**Pitchers 30 Day Summer Throwing Program**

Complete the following days in order following the recommended rest days for each. You may need to take off more than one day if your arm is sore on the days with recommended rest.

**Start Date: June 23rd**

**Startup Day 1: You should have taken 4 plus weeks off from throwing a baseball and it needs to be reintroduced to your normal throwing action.**

Light Throwing: 40-50 throws to gradually get your arm loose while moving back to 90 ft. The effort should increase as the distance increases. Keeping the ball on an easy arc with air under each throw, no straight line throws.

* Then walk back to 60 feet and make 10 cool-down throws.
* **50-60 total throws** (including cool-down throws)
* **Take at least one day off before throwing again.**

**Startup Day 2: You should have taken 4 plus weeks off from throwing a baseball and it needs to be reintroduced to your normal throwing action.**

Light Throwing: 55-65 throws to gradually get your arm loose while moving back to 90 ft. The effort should increase as the distance increases. Keeping the ball on an easy arc with air under each throw, no straight line throws.

* Then walk back to 60 feet and make 10 cool-down throws.
* **65-75 total throws** (including cool-down throws)
* **Take at least one day off before throwing again.**

**Day 3: Longtoss Day**

* Light Throwing: 20-25 throws to get your arm loose gradually moving back to 75ft.
* 50 throws: Starting at 75ft gradually moving back with each throw until you reach 125ft.

\*The effort should increase as the distance increases. Keeping the ball on an easy arc, no straight line throws.

* **70-75 total throws** (including warm-up throws)
* **Take at least one day off before throwing again.**

**Day 4: Arm Speed Day – you are trying to increase arm speed and velocity on this day.**

* Light Throwing: 40-45 throws to get your arm loose gradually moving back to 125ft.

\*The effort should increase as the distance increases. Keeping the ball on an easy arc, no straight line throws.

* 30 throws: Starting at 90ft gradually moving back in to 75ft.

\*With these throws you should begin to increase your arm speed as you come back in.

* **70-75 total throws** (including warm-up throws)
* **Must throw the Loose and Easy Day the following day to work out any arm soreness so your arm doesn’t get stiff and rigid. NO DAY OFF BETWEEN THESE DAYS!**

**Day 5: Loose and Easy Day – Loose and easy throwing day to work soreness out.**

* Light Throwing: 60-65 throws to get your arm loose gradually moving back to 90ft.
* Effort on these throws should be 80% or less.
* **60-65 total throws** (including warm-up throws)
* **Take at least one day off before throwing again.**

**Day 6: Longtoss Day**

* Light Throwing: 20-25 throws to get your arm loose gradually moving back to 75ft.
* 55 throws: Starting at 75ft gradually moving back with each throw until you reach 150ft.

\*The effort should increase as the distance increases. Keeping the ball on an easy arc, no straight line throws.

* **75-80 total throws** (including warm-up throws)
* **Take at least one day off before throwing again.**

**Day 7: Arm Speed Day – you are trying to increase arm speed and velocity on this day.**

* Light Throwing: 40-45 throws to get your arm loose gradually moving back to 125ft.

\*The effort should increase as the distance increases. Keeping the ball on an easy arc, no straight line throws.

* 30 throws: Starting at 90ft gradually moving back in to 75ft.

\*With these throws you should begin to increase your arm speed as you come back in.

* **70-75 total throws** (including warm-up throws)
* **Must throw the Loose and Easy Day the following day to work out any arm soreness so your arm doesn’t get stiff and rigid. NO DAY OFF BETWEEN THESE DAYS!**

**Day 8: Loose and Easy Day – Loose and easy throwing day to work soreness out.**

* Light Throwing: 60-65 throws to get your arm loose gradually moving back to 90ft.
* Effort on these throws should be 80% or less.
* **60-65 total throws** (including warm-up throws)
* **Take at least one day off before throwing again.**

**Day 9: Longtoss Day**

* Light Throwing: 20-25 throws to get your arm loose gradually moving back to 75ft.
* 60 throws: Starting at 75ft gradually moving back with each throw until you reach 175ft.

