90s between throws

Reverse Throw	1x6	7 oz
Reverse Throw	1x6	8 oz
Reverse Throw	1x6	9 oz
Pivot Pickoff	1x5	5 oz

TPLAN 4.2 | DAY 02

UPPER BODY (PUSH STRENGTH) | ~85 min

WEIGHT LEGEND

FUEL: 3,350 cal | 190g protein | Pre-workout meal 90 min before

"XX lbs total" = total weight on the bar (bar + plates). Standard Olympic bar = 45 lbs.
"XX lb DBs" = weight per dumbbell. "+XX lbs" = weight added to body (chin-ups, dips, etc.)

WARM-UP

Incline Walk 5-10 min (5.0%) | Light Jog 3-5 min | Foam Roll Lats & Quads

ACTIVATION SEQUENCE

Rest: 60s between sets

Banded Pull-Apart2x20
MB Chest Pass3x5 | 10 lbs
Push-Ups (Protract): 2x12 | Jumping Jacks: 2 min
Protracted push-up: push through floor to round upper back, spreading shoulder blades apart.

PRE-HAB

Rest: 60s between sets

Prone T/Y/I/W3x10 ea | BW or 2.5 lb
Face Pull2x15 | 40 lbs cable

PRIMARY PUSH

Rest: 3-5 min between working sets | 2 min between ramps

Bench Press
Ramp
RAMP:1x5 | 95 total | BAR +2x25
RAMP:1x3 | 155 total | LOAD 2x45, 2x10
WORK:4x5 | 220 total | LOAD 2x45, 2x35, 2x5, 2x2.5
Tempo: 3/1/1/0 (3s eccentric, 1s pause on chest, press explosively)

TARGET → BENCH PRESS 0.45 m/s @ RPE 8

Military Overhead Press

Ramp
RAMP:1x5 | 65 total | BAR +2x10
RAMP:1x3 | 105 total | LOAD 2x25, 2x5
WORK:4x6 | 145 total | LOAD 2x45, 2x5
Tempo: 2/0/1/0 (2s eccentric, no pause, press up)

TARGET → MILITARY OHP 0.5 m/s @ RPE 8

ROTATIONAL CORE

Rest: 2-3 min between sets

Cable Woodchop (High-to-Low)3x10/side | 40 lbs cable

ACCESSORIES

Rest: 2-3 min between sets (90s for supersets)

ss [Wrist Bar Curls3x20 | 45 lbs
Incline DB Bench3x10 | 60 lb DBs
Seated Cable Row3x12 | 100 lbs cable
Close-Grip Landmine Press3x8 | 70 lbs loaded | 45+25 on end
Cable Fly3x12 | 25 lbs/side
Weighted Chin-Ups3x5 | +25 lbs
Hanging Knee Raise3x12 | BW

ARMS A: ANTAGONIST SUPERSETS

Rest: 90s between supersets

ss [Incline DB Curl (~45 deg bench)3x10 | 30 lb DBs
Overhead Cable Triceps Ext3x12 | 50 lbs cable
ss [Stretch-position curl = #1 hypertrophy stimulus. Slow eccentric (3s down).
Barbell Curl (EZ or straight bar)3x8 | 75 total | EZ+2x25 / STD+2x10+2x5
Rope Pushdown3x15 | 40 lbs cable
Behind-Body Cable Curl (stretch+pump)2x15 | 25 lbs/arm
16 direct bicep sets/wk is ceiling at 33. If elbows bark, drop behind-body curl first.

SHOULDER HEALTH

Rest: 60s between sets

Int/Ext Band Rotations2x15 | Light Band
Band Pull-Apart (Overhead)2x15 | Light Band

TPLAN 4.2 | DAY 04

POSTERIOR CHAIN (STRENGTH) | ~75 min

WEIGHT LEGEND

FUEL: 3,350 cal | 190g protein | Pre-workout meal 90 min before

"XX lbs total" = total weight on the bar (bar + plates). Standard Olympic bar = 45 lbs.
"XX lb DBs" = weight per dumbbell. "+XX lbs" = weight added to body (chin-ups, dips, etc.)

