16 WEEK

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IN-SEASON & OFF-SEASON THROWING PROGRAM

INCLUDING 6 WEEKS OF LIFTING

DRIVELINE BASEBALL

Consult a physician before starting any new workout regimen. This information is presented as a template only and not a specific recommendation for any individual athlete.

The book should be undertaken only by physically mature athletes who are medically cleared to throw.

Driveline Baseball will not be held responsible for injuries that happen as a result of following this or any other workout program. By voluntarily following this program, you agree to hold both Driveline Baseball, it's owners and employees harmless.

All athletes should seek medical advice before beginning this workout program. If you are under the age of 18, seek parental or guardian consent before starting this program.

This program is designed for biologically mature high school aged pitchers and up. As a general rule of thumb, we recommend the program in this book for 14 year olds who have a solid base of throwing and sound mechanics.

It is also recommended to put athletes through a basic movement screen to detect any functional deficiencies and asymmetries the athlete may have.

Arm Injuries

Any athlete that has recently undergone a significant throwing arm injury needs to first finish any prescribed physical therapy and complete a physical therapist's throwing program all before starting this program.

You must be medically cleared to pitch.

We have a free Return to Throwing Program that is a more gradual on-ramp to address any underlying arm fitness issues post-PT which you can bring to your PT or consulting physician for guidance and clearance.

Do Not Do This Program If:

You are younger than 14, we would recommend our free youth training program instead.

If you are not medically cleared to pitch (use your PT program or give them our Return to Throwing Program)

Do not skip a program created by your doctor or physical therapist in favor of starting either our Return to Throwing Program or this On-Ramping Program.

How to get the most out of this Program

If you want to have the most success with the program, follow these guidelines:

1 Do the program as laid out

Find 4 weeks to on-ramp yourself well.

Velocity creation and improved performance is a deliberate process, there are no shortcuts to hard work.

2 Do the program exclusively

Do not mix and match this program with others. Resist the urge to “do more” simply because you may feel good on a certain day.

How to train badly

The overwhelming mistake we see when coaches and athletes encounter velocity programs is the tendency to do too much too fast.

This program works as written. Results do not come by mixing and matching programs or picking what days you want to do and only performing them

4 Other Common Mistakes

1

Doing too much too fast.

It is common for athletes to perform too much throwing or at too high of an intensity based on what their program says. For example, if you have a recovery day try and ensure your arm speed is much lower than that of a velocity day. Furthermore, it would not be recommended to perform 2 or 3 times the amount of high intensity throwing.

Throwing program compliance is extremely important and should be taken very seriously.

2

Skipping the on-ramp or doing the on-ramp along with other velocity programs.

This is too much work. We wrote our program to be done by itself. The on-ramp phase is extremely important to prepare your body to throw at high intent.

Mixing them doesn't give you the best of both worlds. It gives you the work. You will be overworked and unrecovered. Increasing your risk of both seeing a decline in velocity and injury.

3

Doing offseason throwing programming when in season.

If you are playing games, do the in-season program. Gains can be made in-season but in-season is time to compete. If you are trying to do velocity work on top of playing games you are risking that your in-game performance suffers and your risk of injury in season.

4

Throwing to warm-up and not warming up to throws.

Warm Up. Train. Recovery.

There is a specific reason warm-up and recovery drills are over 50% of the program time. They matter.

Intro to WB's

At Driveline, we use overweight and underweight implements to both improve an athlete's efficiency of movement and their ability to produce and accept force.

Weighted ball training has been researched extensively and we're seen over the years how to best implement them into a pitcher's training.

The Role of Stress

For the properly prepared athlete, stress is a benefit. It creates positive tissue adaptations through the mechanism of supercompensation - stressed tissue (given sufficient time to recovery) will add capacity, increasing its overall fitness

For an untrained, over-tired or unrecovered athlete, stress is a negative, leading the athlete on a downward spiral to poor performance and risk of injury.

Stress

A pitcher's body will adapt to the specific demand that is being applied to it. If a stressor stays exactly the same, week after week, month after month, adaptation stops.

Throwing programming should be closer to how lifting programming is done. Specific days have goals and set intensities and volumes. Each day that we program has a purpose and each week has a specific order of days. Some days have lower throws and intensities, while others have higher volumes and intensities.

