

INFIELDER'S THROWING PROGRAM - 8 WEEK

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	Warm-up 30'x10 45'x20	OFF	Warm-up 30'x15 45'x25	OFF	Warm-up 30'x15 45'x25	OFF	OFF
WEEK 2	Warm-up 30'x15 45'x25	OFF	Warm-up 30'x15 45'x25	Warm-up 30'x15 45'x25	OFF	Warm-up 30'x15 45'x25 60' x5 Rest 5 mins then repeat 45'	OFF
WEEK 3	Warm-up 45'x15 60'x25	OFF	Warm-up 45'x15 60'x25	Warm-up 45'x15 60'x25	OFF	Warm-up 45'x10 60'x10 75'x25	OFF
WEEK 4	Warm-up 45'x10 60'x10 75'x25	OFF	Warm-up 45'x10 60'x10 75'x25	Warm-up 45'x10 60'x10 75'x25	OFF	Warm-up 45'x10 60'x10 75'x10 90'x25	OFF
WEEK 5	Warm-up 45'x10 60'x10 75'x10 90'x25	OFF	Warm-up 45'x10 60'x10 75'x10 90'x25	Warm-up 45'x10 60'x10 75'x10 90'x25	OFF	Warm-up 75'x10 90'x10 105'x25	OFF
WEEK 6	Warm-up 75'x10 90'x10 105'x25	OFF	Warm-up 75'x10 90'x10 105'x25	Warm-up 75'x10 90'x10 105'x25	OFF	Warm-up 45'x10 75'x25 60'x15	OFF
WEEK 7	Warm-up 60'x10 75'x10 90'x10 105'x15	OFF	Warm-up 60'x10 75'x10 90'x10 105'x20	OFF	Warm-up 75'x10 90'x10 105'x10 120'x15	OFF	Warm-up 75'x10 90'x10 105'x10 120'x15
WEEK 8	OFF	Warm-up 75'x10 90'x10 105'x10 120'x15	OFF	Warm-up 75'x10 90'x10 105'x10 120'x15	Warm-up 75'x10 90'x10 105'x10 120'x20	OFF	Warm-up 75'x10 90'x10 105'x10 120'x20