

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK ONE	<u>INTERVAL</u> 10 Throws at 40 Feet 10 Throws at 50 Feet 20 Throws at 60 Feet	NO THROWING	NO THROWING	<u>INTERVAL</u> 10 Throws at 40 Feet 10 Throws at 50 Feet 30 Throws at 60 Feet	<u>INTERVAL</u> 10 Throws at 40 Feet 10 Throws at 50 Feet 20 Throws at 60 Feet 20 Throws at 70 Feet	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 30 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 10 Throws at 80 Feet 5 Throws at 70 Feet 5 Throws at 60 Feet <u>Flat Ground</u> 15 fastballs	<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	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 20 Throws at 90 Feet

	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
WEEK THREE	<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 90 Feet 10 Throws at 100 Feet 5 Throws at 80 Feet <u>Flat Ground</u> 15 fastballs	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 70 Feet 10 Throws at 80 Feet 20 Throws at 90 Feet 5 Throws at 70 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 10 Throws at 70 Feet 10 Throws at 80 Feet 10 Throws at 90 Feet 10 Throws at 100 Feet 10 Throws at 110 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 10 Throws at 80 Feet 30 Throws at 90 Feet

	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
WEEK FOUR	NO THROWING	NO THROWING	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 20 Throws at 90 Feet	<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 15 Throws at 90 Feet 5 Throws at 70 Feet <u>FLAT GROUND</u> 15 Fastballs/Change-ups	NO THROWING

	DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35
WEEK FIVE	<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 10 Throws at 100 Feet 10 Throws at 110 Feet 10 Throws at 120 Feet	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 10 Throws at 80 Feet 25 Throws at 90 Feet 5 Throws at 70 Feet <u>FLAT GROUND</u> 20 Fastballs/Change-ups	<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 25 Throws at 90 Feet 5 Throws at 70 Feet <u>FLAT GROUND</u> 20 Fastballs/Change-ups	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 10 Throws at 100 Feet 10 Throws at 110 Feet 10 Throws at 120 Feet	<u>INTERVAL</u> 5 Throws at 40 Feet 5 Throws at 55 Feet 10 Throws at 70 Feet 10 Throws at 90 Feet 10 Throws at 70 Feet 5 Throws at 55 Feet <u>FLAT GROUND</u> 15 Fastballs/Change-ups <u>MOUND</u> 15 Fastballs Only

	DAY 36	DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42
WEEK SIX	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 10 Throws at 80 Feet 10 Throws at 90 Feet 5 Throws at 70 Feet <u>FLAT GROUND</u> 20 All Pitches	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 10 Throws at 100 Feet 10 Throws at 110 Feet 10 Throws at 120 Feet	<u>INTERVAL</u> 5 Throws at 40 Feet 5 Throws at 55 Feet 10 Throws at 70 Feet 10 Throws at 90 Feet 10 Throws at 70 Feet 5 Throws at 55 Feet <u>FLAT GROUND</u> 15 All Pitches <u>MOUND</u> 25 Fastballs Only	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 10 Throws at 80 Feet 25 Throws at 90 Feet 5 Throws at 70 Feet <u>FLAT GROUND</u> 20 All Pitches



	DAY 43	DAY 44	DAY 45	DAY 46	DAY 47	DAY 48	DAY 49
WEEK SEVEN	<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 10 Throws at 100 Feet 10 Throws at 110 Feet 10 Throws at 120 Feet	NO THROWING	<u>INTERVAL</u> 5 Throws at 40 Feet 5 Throws at 55 Feet 10 Throws at 70 Feet 10 Throws at 90 Feet 10 Throws at 70 Feet 5 Throws at 55 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 30 Throws at 90 Feet	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 10 Throws at 80 Feet 25 Throws at 90 Feet 5 Throws at 70 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 10 Throws at 100 Feet 10 Throws at 110 Feet 10 Throws at 120 Feet
			<u>FLAT GROUND</u> 20 All Pitches			<u>FLAT GROUND</u> 20 All Pitches	
			<u>MOUND</u>				
			30 All Pitches				

	DAY 50	DAY 51	DAY 52	DAY 53	DAY 54	DAY 55	DAY 56
WEEK EIGHT	<u>INTERVAL</u> 5 Throws at 40 Feet 5 Throws at 55 Feet 10 Throws at 70 Feet 10 Throws at 90 Feet 10 Throws at 70 Feet 5 Throws at 55 Feet	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 10 Throws at 80 Feet 10 Throws at 90 Feet 5 Throws at 70 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 10 Throws at 100 Feet 10 Throws at 110 Feet 10 Throws at 120 Feet	NO THROWING	<u>INTERVAL</u> 5 Throws at 40 Feet 5 Throws at 55 Feet 10 Throws at 70 Feet 10 Throws at 90 Feet 10 Throws at 70 Feet 5 Throws at 55 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 10 Throws at 100 Feet 10 Throws at 110 Feet 10 Throws at 120 Feet
	<u>FLAT GROUND</u> 10 Fastballs Only		<u>FLAT GROUND</u> 20 All Pitches	<u>FLAT GROUND</u> 10 Fastballs Only			
	<u>MOUND</u>			<u>MOUND</u>			
	40 All Pitches			50 All Pitches			