Equipment used in this program

PlyoCare Balls are meant for sub max and constraint training. They're meant to be paired with specific drills in order to change a player's mechanics. Our day-to-day drills are done using PlyoCare Balls of a variety of weights. Each day has a specific purpose with the number of drills throw along with specific intensities and volumes.

Weighted baseballs are meant for warming up in catch play and high intent throwing when scheduled Meaning the first stages of long toss can include sub max intent throws with weighted balls to warm up. On scheduled high intent throwing days athletes are throwing at 100% effort in order to increase velocity. These days will either use weighted balls or plyo balls.

While it is optional, utilizing PULSE is a strong and highly recommended addition to this program equipment wise. It helps athletes get a sense of how much they are throwing and how much stress is being placed on the arm. All of our on-site atheles and remote athletes are required to train with their PULSE sensor on. Therefore, we recommend athletes leverage PULSE with this free program as well.

SUMMARY OF THROWING VELOCITY RESISTANCE TRAINING STUDIES

STUDY	SUBJECTS	TRAINING METHOD	STRENGTH CHANGE	VELOCITY CHANGE	
Bagonzi	High school	Isotonic		Increase	General
Edwards	College	Isotonic		Decrease	General
Jackson	High school	Isotonic	No change	No change	General
Newton and McEvoy	College	Isotonic	Increase	Increase	General
Potteiger	College	Isotonic		Increase	General
Popescue	High school	Isotonic		Increase	General
Shenk	College	Isotonic	No change	No change	General
Sullivan	College	Isotonic		Increase	General
Swangard	College	Isotonic		Increase	General
Thompson and Martin	College	Isotonic		Increase	General
Lachowetz et al.	College	Isotonic		Increase	Special
McEvoy and Newton	Professional	Ballistic		Increase	Special
Newton and McEvoy	College	Medicine Ball	Increase	No change	Special
Wooden et al.	High school	Isokinetic		Increase	Special
Bagonzi	High school	Overload Baseballs		Increase	Specific
Brose and Hanson	College	Overload Baseballs, Wall Pulley		Increase	Specific
DeRenne	High school	Weighted Baseballs		Increase	Specific
DeRenne	High school	Weighted Baseballs		Increase	Specific
DeRenne	High school, College	Weighted Baseballs		Increase	Specific
Egstrom et al.	College	Weighted Balls		Increase	Specific
Elias	College	Overload Baseballs		Increase	Specific
Logan et al.	College	Exer-genie		Increase	Specific
Railey	College	Wall Pulley		Increase	Specific
Shenk	College	Surgical Tube	No change	Increase	Specific
Sullivan	College	Wall Pulley		Increase	Specific
VanHuss	College	Overload Baseballs		Increase	Specific

General: Traditional isotonic resistance training exercises that increase overall maximum strength of the muscles.
Special: Explosive resistance training exercises for muscular power development.
Specific: Resistance training exercises that attempt to mimic the high-velocity ballistic throwing motion.

Throwing Program

Throwing Warm Up:

HOW OFTEN: Every time you throw

J-Bands - 10 Reps Each

- Forward Fly
- Reverse Fly
- Internal Rotation
- External Rotation
- Bicep Curls
- Tricep Extensions

Wrist Weights:

- Pronation Swings
- Pivot Pickoffs
- Pivot Picks
- Cuban Press
  - 10 Reps each
  - Less than 10 Reps is ok when starting out - we want adequate technical proficiency more than we want volume

Intro to a Driveline Plyo Ball™ Routine

A Driveline plyo ball routine consists of throwing plyo balls prior to any work with a baseball. From research in our lab, we know that heavier balls (including leather overload balls) make the arm travel slower creating lower stress on the arm.

So what specifically makes it a ‘Driveline’ routine? It all comes down to tailoring or creating a plyo ball routine based on the movement deficiencies. We can then tailor a plyo ball routine based on those findings.

The following is a comprehensive list of our current plyo ball drills.