\*The effort should increase as the distance increases. Keeping the ball on an easy arc, no straight line throws.

* **80-85 total throws** (including warm-up throws)
* **Take at least one day off before throwing again.**

**Day 10: Arm Speed Day – you are trying to increase arm speed and velocity on this day.**

* Light Throwing: 40-45 throws to get your arm loose gradually moving back to 125ft.

\*The effort should increase as the distance increases. Keeping the ball on an easy arc, no straight line throws.

* 30 throws: Starting at 90ft gradually moving back in to 75ft.

\*With these throws you should begin to increase your arm speed as you come back in.

* **70-75 total throws** (including warm-up throws)
* **Must throw the Loose and Easy Day the following day to work out any arm soreness so your arm doesn’t get stiff and rigid. NO DAY OFF BETWEEN THESE DAYS!**

**Day 11: Loose and Easy Day – Loose and easy throwing day to work soreness out.**

* Light Throwing: 60-65 throws to get your arm loose gradually moving back to 90ft.
* Effort on these throws should be 80% or less.
* **60-65 total throws** (including warm-up throws)
* **Take at least one day off before throwing again.**

**Day 12: Longtoss Day**

* Light Throwing: 20-25 throws to get your arm loose gradually moving back to 75ft.
* 65 throws: Starting at 75ft gradually moving back with each throw until you reach 200ft or more. Distance will depend on your arm strength.

\*The effort should increase as the distance increases. Keeping the ball on an easy arc, no straight line throws.

* **85-90 total throws** (including warm-up throws)
* **Take at least one day off before throwing again.**

**Day 13: Arm Speed Day – you are trying to increase arm speed and velocity on this day.**

* Light Throwing: 40-45 throws to get your arm loose gradually moving back to 125ft.

\*The effort should increase as the distance increases. Keeping the ball on an easy arc, no straight line throws.

* 30 throws: Starting at 90ft gradually moving back in to 75ft.

\*With these throws you should begin to increase your arm speed as you come back in.

* **70-75 total throws** (including warm-up throws)
* **Must throw the Loose and Easy Day the following day to work out any arm soreness so your arm doesn’t get stiff and rigid. NO DAY OFF BETWEEN THESE DAYS!**

**Day 14: Loose and Easy Day – Loose and easy throwing day to work soreness out.**

* Light Throwing: 60-65 throws to get your arm loose gradually moving back to 90ft.
* Effort on these throws should be 80% or less.
* **60-65 total throws** (including warm-up throws)
* **Take at least one day off before throwing again.**

**Day 15: Bullpen Day One Start Between: July 19th and 22nd**

* Light Throwing: 40-45 throws to get your arm loose gradually moving back to 125ft or more, distance is your preference.

\*The effort should increase as the distance increases. Keeping the ball on an easy arc, no straight line throws. Make sure you get your arm stretched out with these throws.

* 20 throws: Starting at 90ft gradually moving back in to 60ft.

\*With these throws you should begin to increase your arm speed as you come back in.

* **Bullpen:** All fastballs off the mound, 20+ pitches, No more than 30 pitches, all from the windup.
* **80-95 total throws** (including warm-up throws)
* **Must throw the Loose and Easy Day the following day to work out any arm soreness so your arm doesn’t get stiff and rigid. NO DAY OFF BETWEEN THESE DAYS!**

**Day 16: Loose and Easy Day – Loose and easy throwing day to work soreness out.**

* Light Throwing: 60-65 throws to get your arm loose gradually moving back to 90ft.
* Effort on these throws should be 80% or less.
* **60-65 total throws** (including warm-up throws)
* **Take at least one day off before throwing again.**

**Day 17: Longtoss Day**

* Light Throwing: 20-25 throws to get your arm loose gradually moving back to 75ft.
* 50 throws: Starting at 75ft gradually moving back with each throw until you reach 200ft or more. Distance will depend on your arm strength.

