

# PITCHER'S THROWING PROGRAM - 12 WEEK

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>WEEK 1</b>	Warm-up 30'x15 45'x20	OFF	Warm-up 30'x15 45'x25	Warm-up 30'x15 45'x25	OFF	Warm-up 30'x15 45'x25 Rest 5 mins then repeat 45'	OFF
<b>WEEK 2</b>	Warm-up 30'x15 45'x20	OFF	Warm-up 30'x15 45'x25	Warm-up 30'x15 45'x25	OFF	Warm-up 30'x15 45'x25 Rest 5 mins then repeat 45'	OFF
<b>WEEK 3</b>	Warm-up 30'x10 45'x15 60'x10	OFF	Warm-up 30'x10 45'x15 60'x10	Warm-up 30'x10 45'x15 60'x15	OFF	Warm-up 30'x10 45'x15 60'x20 45'x10	OFF
<b>WEEK 4</b>	Warm-up 45'x15 60'x20	OFF	Warm-up 45'x15 60'x25	Warm-up 45'x15 60'x25	OFF	Warm-up 45'x15 60'x25 Rest 5 mins then repeat 60'	OFF
<b>WEEK 5</b>	Warm-up 60'x15 75'x25	OFF	Warm-up 60'x15 75'x25	Warm-up 60'x15 75'x25	OFF	Warm-up 60'x10 75'x10 90'x25	OFF
<b>WEEK 6</b>	Warm-up 60'x10 75'x10 90'x25	OFF	Warm-up 60'x10 75'x10 90'x25	Warm-up 60'x10 75'x10 90'x25	OFF	Warm-up 60'x10 75'x10 90'x10 105'x25	OFF
<b>WEEK 7</b>	Warm-up 60'x10 75'x10 90'x10 105'x25	OFF	Warm-up 60'x10 75'x10 90'x10 105'x25	Warm-up 60'x10 75'x10 90'x10 105'x25	OFF	Warm-up 90'x10 105'x10 120'x25	OFF
<b>WEEK 8</b>	Warm-up 90'x10 105'x10 120'x25	OFF	Warm-up 90'x10 105'x10 120'x25	Warm-up 90'x10 105'x10 120'x25	OFF	Warm-up 60'x10 90'x25 60'x15 (flatground)	OFF
<b>WEEK 9</b>	Warm-up 60'x10 90'x25 60'x25 (flatground)	OFF	Warm-up 60'x10 90'x25 60'x20 (flatground)	Warm-up 60'x10 90'x25 60'x20 (mid mound)	OFF	Warm-up 60'x10 90'x25 60'x25 (mid mound)	OFF
<b>WEEK 10</b>	Warm-up 60'x10 90'x25 60'x15 (mound FB only)	OFF	Warm-up 60'x10 90'x25 60'x25 (mound FB only)	Warm-up 60'x10 90'x25 60'x30 (flat all pitches)	OFF	Warm-up 60'x10 90'x25 60'x30 Mound (20 FB, 10 CH)	Warm-up 60'x10 90'x25 60'x30 (flat all pitches)
<b>WEEK 11</b>	OFF	Warm-up 60'x10 90'x25 60'x30 Mound (20 FB, 5 CB, 5 CH)	Warm-up 60'x10 90'x25 60'x30 (flat all pitches)	OFF	Warm-up 60'x10 90'x25 60'x40 Mound (20 FB, 10 CB, 10 CH)	OFF	Warm-up 60'x10 90'x25 60'x30 (flat all pitches)
<b>WEEK 12</b>	Warm-up Simulated inning (max 5 hitters)	OFF	Warm-up Simulated inning (max 5 hitters)	60'x10 75'x20 60'x10	Warm-up Bullpen 15 pitches Throw live hitters x3	OFF	Warm-up Bullpen 15 pitches Throw live hitters x3