

Return to Throwing/Pitching Program

Warm-up

- Begin at 20' and advance 20' at a time throwing 3-5 times at each distance at 50% effort until reaching the warm-up distance for that workout.

Soreness Rules

- If sore more than 1 hour after throwing, or the next day, take 1 day off and repeat the most recent throwing program workout.
- If sore during warm-up but soreness is gone within the first 15 throws, repeat the previous workout. If shoulder becomes sore during this workout, stop and take 2 days off. Upon return to throwing, drop down one step.
- If sore during warm-up and soreness continues through the first 15 throws, stop throwing and take 2 days off. Upon return to throwing, drop down one step.
- If no soreness, advance one step every throwing day.

Phase I- Early Throwing

- **all throws are to tolerance to a maximum of 50% effort.**

STEP 1	Warm-up toss to 30' 25 throws @ 30' Rest 15 min. 10 throws @ 30' 10 long tosses to 40'	STEP 4	Warm-up toss to 75' 10 throws @ 75' Rest 8 min. 10 throws @ 75' 10 long tosses to 90'
STEP 2	Warm-up toss to 45' 10 throws @ 45' Rest 8 min. 10 throws @ 45' 10 long tosses to 60'	STEP 5	Warm-up toss to 90' 10 throws @ 90' Rest 8 min. 10 throws @ 90' 10 long tosses to 105'
STEP 3	Warm-up toss to 60' 10 throws @ 60' Rest 8 min. 10 throws @ 60' 10 long tosses to 75'	STEP 6	Warm-up toss to 105' 10 throws @ 105' Rest 8 min. 10 throws @ 105' 10 long tosses to 120'

See next page for Phase II

Phase II- Initiation of Pitching

- all pitches are fast balls (no off-speed pitches)
- all pitches to tolerance or maximum effort level specified.

STEP 7 Warm-up toss to 120'
10 throws @ 60' (75%)
10 pitches @ 20' (50%)
Rest 8 min.
10 throws @ 60' (75%)
5 pitches @ 20' (50%)
10 long tosses to 120'

STEP 8 Warm-up toss to 120'
10 throws @ 60' (75%)
10 pitches @ 35' (50%)
Rest 8 min.
10 throws @ 60' (75%)
10 pitches @ 35' (50%)
10 long tosses to 120'
10 pitches @ 46' (50%)

STEP 9 Warm-up toss to 120'
10 throws @ 60' (75%)
10 pitches @ 46' (50%)
Rest 8 min.
10 throws @ 60' (75%)
10 pitches @ 46' (50%)
15 long tosses to 120'

STEP 10 Warm-up toss to 120'
10 throws @ 60' (75%)
10 pitches @ 46' (50%)
Rest 8 min.
10 pitches @ 46' (50%)
Rest 8 min.
10 throws @ 60' (75%)
15 long tosses to 120'