WARM-UP

Incline Walk 5-10 min (5.0%) | Light Jog 3-5 min | Foam Roll Quads & Hips

ACTIVATION

Rest: 60s between sets

Banded Lateral Walk2x10/side | Light Band
Cable Pull-Through3x12 | 60 lbs cable
Neutral Pulldown: 2x15 | 100 lbs cable | Jump Rope: 2-3 min

PRIMARY PULL

Rest: 3-5 min between working sets | 2 min between ramps

Trap Bar Deadlift
Ramp
RAMP:1x5 | 135 total | TRAP BAR +2x35, +2x2.5
RAMP:1x3 | 205 total | LOAD 2x45, 2x25, 2x2.5
WORK:5x3 | 275 total | ADD +2x35
Tempo: 2/1/X/0 (2s lower, 1s reset, explosive pull)

TARGET → TRAP BAR DEADLIFT 0.55 m/s @ RPE 8-9

Trap bar = 60 lbs. Adjust if using a different bar weight.

ROWING

Rest: 2-3 min between sets

Overhand Barbell Row2x8 | 135 total | BAR +2x45
Underhand Barbell Row2x8 | 135 total | BAR +2x45

ROTATIONAL POWER

Rest: 2-3 min between sets

Med-Ball Lateral Shot-Put3x5/side | 8 lb ball
Cable Rotation (Low-to-High Lift)3x8/side | 35 lbs cable

ACCESSORIES

Rest: 2-3 min between sets (90s for supersets)

Weighted Pull-Up3x8 | +15 lbs
Kettlebell Swings3x20 | 70 lb KB
Reverse Hyper3x12 | 50 lbs
Face Pull3x15 | 40 lbs cable
Lateral Sled Drag3x20 yd/side | 70 lbs loaded

ARM CARE B

Rest: 60-90s between throws

Hammer Pronation3x10 | 10 lb DB
Int/Ext Band Rotations2x15 | Light Band
Reverse Throw1x6 | 7 oz
Reverse Throw1x6 | 8 oz
Reverse Throw1x6 | 9 oz
Roll-In Throw1x6 | 4 oz
Roll-In Throw1x6 | 5 oz
Pivot Pickoff1x5 | 5 oz
Walking Plyo Throw1x8 | 3 oz
Walking Plyo Throw1x8 | 5 oz

ARM CARE PROGRESSION: When all throws feel smooth & pain-free for 2 wks → add 1 oz. Max: 12 oz reverse, 7 oz roll-in, 7 oz plyo.

WEIGHT LEGEND

FUEL: 3,350 cal | 190g protein | Pre-workout meal 90 min before

"XX lbs total" = total weight on the bar (bar + plates). Standard Olympic bar = 45 lbs.
"XX lb DBs" = weight per dumbbell. "+XX lbs" = weight added to body (chin-ups, dips, etc.)

WARM-UP

Incline Walk 5-10 min (5.0%) | Light Jog 3-5 min | Foam Roll T-Spine & Lats

ACTIVATION SEQUENCE

Rest: 60s between sets		
Shoulder Dislocations	2x15	
Push-Up to T	2x10	
Plyo Push-Up	3x5	

ROTATIONAL POWER BLOCK

Rest: 2-3 min between sets		
MB Rotational Throw	4x5/side	8-10 lbs
MB Torso Turn	3x8/side	10 lbs

PRIMARY POWER

Rest: 3-5 min between working sets | 2 min between ramps

Push Press			
Ramp			
RAMP:	1x5	65 total	BAR +2x10
RAMP:	1x3	95 total	LOAD 2x25
WORK:	5x3	125 total	LOAD 2x35, 2x5
Tempo: 2/0/X/0 (2s eccentric, explosive drive)			

