

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK ONE	<u>INTERVAL</u> 10 Throws at 40 Feet 20 Throws at 50 Feet 20 Throws at 60 Feet	NO THROWING	<u>INTERVAL</u> 10 Throws at 40 Feet 10 Throws at 50 Feet 10 Throws at 60 Feet 20 Throws at 70 Feet	<u>INTERVAL</u> 10 Throws at 40 Feet 10 Throws at 50 Feet 10 Throws at 60 Feet 20 Throws at 70 Feet	NO THROWING	NO THROWING	<u>INTERVAL</u> 10 Throws at 40 Feet 10 Throws at 50 Feet 20 Throws at 60 Feet 20 Throws at 70 Feet

	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
WEEK TWO	<u>INTERVAL</u> 10 Throws at 40 Feet 10 Throws at 50 Feet 10 Throws at 60 Feet 10 Throws at 70 Feet 10 Throws at 80 Feet	NO THROWING	NO THROWING	<u>INTERVAL</u> 10 Throws at 40 Feet 10 Throws at 50 Feet 10 Throws at 60 Feet 10 Throws at 70 Feet 5 Throws at 60 Feet <u>Flat Ground</u> 15 fastballs	<u>INTERVAL</u> 5 Throws at 40 Feet 5 Throws at 50 Feet 5 Throws at 60 Feet 5 Throws at 70 Feet 10 Throws at 80 Feet 10 Throws at 90 Feet 5 Throws at 80 Feet 5 Throws at 70 Feet 5 Throws at 60 Feet	NO THROWING	<u>INTERVAL</u> 10 Throws at 40 Feet 10 Throws at 50 Feet 10 Throws at 60 Feet 10 Throws at 70 Feet 10 Throws at 80 Feet 10 Throws at 90 Feet

	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
WEEK THREE	NO THROWING	NO THROWING	<u>INTERVAL</u> 5 Throws at 40 Feet 5 Throws at 50 Feet 5 Throws at 60 Feet 5 Throws at 80 Feet 10 Throws at 100 Feet 5 Throws at 80 Feet 5 Throws at 60 Feet <u>Flat Ground</u> 15 fastballs	<u>INTERVAL</u> 5 Throws at 40 Feet 5 Throws at 50 Feet 5 Throws at 60 Feet 5 Throws at 70 Feet 5 Throws at 80 Feet 10 Throws at 90 Feet 10 Throws at 100 Feet 5 Throws at 80 Feet 5 Throws at 60 Feet	NO THROWING	NO THROWING	NO THROWING

	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
WEEK FOUR	<u>INTERVAL</u> 5 Throws at 40 Feet 5 Throws at 50 Feet 5 Throws at 60 Feet 15 Throws at 70 Feet 15 Throws at 80 Feet 15 Throws at 90 Feet	<u>INTERVAL</u> 5 Throws at 40 Feet 5 Throws at 50 Feet 5 Throws at 60 Feet 10 Throws at 80 Feet 10 Throws at 90 Feet 10 Throws at 100 Feet 5 Throws at 80 Feet 5 Throws at 60 Feet <u>FLAT GROUND</u> 15 Fastballs/Change-ups	NO THROWING	<u>INTERVAL</u> 5 Throws at 40 Feet 5 Throws at 50 Feet 5 Throws at 60 Feet 15 Throws at 70 Feet 15 Throws at 80 Feet 15 Throws at 90 Feet	NO THROWING	<u>INTERVAL</u> 5 Throws at 40 Feet 5 Throws at 50 Feet 5 Throws at 60 Feet 10 Throws at 70 Feet 15 Throws at 80 Feet 15 Throws at 90 Feet	<u>INTERVAL</u> 5 Throws at 40 Feet 5 Throws at 50 Feet 5 Throws at 60 Feet 10 Throws at 70 Feet 10 Throws at 80 Feet 10 Throws at 90 Feet 20 Throws at 105 Feet <u>FLAT GROUND</u> 15 Fastballs/Change-ups <u>MOUND</u> 15 Fastballs Only

	DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35
WEEK FIVE	NO THROWING	<u>INTERVAL</u> 5 Throws at 40 Feet 5 Throws at 50 Feet 5 Throws at 60 Feet 10 Throws at 80 Feet 10 Throws at 90 Feet 10 Throws at 105 Feet 5 Throws at 80 Feet 5 Throws at 60 Feet <u>FLAT GROUND</u> 15 Fastballs/Change-ups	NO THROWING	<u>INTERVAL</u> 10 Throws at 40 Feet 10 Throws at 50 Feet 10 Throws at 60 Feet <u>FLAT GROUND</u> 15 Fastballs/Change-ups <u>MOUND</u> 20 Fastballs/Change-ups	<u>INTERVAL</u> 5 Throws at 40 Feet 5 Throws at 50 Feet 5 Throws at 60 Feet 20 Throws at 70 Feet 20 Throws at 80 Feet	NON-THROWING	<u>INTERVAL</u> 5 Throws at 40 Feet 5 Throws at 50 Feet 5 Throws at 60 Feet 10 Throws at 70 Feet 10 Throws at 80 Feet 10 Throws at 90 Feet 20 Throws at 105 Feet

	DAY 36	DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42
WEEK SIX	NO THROWING	<u>INTERVAL</u> 10 Throws at 40 Feet 10 Throws at 50 Feet 10 Throws at 60 Feet <u>FLAT GROUND</u> 15 Fastballs/Change-ups <u>MOUND</u> 25 Fastballs/Change-ups	<u>INTERVAL</u> 5 Throws at 40 Feet 5 Throws at 50 Feet 5 Throws at 60 Feet 10 Throws at 70 Feet 10 Throws at 80 Feet 10 Throws at 90 Feet 20 Throws at 105 Feet	NO THROWING	NO THROWING	<u>INTERVAL</u> 5 Throws at 40 Feet 5 Throws at 50 Feet 5 Throws at 60 Feet 10 Throws at 70 Feet 10 Throws at 80 Feet 10 Throws at 90 Feet 20 Throws at 105 Feet	<u>INTERVAL</u> 10 Throws at 40 Feet 10 Throws at 50 Feet 10 Throws at 60 Feet <u>FLAT GROUND</u> 15 Fastballs/Change-ups <u>MOUND</u> 30 Fastballs/Change-ups