

7 Day Pitching Schedule

DAY ONE

GOAL: Recovery

“Flush Run”

Play catch no more the 50 throws at 60 feet

Shoulder work with bands and 2-3

5 throws @ 45’

20 long toss to 60’

DAY TWO

GOAL: Continue Recovery

long solid warm up

Start with short toss and back it up to distance you are comfortable with taking your time to get there.

- Use this to work on arm extension and stretching the lat out when you throw

PFP’S

Lower body day incorporating core and hop - don’t forget stability exerises

10-15-30 yard sprints

DAY THREE

GOAL: Find Your Point

Throw a bullpen at 85% effort.

- Focus on your release point and “feeling” your pitches
- Keep your workload to 25-50% of what you threw in the game before i.e. if you threw 80 pitches in a game, you would throw 20-40 at 85%

20’-30’ conditioning after your pen followed by some speed/agility work

Upper Body in the gym...more reps than weight and 2x’s as much back as chest

DAY FOUR

GOAL: Get the Arm Ready

Good warm-up

Long toss - stretch it out to what you feel like you need to throw the distance wise.

Run some poles

PFP’S

Leg day - just don’t go too heavy that way you are not sore for your next start

Any other treatment you may need on your arm/shoulder

DAY FIVE

GOAL: Continue game prep

Throw a bullpen

See how you feel and adjust your workload accordingly. Remember if you are on a 7 day rotation you will be throwing in 2 days so don't kill your arm so keep it medium to light.

Conditioning will depend on your pen. If it was a longer pen then you may want to do more of a flush run. If it was shorter then go with some 40-50 yard sprints.

Gym work should be very light UB.

DAY SIX

GOAL: Prepare to throw

After a good warm-up get some massage, stim, ultrasound, etc.

Light band and dumbbell shoulder work - VERY light and easy.

Just play catch or light long toss (put on an arc on the ball flight if long toss)

DAY SEVEN

GOAL: Shove it down their throat and get the W!!