\*The effort should increase as the distance increases. Keeping the ball on an easy arc, no straight line throws.

* **70-75 total throws** (including warm-up throws)
* **Take at least one day off before throwing again.**

**Day 18: Flat Ground Day – Mechanic Work at 60 feet.**

* Light Throwing: 20-25 throws to get your arm loose gradually moving back to 90ft.
* 30 throws: Flat ground work at 60ft with good mechanics.
* Effort on these throws should be 80% or less.
* **50-55 total throws** (including warm-up throws)

**Day 19: Bullpen Day Two**

* Light Throwing: 40-45 throws to get your arm loose gradually moving back to 125ft or more, distance is your preference.

\*The effort should increase as the distance increases. Keeping the ball on an easy arc, no straight line throws. Make sure you get your arm stretched out with these throws.

* 20 throws: Starting at 90ft gradually moving back in to 60ft.

\*With these throws you should begin to increase your arm speed as you come back in.

* **Bullpen:** All fastballs off the mound, 20+ pitches from the stretch, followed by a 5-6 minute break, then 10+ from the windup. No more than 35 pitches total.
* **95-100 total throws** (including warm-up throws)
* **Must throw the Loose and Easy Day the following day to work out any arm soreness so your arm doesn’t get stiff and rigid. NO DAY OFF BETWEEN THESE DAYS!**

**Day 20: Loose and Easy Day – Loose and easy throwing day to work soreness out.**

* Light Throwing: 60-65 throws to get your arm loose gradually moving back to 90ft.
* Effort on these throws should be 80% or less.
* **60-65 total throws** (including warm-up throws)
* **Take at least one day off before throwing again.**

**Day 21: Longtoss Day**

* Light Throwing: 20-25 throws to get your arm loose gradually moving back to 75ft.
* 50 throws: Starting at 75ft gradually moving back with each throw until you reach 200ft or more. Distance will depend on your arm strength.

\*The effort should increase as the distance increases. Keeping the ball on an easy arc, no straight line throws.

* **70-75 total throws** (including warm-up throws)
* **Take at least one day off before throwing again.**

**Day 22: Flat Ground Day – Mechanic Work at 60 feet.**

* Light Throwing: 20-25 throws to get your arm loose gradually moving back to 90ft.
* 30 throws: Flat ground work at 60ft with good mechanics.
* Effort on these throws should be 80% or less.
* **50-55 total throws** (including warm-up throws)

**Day 23: Bullpen Day Three**

* Light Throwing: 40-45 throws to get your arm loose gradually moving back to 125ft or more, distance is your preference.

\*The effort should increase as the distance increases. Keeping the ball on an easy arc, no straight line throws. Make sure you get your arm stretched out with these throws.

* 20 throws: Starting at 90ft gradually moving back in to 60ft.

\*With these throws you should begin to increase your arm speed as you come back in.

* **Bullpen:** Off themound, mix in offspeed pitches, 20+ pitches from the stretch, followed by a 5-6 minute break, then 15+ from the windup. No more than 40 pitches total.
* **100-115 total throws** (including warm-up throws)
* **Must throw the Loose and Easy Day the following day to work out any arm soreness so your arm doesn’t get stiff and rigid. NO DAY OFF BETWEEN THESE DAYS!**

**Day 24: Loose and Easy Day – Loose and easy throwing day to work soreness out.**

* Light Throwing: 60-65 throws to get your arm loose gradually moving back to 90ft.
* Effort on these throws should be 80% or less.
* **60-65 total throws** (including warm-up throws)
* **Take at least one day off before throwing again.**

**Day 25: Longtoss Day**

* Light Throwing: 20-25 throws to get your arm loose gradually moving back to 75ft.
* 50 throws: Starting at 75ft gradually moving back with each throw until you reach 200ft or more. Distance will depend on your arm strength.

\*The effort should increase as the distance increases. Keeping the ball on an easy arc, no straight line throws.

