

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK ONE	<u>INTERVAL</u> 20 Throws at 30 Feet 20 Throws at 40 Feet	NO THROWING	NO THROWING	<u>INTERVAL</u> 20 Throws at 30 Feet 20 Throws at 40 Feet	NO THROWING	NO THROWING	<u>INTERVAL</u> 10 Throws at 30 Feet 15 Throws at 40 Feet 15 Throws at 50 Feet

	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
WEEK TWO	NO THROWING	<u>INTERVAL</u> 10 Throws at 30 Feet 10 Throws at 40 Feet 15 Throws at 50 Feet 15 Throws at 60 Feet	NO THROWING	<u>INTERVAL</u> 10 Throws at 30 Feet 10 Throws at 40 Feet 10 Throws at 50 Feet 5 Throws at 60 Feet 5 Throws at 50 Feet	NO THROWING	NO THROWING	<u>INTERVAL</u> 5 Throws at 30 Feet 5 Throws at 40 Feet 5 Throws at 50 Feet 5 Throws at 60 Feet 10 Throws at 70 Feet 5 Throws at 60 Feet 5 Throws at 50 Feet
			<u>Flat Ground</u> 15 fastballs				

	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
WEEK THREE	NO THROWING	<u>INTERVAL</u> 5 Throws at 30 Feet 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 5 Throws at 60 Feet <u>Flat Ground</u> 15 fastballs	NO THROWING	<u>INTERVAL</u> 5 Throws at 30 Feet 5 Throws at 40 Feet 5 Throws at 50 Feet 10 Throws at 60 Feet 5 Throws at 50 Feet	NO THROWING	NO THROWING	<u>INTERVAL</u> 5 Throws at 30 Feet 5 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
			<u>MOUND</u> 15 Fastballs Only				

	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
WEEK FOUR	NO THROWING	<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 5 Throws at 60 Feet <u>FLAT GROUND</u> 20 Fastballs/Change-ups	NO THROWING	<u>INTERVAL</u> 5 Throws at 30 Feet 5 Throws at 40 Feet 5 Throws at 50 Feet 10 Throws at 60 Feet 5 Throws at 50 Feet	NO THROWING	NO THROWING	<u>INTERVAL</u> 5 Throws at 40 Feet 5 Throws at 50 Feet 10 Throws at 60 Feet 10 Throws at 70 Feet 10 Throws at 80 Feet 10 Throws at 90 Feet
			<u>MOUND</u> 20 Fastballs/Change-ups				