

PITCHERS IN BETWEEN START THROWING PROGRAM

**** DO DYNAMIC MOVEMENTS/FLEXIBLY EACH WORKOUT- EVERY DAY**

****STATIC STRETCHES AT THE END OF EACH WORKOUT- EVERY DAY**

DAY 1

Ladders-2X (Pick 10 OR do all of them 1X)

Arm Care- Crossover (iron scap)

Lower Body Lift (Challenging) OR Plyos-2X (no weightroom available)

DAY 2

Shoulders loose- Crossover (Plyometric)

Light Long Toss-Optional

Stick Drills

Spots- (2 -3 sets)

Agility & Sprints (short session- focus on starts)

Upper Body Lift (no lift on 4 day week)

4 day week **If you are having a hard time recovering, take this day off completely

-Do a full dynamic warm up and stretches for sure

DAY 3 (6 day off week)

Extended Movements/Flexibility

Shoulders loose & Scap Work & Crossover (activation/Plyometric)

Long Toss (Feel free to use some pulldowns if it feels good)

Spots

Ab & Back Work OR Theraband Tubing

Day 3 (4 day off week)

Crossover Symmetry OR Other Scap Work

Bullpen (light)- OR Long Toss

Upper Body Lift, light legs= single leg work OR Full Body Lift

Static Stretches

****Don't Do=Abs/Back, Aggressive throwing, Agility work**

DAY 4 (6 day off week)

Crossover Symmetry (recovery if bullpen, plyometric if not)

Bullpen-15-30 pitches

Full Body Lift

Day 4 (4 day off week)

Ladders- (Pick 10)

Optional=Stick Drills, Wall Drills, Spots, Dry Mechanics

DAY 5 (6 day off week)

Crossover (Iron Scap if bullpen Day 4, otherwise recovery if bullpen Day 5)

Light catch or Light Long Toss

Pick 1 or 2= Stick Drills, Wall Drills, Spots, Dry Mechanics

Agility & Sprints

DAY 6 (6 day off week)

Crossover- Recovery to get ready for start

Ladders- (Pick 10)

Optional=Stick Drills, Wall Drills, Spots, Dry Mechanics

****For a 5 Day off week split the Day 3 Lifting to two days= Day 3/4.**

ANY DAY: Stick Drills, Wall Drills, Dry Mechanics, Power Drive, Spots