TARGET → PUSH PRESS 0.8 m/s @ RPE 8

ACCESSORIES

Rest: 2-3 min between sets (90s for supersets)			
SS	Landmine Press	3x10	70 lbs loaded 45+25 on end
	Explosive Row	3x8	115 total BAR +2x35
	Cable Pull-Through	3x12	70 lbs cable
	Suitcase Carry	3x40 yd	80 lb DB

ARMS B: ANTAGONIST SUPERSETS

Rest: 90s between supersets			
SS	Preacher/Spider Curl (EZ bar)	3x10	55 total EZ +2x10, +2x5
	Overhead DB Tricep Extension	3x12	40 lb DB
Short head / peak builder. Full ROM, squeeze at top (1s hold).			
SS	Hammer Curl (strict form)	3x10	35 lb DBs
	Close-Grip Push-Up	3x15-20	BW
Brachialis = arm width. Don't swing -- if you're swinging, drop weight.			
	Reverse EZ Curl (forearm tie-in)	2x15	45 total EZ +2x10

ARM CARE C

Rest: 60-90s between throws		
Int/Ext Band Rotations	2x15	Light Band
Reverse Throw	1x6	7 oz
Reverse Throw	1x6	8 oz
Reverse Throw	1x6	9 oz
Wrist Weight Pronation Swing	1x10	70% Effort
Jaeger Band Series		
External Rotation	1x10	
Internal Rotation	1x10	
Forward Flexion	1x10	
Reverse Fly	1x10	
Scaption	1x10	
Deceleration Pull	1x10	

TPLAN 4.2

PROGRAM RULES & CHANGE SUMMARY

DAY 7: FULL REST

No training. Prioritize sleep (8+ hrs), nutrition, hydration.

Light walking permitted. No structured exercise.

DAY 7 FUEL: 2,576 cal | 155g protein | Maintenance calories = RMR

VBT AUTO-REGULATION PROTOCOL

FATIGUED (< 0.45 m/s)

Drop 10 lbs

PRIME (> 0.50 m/s)

Add 5-10 lbs

VELOCITY LOSS CUTOFF (>20%)

Stop set if velocity drops >20% from rep 1

Example: If rep 1 = 0.50 m/s, stop set if any rep drops below 0.40 m/s. Prevents grinding reps.

3-WEEK BLOCK PERIODIZATION (AGE-OPTIMIZED)

WK 1 - ACCUMULATION: 100% programmed volume. All sets/reps as written. RPE 7-8.

WK 2 - INTENSIFICATION: Same volume. Add 5 lbs to primary lifts if VBT targets hit. RPE 8-9.

WK 3 - DELOAD: 50-60% volume. Drop all loads 15-20%. RPE 5-6. No failure.

At 33, recovery capacity drops ~1%/yr after 30. 3-week cycles prevent accumulated fatigue.

DELOAD WEIGHTS (WEEK 3 — ~17.5% OFF INTENSIFY)

Power Clean: 120 lbs (4x2) | Front Squat: 135 lbs (3x4) | Back Squat: 190 lbs (2x4)

Bench Press: 185 lbs (3x4) | Military OHP: 120 lbs (3x5) | Trap Bar DL: 230 lbs (4x2) | Push Press: 105 lbs (4x2)

Calculated: round(Intensify weight * 0.825 / 5) * 5, volume cut ~40%

WEEKLY VOLUME (SETS PER MUSCLE GROUP)

Chest: 13 sets | Back: 16 sets | Shoulders: 10 sets | Quads: 12 sets

Hamstrings: 10 sets | Biceps: 16 sets (+4 indirect) | Triceps: 12 sets (+6 indirect)

WEIGHT CONVENTION

All barbell weights = TOTAL (bar + plates) unless marked "+XX lbs" (added to body).

DB weights = per dumbbell. Cable weights = stack setting. KB = single kettlebell.

Standard Olympic barbell = 45 lbs. Trap bar = 60 lbs (adjust if yours differs).

Landmine loads = plates loaded on bar end (bar weight not counted in listed number).

