

45 ft PHASE

Step 1:

- A. Warm-up throwing
- B. 45 ft (25 throws)
- C. Rest 15 minutes
- D. Warm-up throwing
- E. 45 ft (25 throws)

Step 2:

- A. Warm-up throwing
- B. 45 ft (25 throws)
- C. Rest 10 minutes
- D. Warm-up throwing
- E. 45 ft (25 throws)
- F. Rest 10 minutes
- G. Warm-up throws
- H. 45 ft (25 throws)

60 ft PHASE

Step 3:

- A. Warm-up throwing
- B. 60 ft (25 throws)
- C. Rest 15 minutes
- D. Warm-up throwing
- E. 60 ft (25 throws)

Step 4:

- A. Warm-up throwing
- B. 60 ft (25 throws)
- C. Rest 10 minutes
- D. Warm-up throwing
- E. 60 ft (25 throws)
- F. Rest 10 minutes
- G. Warm-up throwing

90 ft PHASE

Step 5:

- A. Warm-up throwing
- B. 90 ft (25 throws)
- C. Rest 15 minutes
- D. Warm-up throwing
- E. 90 ft (25 throws)

Step 6:

- A. Warm-up throwing
- B. 90 ft (25 throws)
- C. Rest 10 minutes
- D. Warm-up throwing
- E. 90 ft (25 throws)
- F. Rest 10 minutes
- G. Warm-up throwing
- H. 90 ft (25 throws)

120 ft PHASE

Step 7:

- A. Warm-up throwing
- B. 120 ft (25 throws)
- C. Rest 15 minutes
- D. Warm-up throwing
- E. 120 ft (25 throws)

Step 8:

- A. Warm-up throwing
- B. 120 ft (25 throws)
- C. Rest 10 minutes
- D. Warm-up throwing
- E. 120 ft (25 throws)
- F. Rest 10 minutes
- G. Warm-up throwing

150 ft PHASE

Step 9:

- A. Warm-up throwing
- B. 150 ft (25 throws)
- C. Rest 15 minutes
- D. Warm-up throwing
- E. 150 ft (25 throws)

Step 10:

- A. Warm-up throwing
- B. 150 ft (25 throws)
- C. Rest 10 minutes
- D. Warm-up throwing
- E. 150 ft (25 throws)
- F. Rest 10 minutes
- G. Warm-up throwing
- H. 150 ft (25 throws)

180 ft PHASE

Step 11:

- A. Warm-up throwing
- B. 180 ft (25 throws)
- C. Rest 15 minutes
- D. Warm-up throwing
- E. 180 ft (25 throws)

Step 12:

- A. Warm-up throwing
- B. 180 ft (25 throws)
- C. Rest 10 minutes
- D. Warm-up throws
- E. 180 ft (25 throws)
- F. Rest 10 minutes
- G. Warm-up throwing
- H. 180 ft (25 throws)

Step 13:

- A. Warm-up throwing
- B. 180 ft (25 throws)
- C. Rest 10 minutes
- D. Warm-up throwing
- E. 180 ft (25 throws)
- F. Rest 10 minutes
- G. Warm-up throwing
- H. 180 ft (25 throws)

Step 14:

Begin throwing off the mound
or return to respective position.