- Reverse throws - these will always be performed first
- Pivot picks - Always proceed reverse throws
- Roll ins
- Step backs
- Drop steps
- Janitors
- Rockers
- Walking windups - The last exercise performed in our plyo ball routine

Drills:

Reverse Throws

WHY: This drill trains the posterior shoulder to be able to accept the force produced by higher velocities. As well as some thoracic spine mobility work.

HOW: The athlete kneels onto the throwing side knee and starts with the torso stacked, creating some momentum forward and driving the shoulder and elbow back through the natural arm slot.

Pivot Picks

WHY: This drill focuses on creating a more efficient arm action and improving forward rotation in the delivery.

HOW: Start with chest facing the target and feet staggered with throwing arm foot forward a bit, counter rotate and glove side facing target. Perform throws from that position.

Roll-Ins

WHY: The purpose of this drill is to have the lower half stay open as the upper half closes up, feeling more hip shoulder separation.

HOW: Stand facing the target with the ball in the throwing hand at waist level, take a walking step with the throwing side leg and drive powerfully into foot strike–be sure to minimize hip rotation and keep toes pointing to target as walking steps are taken. As soon as stride foot contact is made, fold the glove arm down and deliver the ball to the target. Rotate around a braced (not flexed) front leg.

Step Backs

WHY: The purpose of step backs is to help delay the torso and gain better momentum towards the plate.

HOW: Starting as if you're in the stretch and set, take a step back about foot (don't make this step too big or too small). After the step back go into your leg lift as you typically would. Gain momentum back towards your target, do not get stuck over the rubber. As you move down the mound, focus on delaying the torso into foot plant.

Janitors

WHY: The Janitor is a constrained version of a drop step. The focus of this drill is to start closed off, as you begin the throw, allow the lower half to begin rotating as the upper half stays quiet and is delayed.

HOW: Set up on the rubber, keep the back foot on the rubber and turn your body so your back is facing the target (make sure your torso and hips are fully turned. Have some slight bend in your leg (don't be standing straight up). Once set up, lift your leg slightly, not a full leg lift, and begin your throw. Keep the focus on the lower half being free to rotate while the upper half stays quiet

Drop Steps

WHY: The purpose of this drill is to gain momentum down the mound and also delaying the torso into foot plant.

HOW: Start on the mound with your back facing the target. Take a step back with your plant foot (gain ground as you step back, don't make it a small slow step). Once you take the step, focus on moving fast down the mound. As you go, try to delay your torso (think about keeping it towards the short-stop if you are a right handed pitcher).

Walking Windups

WHY: The purpose of this drill is to put everything together and gain momentum into the delivery.

HOW: Facing your target with the ball in your throwing hand, take a step forward and rotate your foot as if to use the rubber to throw off a mound. Bring your leg up, stride out and throw the ball. Generate momentum toward the target, try not to pause at balance point.

How Does a Plyo Routine Change by the Day?

The table below provides an overview of how a Driveline plyo ball routine changes throughout the week.

Day of Week	Throwing Workout*	Perceived Throwing Effort Level	# of Plyo Drills Performed	Peak Arm Speed Recomendations
Monday	Recovery	Low - 50-60% Effort	2-3	500 - 600
Tuesday	Velocity	High - 100% Effort	5-6	950 - 1200+
Wednesday	Recovery	Low - 50-60% Effort	2-3	500 - 600
Thursday	Hybrid B	Medium -70-80% Effort	5-6	700 - 850
Friday	Recovery	Low - 50-60% Effort	2-3	500 - 600
Saturday	Velocity	High - 100% Effort	5-6	950 - 1200+
Sunday	Off	N/A	N/A	0
*Note: *Throwing workouts organized as an example for 2x/week velocity program**				

The Percentage of Perceived Effort (RPE), otherwise seen as the percentage of effort listed above, is key to understanding how each day changes.

Lastly, just because a certain day has a high RPE does not mean every throw that day is at that intensity. For the days where intensity is higher, athletes should slowly work up that intensity. Not perform every single throw at high intensity.

