

BASEBALL/FOOTBALL HYBRID THROWING PROGRAM

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Warm-up 30'x15 45'x20	OFF	OFF	Warm-up 10x5yds 10x10yds	OFF	Warm-up 30'x15 45'x25	OFF
WEEK 2	Warm-up 30'x15 45'x25 Rest 5min then repeat 45'	OFF	Warm-up 10x10yds 10x15yds	OFF	OFF	Warm-up 10x10yds 10x15yds Rest 5min 10x10yds 10x15yds	OFF
WEEK 3	Warm-up 30'x10 45'x10 60'x15	OFF	Warm-up 10x10yds 10x15yds Rest 5min 10x10yds 10x15yds	Warm-up 30'x10 45'x10 60'x15	OFF	Warm-up 5x10yds 5x15yds 15x20yds	OFF
WEEK 4	Warm-up 30'x10 45'x10 60'x15 Rest 5 min then repeat 60'	OFF	Warm-up 5x10yds 5x15yds 10x20yds Rest 5 min 5x10yds 5x15yds 10x20yds	Warm-up 30'x10 45'x10 60'x15 Rest 5 min then repeat 60'	OFF	Warm-up 5x10yds 5x15yds 10x20yds Rest 5 min 5x10yds 5x15yds 10x20yds	OFF
WEEK 5	Warm-up 60'x25 75'x25	OFF	Warm-up 5x10yds 10x15yds 10x20yds Rest 5 min 5x10yds 10x15yds 10x20yds	Warm-up 60'x25 75'x25	OFF	Warm-up 5x10yds 10x15yds 10x20yds Rest 5 min 5x10yds 10x15yds 10x20yds	OFF
WEEK 6	Warm-up 45'x10 60'x10 75'x10 90'x25	OFF	Warm-up 5x10yds 5x20yds 15x25yds	Warm-up 45'x10 60'x10 75'x10 90'x25	OFF	Warm-up 5x10yds 5x20yds 15x25yds	OFF
WEEK 7 (DE-LOAD)	OFF	Light toss to 60' or 15 yards x5min	OFF	OFF	Light toss to 60' or 15 yards x5min	OFF	OFF
WEEK 8	Warm-up 60'x10 75'x10 90'x10 105'x25	OFF	Warm-up 5x10yds 5x20yds 15x25yds 15x30yds	Warm-up 60'x10 75'x10 90'x10 105'x25	OFF	Warm-up 5x10yds 5x20yds 15x25yds 15x30yds 5x35yds	OFF

WEEK 9	Warm-up 75'x10 90'x10 105'x10 Rest 5 min, repeat	OFF	Warm-up 5x20yds 5x30yds 5x35yds 75'x10 90'x10 105'x25	OFF	Warm-up 5x20yds 5x30yds 5x35yds 75'x10 90'x10 105'x25	Warm-up 45'x10 75'x25 60'x15	OFF
WEEK 10	Warm-up 75'x5 90'x5 105'x10 120'x10 Rest 5 min, repeat	OFF	Warm-up 5x20yds 5x30yds 10x20yds 75'x10 90'x10 105'x10 120'x10	OFF	Warm-up 60'x10 75'x10 90'x10 105'x10 120'x10 90'x5 75'x5 60'x5	OFF	Warm-up 5x20yds 5x30yds 5x40yds 5x20yds 60'x5 75'x5 90'x5 105'x5 120'x5
WEEK 11	OFF	Warm-up 5x10yds 5x20yds 5x30yds 10x40yds 5x30yds 5x20yds 5x10yds	OFF	Warm-up 60'x10 90'x10 120'x10 150'x10 120'x5 90'x5	Warm-up 5x20yds 5x30yds 5x40yds 5x20yds 60'x5 75'x5 90'x5 105'x5 120'x5	OFF	Warm-up 5x10yds 5x20yds 5x30yds 10x40yds 5x30yds 5x20yds 5x10yds
WEEK 12	OFF	Warm-up 5x20yds 5x30yds 5x40yds 5x20yds 60'x5 75'x5 90'x5 105'x5 120'x5	OFF	Warm-up 60'x5 90'x5 120'x10 150'x10 120'x10 90'x5 60'x5	OFF	Warm-up 5x10yds 5x20yds 5x30yds 10x40yds 5x30yds 5x20yds 5x10yds	OFF

BLUE = baseball

ORANGE = football

- Continue with all strengthening exercises
- Do not try to throw through pain or soreness; if you have pain, take a day off and start that session x1 day later
- This is intended to be a general guideline – modifications may be made if needed