RAMP PROTOCOL: All primary lifts use 2-3 ramps. Target ~40% and ~65% of working weight. 2 min rest between ramps, 3 min before first working set.

DESK PROTOCOL (ALL DAYS)

Every 90 min @ PC: 10 Bridges | 30s Hip Stretch | 10 Air Squats

BIOMECHANICS-DRIVEN CHANGES (4.1)

>> Pelvis rotation at 1st %ile -- added dedicated rotational power blocks (Days 1, 4, 6)

>> Hip-shoulder separation at 13th %ile -- added cable woodchops

>> Bench adjusted 5x5→4x5 for shoulder health (all push volume retained elsewhere)

>> Day 6 MB throws upgraded from activation to working sets (4x5 max intent)

>> Day 4: added cable low-to-high lift for posterior chain rotational transfer

>> Recovery days: tee work now MANDATORY (oppo/center focus for field coverage)

>> Added 2x/week hitting development plan (Page 7) targeting specific deficiencies

OTHER 4.1 CHANGES

>> Power Clean: ramped 140→150 over 4 weeks (was flat 150 jump)

>> Front Squat: 145 → 155 lbs total (89% 1RM)

>> Hip Thrusts: alternating strength (4x8@185) / power (3x5@225) weeks

>> Added lateral bounds (Day 1) + lateral sled drag (Day 4)

>> Added weighted ball progression protocol (+1 oz / 2 weeks)

>> Added 90/90 breathing to recovery days

>> Standardized all weight labels throughout document

>> Bicep work redesigned for max hypertrophy: long head (Day 2) + short head (Day 6)

>> 16 direct bicep sets/week + indirect from chin-ups/pull-ups (~20 effective sets)

>> Antagonist supersets: bicep/tricep (Days 2 & 6), push/pull accessories

AGE-OPTIMIZED WORKLOAD (33 / 190 LBS / 5-11)

>> Periodization: 4-week → 3-week blocks (deload every 3rd week)

>> DB Step-Up / Walking Lunge: alternating weeks (redundant unilateral volume)

>> Sled Push/Pull: 6x40 → 4x40 yd (cumulative fatigue management)

>> Elbow health protocol: if elbows flare from 16 curl sets, drop behind-body curl first

>> All hitting drills on Page 7 now hyperlinked to YouTube demonstrations

4.2 UPDATES

>> Block 1 Intensify weights applied (+5 lbs on all primary lifts)

>> DXA body composition data integrated (March 23, 2026)

>> RMR metabolic testing data integrated (March 23, 2026)

>> Calorie targets updated based on measured RMR (2,576 base)

>> Exercise subs from v2 retained (wrist bar curls, banded lateral walk, OH DB tricep ext, cable pull-through)

>> Plate breakdowns on all barbell exercises

>> YouTube search links on all exercises

FUEL: 2,800 cal | 170g protein | Focus on anti-inflammatory foods

McGILL BIG 3

Bird-Dogs	3x10
Side Plank	3x30s/side
McGill Curl-Up	3x10
Dead Bugs	3x12
Cat-Cow	2 minutes

MOBILITY FLOW

90/90 Hip Switches	2x10/side
World's Greatest Stretch	2x5/side
Quadruped T-Spine Rotation	2x8/side
Wall Slides	2x12

90/90 BREATHING

Supine 90/90 Position	5 min
Inhale 4 ct nose, exhale 8 ct mouth.	
Activates parasympathetic nervous system. Improves recovery quality between sessions.	