Drills:

RECOVERY Post-Practice recovery methods as follows:		
J-BAND ROUNTINE	Forward fly	1 set of 10 reps
	Reverse fly	
	Internal rotation	
	External rotation	
	Bicep curl	
	Tricep extension	
UPWARD TOSSES		2 sets of 15 (either 2kg Black or 1kg Green)
BAND PULLAPARTS		2 sets of 15

Explanations:

Long Toss Program:

Driveline long toss program consists of extension toss with weighted and regular baseballs, then working into compression throws on higher intent days. Done at less than full effort, throwing weighted balls during the Extension phase of long toss allows the overload balls to help promote a better arm action.

- **Extension Throws:** Extension throws are high arc throws as catch partners increase in distance. Done on Hybrid B and Hybrid A days after plyo balls. On Hybrid B days, after extension throws work back in lightly. No compression throws. 5 throws 11oz (60-75ft), 5 throws 9oz (75-100ft), 5 throws 7 oz (100-120ft), 5oz throws to tolerance.
- **Compression Throws:** Compression throws are hard on-a-line throws as catch partners get closer in distance. Compression throws will be done on Hybrid A days after your extensions throws and working out to your max for the day with the 5oz. Repeat the extension phase as done above. Once done, work back in and perform 8-12 Compression throws from about 90-120ft out to your partner. These throws should be about head high, it is somewhat similar to pulldowns but without the running up, just a few shuffles.
- **Side note:** Distance with weighted balls are recommended. The distance will vary according to experience and build up of the athlete.

Recovery:

Your lightest day of throwing. Plyo throws consist of reverse throws (pink and green) and pivot picks (pink and green) only. After plyos, light catch play will be plenty. No extension or compression throws on this day. Use recovery days to allow the body to recovery, that means light throwing days and a day off from the weight room.

Recovery+ Short Box:

This specific recovery day is the same as your typical recovery day. The only difference is after catch play, throw a light short box bullpen (about 45-50 feet) to get some reps of the slope and throw to a catcher. Short box days are useful the day before a start for guys who like to get on the mound, but do not want to have to big of a workload going into their start.

No Throw Recovery:

No throw recovery is exactly as stated, NO THROWS. You go through your normal warm up routine with stretching, bands, wrist waist, shoulder tube. After that, go through your usual post throw recovery and that will be all for the day. These are best used the day after starts or days that your arm or body are feeling worn down and need the extra time to recover.

Hybrid B:

This day is performed at a 60-70% intent. Go through your pre throw warmup, after that perform your plyo throws (reverse throws using pink and green, pivot picks using pink and green, two other drills prescribed, and walking wind ups). After plyos, go into long toss. Long toss on hybrid B days will consist of only extensions throws. Work out to a good distance and long toss getting air under the ball. No balls should be pulled down or thrown head high. After long toss, perform post throw recovery.

Hybrid A:

Hybrid A days are identical to hybrid B days except the intent is bumped up to 80-90%. Plyos drills will be the same. For long toss, you will perform extension throws again. But this time, you will work in to your partner and begin pulling down or performing compression throws around 90-120 feet out.

Plyo Velo:

This velo day consists of 3 drills; the two you're prescribed and walking wind ups.
Roll-ins: 2-3 throws with green and blue plyos or blue and red in that order.
Step backs and rockers: 2-3 throws with blue and red plyos in that order.
Drop steps, janitors, and walking windups: 2-3 throws with blue, red, yellow and gray plyos in that order.
(Perform all throws with each color at once. Step backs- blue, blue, blue, red, red, red)

WB Mound Velo:

This velo uses our weighted ball series (3oz, 4oz, 6oz, 7oz). You will perform 3-4 throws with each ball in a row. For example; 5oz, 5oz, 5oz, 6oz, 6oz, 6oz. The order of the baseball throws goes 5oz (regular baseball), 6oz, 7oz, back to 5oz, 4oz, 3oz. There are 2 different sets; Short form and long form. Short form only uses 5oz, 6oz, and 4oz. Long form uses all of them; 5oz, 6oz, 7oz, 4oz, 3oz. If you are relatively new to WB mound velo, use short form until you are built up enough to handle the extra load of the 7oz and 3oz

Mound Velo:

Mound velo is simply max effort throws off the mound with a 5oz regular baseball. 10-15 throws is a good number. Ideally 3 sets with 5 throws each and take a minute or so after every 5 throws.

