



Return to Pitching Program

Warm up should include: (Should Not Be Fatiguing)

- Jogging until begin to sweat
- Resistance band training to warm up 2 sets of 10
 - ER at 0*, ER at 90*, resisted IR at 0*, Diagonal pull with medium resistance.
- Throwing warm up should be completed to 120 feet; utilize crow hop and hitting your throwing partner in the chest (slight arc)
- If pain occurs during the session, the athlete must immediately stop for the day • The athlete will rest a minimum of 1 day and until all pain is gone • The next session will be the step before the last, painful session

PHASE 1: FLAT GROUND WORK

Day 1:
Flat ground (in front of mound)

- 2 sets of 25 pitches 50% intensity
(all fastballs)
- 5 minute rest in between each set

Day 2: OFF

Day 3: Repeat day 1

Day 4: OFF

Day 5:
Flat ground (in front of mound)

- 2 sets of 25
 - ‡ 1 set at 50%
 - ‡ 1 set at 75% intensity

- 5 minute rest in between sets add half changeups the last set

Day 6 and 7: OFF

PHASE 2: OFF MOUND, CATCHER AT 30 FT

Day 1:
Middle of Mound

- 2 sets of 25 pitches 50% intensity
(all fastballs)
- 5 minute rest in between each set

Day 2: OFF

Day 3:

- Middle of Mound 2 sets of 25 1 set at 50% intensity
- 1 set at 75% intensity fastballs
- 5 minute rest in between sets

Day 4: OFF

Day 5:
Middle Mound

- 2 sets of 25 both sets at 75% fastballs
- 5 minute rest in between sets

Day 6 and 7: OFF

PHASE 3: OFF MOUND, REGULAR DISTANCE

Week 1: Throw M, W, F

Day 1:

- Warm up as previous
- 45 pitches - 75%
- 45 fastballs

Day 2 and 3:

- Warm up as above
- 45 pitches - 75%
- 30 fastballs
- 15 changeups

Week 2: Throw M, W, F

Each day:

- Warm up as previous
- 45 pitches
- 30 - 80-90%, 25 fastballs, 5 changeups
- 15 80%, 5 fastballs, 10 changeups

Week 3: Throw M, W, F

Each day:

- 60 pitches
- 30 fastball 80-90%*
- 15 changeups
- 15 other offspeed. Mix in your remaining pitches
- *If fatigued, limit to 75%

Work with your pitching coach from here to build volume based on coach's decision as well as starter vs relief pitcher. Add 15 pitches per week following this format.

This content is for informational and educational purposes only. It does not take the place of medical advice or treatment from a physical therapist or other healthcare provider. Please consult with a physical therapist or healthcare provider for specific health concerns or questions.