* **70-75 total throws** (including warm-up throws)
* **Take at least one day off before throwing again.**

**Day 26: Flat Ground Day – Mechanic Work at 60 feet.**

* Light Throwing: 20-25 throws to get your arm loose gradually moving back to 90ft.
* 30 throws: Flat ground work at 60ft with good mechanics.
* Effort on these throws should be 80% or less.
* **50-55 total throws** (including warm-up throws)

**Day 27: Bullpen Day Four**

* Light Throwing: 40-45 throws to get your arm loose gradually moving back to 125ft or more, distance is your preference.

\*The effort should increase as the distance increases. Keeping the ball on an easy arc, no straight line throws. Make sure you get your arm stretched out with these throws.

* 20 throws: Starting at 90ft gradually moving back in to 60ft.

\*With these throws you should begin to increase your arm speed as you come back in.

* **Bullpen:** Off themound, mix in offspeed pitches, 20+ pitches from the stretch, followed by a 5-6 minute break, then 20+ from the windup. No more than 50 pitches total.
* **100-115 total throws** (including warm-up throws)
* **Must throw the Loose and Easy Day the following day to work out any arm soreness so your arm doesn’t get stiff and rigid. NO DAY OFF BETWEEN THESE DAYS!**

**Day 28: Loose and Easy Day – Loose and easy throwing day to work soreness out.**

* Light Throwing: 60-65 throws to get your arm loose gradually moving back to 90ft.
* Effort on these throws should be 80% or less.
* **60-65 total throws** (including warm-up throws)
* **Take at least one day off before throwing again.**

**Day 29: Longtoss Day**

* Light Throwing: 20-25 throws to get your arm loose gradually moving back to 75ft.
* 50 throws: Starting at 75ft gradually moving back with each throw until you reach 200ft or more. Distance will depend on your arm strength.

\*The effort should increase as the distance increases. Keeping the ball on an easy arc, no straight line throws.

* **70-75 total throws** (including warm-up throws)
* **Take at least one day off before throwing again.**

**Day 30: Flat Ground Day – Mechanic Work at 60 feet.**

* Light Throwing: 20-25 throws to get your arm loose gradually moving back to 90ft.
* 30 throws: Flat ground work at 60ft with good mechanics.
* Effort on these throws should be 80% or less.
* **50-55 total throws** (including warm-up throws)

**August 15th - Bullpen Day at Gordon State College!!!!**

* Light Throwing: 40-45 throws to get your arm loose gradually moving back to 125ft or more, distance is your preference.

\*The effort should increase as the distance increases. Keeping the ball on an easy arc, no straight line throws. Make sure you get your arm stretched out with these throws.

* 20 throws: Starting at 90ft gradually moving back in to 60ft.

\*With these throws you should begin to increase your arm speed as you come back in.

* **Bullpen:** Off the mound, mix in off speed pitches, 25+ pitches from the stretch, followed by a 5-6 minute break, then 25+ from the windup. No more than 60 pitches total.
* **110-125 total throws** (including warm-up throws)
* **We will run a velo test on each pitcher this day.**

**Startup Day 1 and Day 2:** Do not add anymore throws or distance to these days. These days are designed to get reintroduce your arm to throwing again. If you have already been doing some throwing you can skip this day.

**Longtoss Day:** These days are designed to get your arm back to throwing the ball loose and easy with good arm whip. You may go beyond the recommended distance but do not increase the number of throws, get to the distance you want with the prescribed number of throws.

**Arm Speed Day:** These days are designed to get your arm back to throwing with arm speed. If you want to increase your warmup distance beyond the prescribed 125 you may. But make sure you don’t fatigue your arm before you throw your speed throws. These can be thrown at your desired arm speed. Do not increase the number of throws.

**Loose and Easy Day:** Do not add anymore throws or distance to this day. This is a routine day that is designed to get your arm moving again and get the soreness out.

If you can’t keep pace with the prescribed increase in number of throws or distances you should adjust to the increases your arm can handle.