Pitch Design (Base Line, Shape, Execution):

Pitch designs are to help maximize your arsenal. Using tech, we look at your current arsenal and dive into how we can improve it and work together to find the best grips, cues, and pitch shapes to help you be successful.

Baseline - This is the first stage of a pitch design. Here we are mainly collecting data and video to get a look at where your current arsenal is and how good your pitches are.

Shape - During this stage we work on grips and cues to help redesign and execute the desired shape of pitches that will improve the arsenal.

Execution: During this stage we ideally have a feel for the new pitch grips and can repeat the movement. Now it's time to execute the pitch, with both the shape and command.

Hybrid B Mound Blend Command Focus:

This is simply a hybrid B day, but after your extension toss go to the mound for about 10-15 throws at the same 60-70% intent. During this time make command your focus. You can go a step further and track your command by writing down where you intend to throw the pitch and where it ends up, then going back after and reviewing how often you hit your spot and when you did miss, where did you miss the most.

Live ABs:

Live ABs is when we put our work to the test and face live hitters.

Equipment:

- Plyos
- J-Bands
- Wrist Weights
- Shoulder Tube
- Weighted Baseballs
- Band Pull Aparts

Importance of Recovery

REST DAYS ARE REST DAYS.

DON'T THROW

Adding more work doesn't make a good program better. Many athletes and coaches starting out think, "If throwing weighted balls once a week is good, doing them every day will be 7x better!"

This is a flawed approach and neglects how important recovery is. You might make yourself over trained or put yourself at increased risk of an injury.

Below is a basic breakdown of training activities by time spent per week during the off-season for an on-boarded athlete in our MaxVelo program:

1. WARM UP
25-35%

2. THROWING PROGRAM
15-25%

3. WEIGHTED BALL PULLDOWNS
2.5-7.5%

4. RECOVERY
30-50%

55-85% of time is spent on warm-up and recovery.

If you want to see benefits from high-output training of any kind (lifting, throwing, etc.) you have to be willing to put in time doing the boring prep work.

PULSE Tip:

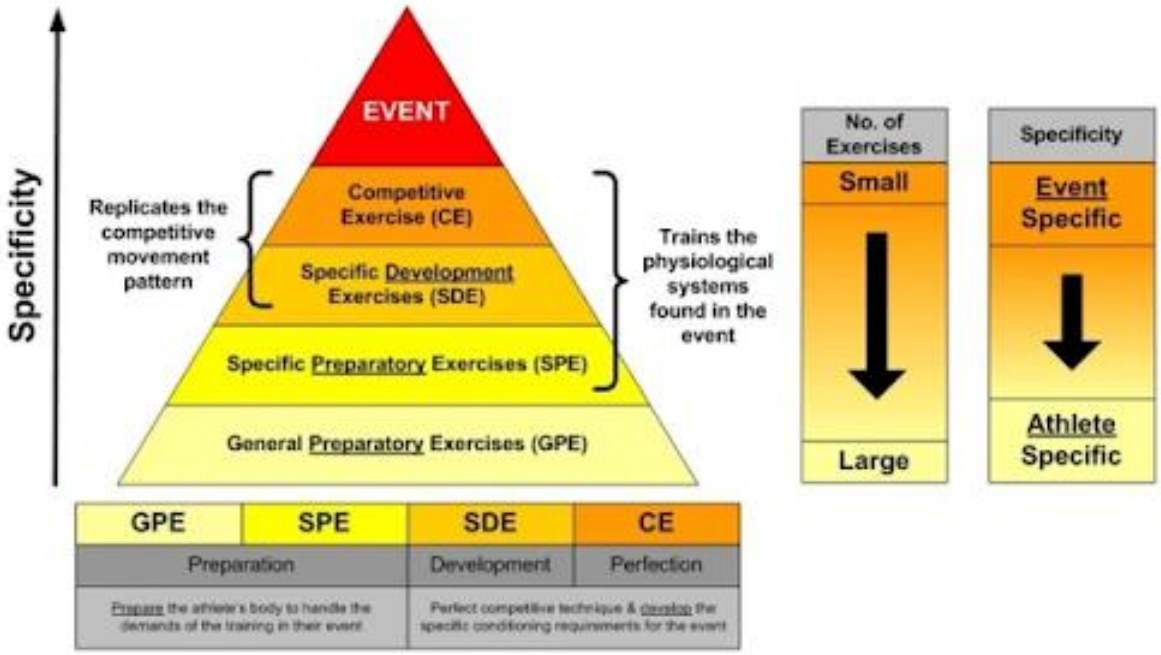
Make sure you're performing your Recovery days correctly by making sure your PULSE arm speed is significantly lower on your recovery days than your velocity days

