

Graduated Return to Throwing

This phase marks the gradual return to competitive throwing. The program focuses on pitchers. For a position player, endurance is less important. Week 7 should be 60/90/120/60 for 3 minutes, 5 minutes, 5 minutes, 3 minutes respectively. Week 8 - 10 should replace mound work with the longer distance appropriate for your position. i.e. Outfielders would throw 120 - 150 ft after a warm up.

***WEEK 1**

	Time	Distance
Monday	5 Minutes	45 Feet
Tuesday	5 Minutes	45 Feet
Wednesday	OFF	OFF
Thursday	8 Minutes	45 Feet
Friday	8 Minutes	45 Feet
Saturday	OFF	OFF
Sunday	OFF	OFF

***WEEK 2**

	Time	Distance
Monday	10 Minutes	45 Feet
Tuesday	10 Minutes	45 Feet
Wednesday	OFF	OFF
Thursday	5 Minutes	60 Feet
Friday	5 Minutes	60 Feet
Saturday	OFF	OFF
Sunday	OFF	OFF

***WEEK 3**

	Time	Distance
Monday	5 Minutes	60 Feet
Tuesday	5 Minutes	60 Feet
Wednesday	OFF	OFF
Thursday	8 Minutes	60 Feet
Friday	8 Minutes	60 Feet
Saturday	OFF	OFF
Sunday	OFF	OFF

***WEEK 4**

	Time	Distance
Monday	8 Minutes	60 Feet
Tuesday	8 Minutes	60 Feet
Wednesday	OFF	OFF
Thursday	10 Minutes	60 Feet
Friday	10 Minutes	60 Feet
Saturday	OFF	OFF
Sunday	OFF	OFF

***These throws are from a natural throwing position. This depends on the position that you play.**

***WEEK 5**

	Time	Distance
Monday	10 Minutes	45 Feet
Tuesday	10 Minutes	45 Feet
Wednesday	OFF	OFF
Thursday	3/5/3 Minutes	60/90/60 Feet
Friday	3/5/3 Minutes	60/90/60 Feet
Saturday	OFF	OFF
Sunday	OFF	OFF

***WEEK 6**

	Time	Distance
Monday	3/6/3 Minutes	60/90/60 Feet
Tuesday	3/6/3 Minutes	60/90/60 Feet
Wednesday	Easy Catch 6 Min	60 Feet
Thursday	3/8/3 Minutes	60/90/60 Feet
Friday	3/8/3 Minutes	60/90/60 Feet
Saturday	OFF	OFF
Sunday	OFF	OFF

***WEEK 7**

	Time	Distance
Monday	3/8/3 Minutes	60/90/60 Feet
Tuesday	3/8/3 Minutes	60/90/60 Feet
Wednesday	Easy Catch 6 Min	60 Feet
Thursday	3/10/3 Minutes	60/90/60 Feet
Friday	3/10/3 Minutes	60/90/60 Feet
Saturday	OFF	OFF
Sunday	OFF	OFF

***WEEK 8 MOUND WORK**

	Time	Distance
Monday	8 Minutes	MOUND
Tuesday	8 Minutes	MOUND
Wednesday	OFF	OFF
Thursday	10 Minutes	MOUND
Friday	10 Minutes	MOUND
Saturday	OFF	OFF
Sunday	OFF	OFF

***WEEK 9 MOUND WORK**

	Time	Distance
Monday	10 Minutes	MOUND
Tuesday	10 Minutes	MOUND
Wednesday	OFF	OFF
Thursday	12 Minutes	MOUND
Friday	12 Minutes	MOUND
Saturday	OFF	OFF
Sunday	OFF	OFF

***WEEK 10 MOUND WORK**

	Time	Distance
Monday	12 Minutes	MOUND
Tuesday	OFF	OFF
Wednesday	LONG TOSS	
Thursday	EASY CATCH	
Friday	14 Minutes	MOUND
Saturday	OFF	OFF
Sunday	OFF	OFF

This program is done from a wind up for pitchers. **DO NOT** throw the ball with an arc. Keep the ball on a line. All Should be preceded by an adequate warm-up of at least 5-8 min ranging from 45-90 feet. Effort should be 80%. No Breaking balls.