LIGHT CONDITIONING

Steady State Cardio: 20-30 min | Zone 2: 112-131 BPM (60-70% max HR)
Foam Roll (Full Body): 10s/pass | Lacrosse Ball Work: 20s/spot

MANDATORY: TEE WORK (OPPO/CENTER FOCUS)

20-30 min tee work. Outer-third setup. Drive ball to center and right-center.
Focus: let the ball travel deep, stay through the zone, no pulling.
10 reps center-field intent | 10 reps oppo-field intent | 10 reps up-the-middle

ADDITIONAL SPORT OPTIONS (PICK 0-1)

Light Basketball: Shooting / ball handling only -- 20-30 min, no full court
Hot Yoga: 45-60 min session -- flexibility, blood flow & recovery

DESK PROTOCOL

Every 90 min @ PC: 10 Bridges | 30s Hip Stretch | 10 Air Squats

TPLAN 4.2 | HITTING DEVELOPMENT

2X/WEEK PLAN (DAYS 3 & 5)

ATHLETE: Colin McBride #20 | 33 yrs | 5-11 / 190 lbs | R/R | Seattle, WA

17.7% BF | 155.5 lbs lean | ALMI 21.7 (76th %ile)

RMR 2,576 kcal/day | Maintenance 3,606 | Target 3,350 (training)

BIOMECHANICS PROFILE (DRIVELINE MOCAP)

Pelvis Rotation: 40.4 deg (1st %ile) | Torso Rotation: 45.7 deg (2nd %ile) | Hip-Shoulder Sep: 14.3 deg (13th %ile)

Pelvis Ang. Vel: 454 deg/s (12th %ile) | Upper Arm Vel: 1039 deg/s (91st %ile) | Pull Rate: 76.2%

Max EV: 101.1 mph | Avg EV: 89.6 | HHB Dist: 271.7 ft (aff avg: 387) | K Rate: 8.7% (elite)

SESSION A: HIP ROTATION & SEPARATION (DAY 3)

WARM-UP (5 min)

Hip CARs 2x5/side

Band walks: 2x10/side | Arm circles: 1x15

BLOCK 1: ROTATION ACTIVATION (10 min)

Hip-Lead Dry Swings 3x10

Belt buckle to pitcher BEFORE hands move.

Separation Holds (3s hold) 2x8

Stride, land, FREEZE with hips open / shoulders closed.

Seated Rotational MB Throw 3x8/side | 8 lb

BLOCK 2: TEE WORK -- OPPO/CENTER (15 min)

Tee set outer third, 3 inches behind front hip

Round 1: 10 balls -- center-field intent, focus on hip lead

Round 2: 10 balls -- right-center intent, let ball travel deeper

Round 3: 10 balls -- pull side BUT with full hip rotation (not arm pull)

BLOCK 3: CONSTRAINT DRILL (10 min)

Fence Drill (backside) 10 swings

Back to fence, 6 inches away, swing without hitting it.

Step-Behind Tee Hits 10 swings

Crossover step forces exaggerated hip-shoulder separation.

COOLDOWN: 90/90 breathing (3 min)

SESSION B: POWER TRANSFER & LIVE TIMING (DAY 5)

WARM-UP (5 min)

Band pull-aparts: 2x15 | Trunk rotations: 2x10/side | Wrist circles: 1x15

BLOCK 1: POWER INTENT (10 min)

Walking Rotational MB Toss 3x5/side | 10 lb

Step, hip fire, torso, release. Max intent.

Band-Resisted Rotation 2x8/side

BLOCK 2: FRONT TOSS / SOFT TOSS (15 min)

Round 1: 15 balls -- normal front toss, focus on hip lead into contact

Round 2: 10 balls -- inside pitch sim, clear hips, rotate don't arm-pull

Round 3: 10 balls -- outside pitch, let it travel, drive oppo gap

BLOCK 3: REAR ELBOW FOCUS (5 min)

Rear Elbow Slot Tee Work (~120 deg at load) 10 swings

Rear elbow at first move is 10th %ile (111 deg). Small fix, big barrel path gain.

COOLDOWN: 90/90 breathing (3 min)

TARGET OUTCOMES (8-12 WEEKS)

Pelvis Rotation: 40 deg → 55+ deg | Hip-Shoulder Sep: 14 deg → 22+ deg | Pull Rate: 76% → 55%

HHB Distance: 272 ft → 330+ ft | ISO: .111 → .180+ | Maintain K rate below 10%