Beginning Lifting for Pitchers:

When it comes to physical training and weight lifting for pitchers, there are a wide variety of considerations that go into their programs. On the strength side, most of the training methods and adaptations are going to be fairly general in terms of their direct application to sport.

A great way to conceptualize this is using Bondarchuk's Pyramid of exercise classification, shown below. An athlete's program should address each layer of the pyramid in varying degrees. The factors determining those degrees are time of year, age, their training experience, and other individual athlete characteristics/ needs.

Almost all exercises we perform in the weight room setting are going to fall under GPE or SPE and aren't necessarily specific to baseball, but rather should be specific to the athlete's needs. This means that very few exercises in this program will look like anything a player does on the field. Instead, they will be prepping the body to perform at the highest level in games.



Key Considerations

As mentioned above, there are many factors that go into an athlete's training program. Among the most important of these are athlete goals, age, and training experience along with the time of year or how close they are to playing in games.

For this program, we'll focus on the needs of a high school or young college baseball field. Typically, the younger an athlete is the more general their needs are, as their focus should be more on long-term development and goals than immediate results in competition.

> **If you want to play college baseball it is going to be extremely important to build a body that is capable of playing college baseball.**

In the gym at Driveline, our average college baseball player weighs 17lbs more than our average high school player and is 24% stronger (measured in the Isometric Mid-Thigh Pull). It reasons then that prioritizing increasing lean-body mass and strength are good places to start for a young athlete. With the role strength training plays in those, it is clear why weight lifting for pitchers is so crucial.

Along with size and strength, another big gap between average high school and college athletes is their explosive strength. In-gym college athletes test about 21% higher lower-body power in our jump testing. With this in mind, it will also be important for young pitchers to increase their explosive strength. Some common ways to do this are performing compound lifts with a focus on speed, Olympic lift variations, loaded jumps, and plyometric training along with sprinting.

With high school athletes, we want to use our compound lifts to build strength and cause hypertrophy (muscle growth). To achieve this, focusing on speed rather than weight with those won't be ideal. We do program some amount of Olympic lifts and loaded jumps for our athletes, but we prefer to devote as much weight room time as possible to building foundational movement patterns to set them up for long-term success.

This considered, sprinting and plyometric exercises are our primary methods of increasing power for high school pitchers. Training this way also helps get the body ready to meet the explosive in-game demands they'll see on field. When starting any training program that includes weight lifting for pitchers, being able to accurately evaluate your strengths and weaknesses in these areas takes any program to the next level. This is a big advantage of going through our strength assessment and training with us in-gym or online.

Sprinting and Weight Lifting Workouts for Pitchers

This 6-week strength program is focused on gaining strength and size along with a slight increase in lower body power for a pitcher with less than two years of training experience. It uses barbells, dumbbells, cable machines, and medicine balls and is made to partner with a pitching or throwing program. This block would be best for an early to middle offseason phase where physical development is a top priority. Lifters with enough experience and a qualified strength coach can front squat instead of goblet squatting on day one. RIR means Reps In Reserve, so a set of 5 with a 2RIR load would mean use a weight that you could barely complete 7 reps with.

In-Season Considerations

Once competition volume increases, weight room volume must see a corresponding decrease to maximize on-field performance. This does not mean that you shouldn't be lifting hard in season (you should). It also doesn’t mean that you can’t ever be sore- it just means that you will need to pay extra care when managing the frequency and volume of your training, or in other words how often and how much you work out. With potential decreases in frequency and volume, we’ll want to make sure we maintain high intensity (how hard you train) to keep our off-season gains and even continue progressing.

Here is a modified version of the program for in-season use to still build some strength and maintain size:

At-Home Modifications

We understand that not every athlete is working with the same facilities and equipment. This is where it is important to view the exercises as ways to achieve an outcome, not as absolutes. For example, the squat in lift one is to build strength in a range that will achieve some hypertrophy. If you don't have a barbell with enough weights, this could become a goblet squat using a dumbbell or kettlebell. If those options also aren't available then finding a way to build some kind of load such as a backpack full of books might be the best option. From there, making changes to the squat to make it more challenging with the lighter load is next. Some easy ways to do this are:

- Longer eccentric tempos (going slower on the way down)
- Pausing at the bottom of the rep
- Increasing the number of reps
- Switching to a unilateral variation like a lunge

These methods are meant to be an effective "next best thing". Even so, you will still be missing key benefits if the loads aren't consistently heavy enough, so prioritize finding gym access as soon as you are able.

Off-Season / In-Season

THROWING PROGRAM

Pitching Kit

- Plyos
- J-Bands
- Wrist Weights
- Mini Trampoline
- Weighted Baseballs
- Pull-Apart Bands

SHOP NOW

On-Ramp Phase

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Recovery	Hybrid B	Recovery	Hybrid B	Recovery	Hybrid B	OFF
Week 2	Recovery	Hybrid B	Recovery	Hybrid A	Recovery	Hybrid B	OFF
Week 3	Recovery	Hybrid A	Recovery	Hybrid B	Recovery	Hybrid A	OFF
Week 4	Recovery	Hybrid A	Recovery	Hybrid B	Recovery	Hybrid A	OFF

On-Ramp Phase: This phase is to help build you physically, both throwing and in the weight room, in order to prepare for a velocity phase. We need to properly on ramp by slowly working up to max effort throwing in order to make sure the body can handle the stress that comes with high effort throws.

PULSE Tip:

Set a chronic workload goal, and slowly increase volume and intensity of each workout to build toward the chronic workload goal while avoiding spikes in AC Ratio

Velocity Phase

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5	Recovery	Hybrid A	Recovery	Hybrid B	Recovery	WB Mound Velo	OFF
Week 6	Recovery	Plyo Velo (Underload and overload examples)	Recovery	Hybrid B	Recovery	WB Mound Velo	OFF
Week 7	Recovery	Plyo Velo (Underload and overload examples)	Recovery	Hybrid B	Recovery	WB Mound Velo	OFF
Week 8	Recovery	Mound Velo	Recovery	Hybrid B	Recovery	WB Mound Velo	OFF
Week 9	Recovery	Mound Velo	Recovery	Hybrid B	Recovery	WB Mound Velo	OFF
Week 10 (Deload)	Recovery	Hybrid B	Recovery	Hybrid B	Recovery	Hybrid B	OFF

Velocity Phase: During this phase we are obviously training to throw harder. Recovery days are very important during a velo phase in order to make sure the body is recovering in between each high intent/ velo day.

Note:
During the Velocity Phase, don't exceed more than 2 velo days a week. You can also just do one velo day during a week to build up the athlete into 2 or change the training economy if the athlete is fatigue from 2 velo days a week.

Competition Phase							
	Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Week 11	Recovery	Pitch Design (Base Line)	Recovery	Hybrid B Mound Blend (Command focus)	Recovery	Pitch Design	OFF
Week 12	Recovery	Pitch Design (Shape Stage)	Recovery	Hybrid B Mound Blend (Command focus)	Recovery	(Shape Stage)	OFF
Week 13	Recovery	Live ABs	Recovery	Hybrid B	Recovery	Pitch Design (Execution Stage)	OFF
Week 14	Recovery	Live ABs	Recovery	Hybrid B	Recovery	Live ABs	OFF

Competition Phase: This phase we will work towards preparing to be back on the field and competing. During this phase you can expect to go through pitch designs, command work, and live ABs.

In-Season (Starter)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 15	No Throw Recovery	Bullpen	Recovery	Hybrid B	Recovery + Short Box	Game Day	Recovery
Week 16	No Throw Recovery	Bullpen	Recovery	Hybrid B	Recovery + Short Box	Game Day	Recovery

In-Season (Reliever)

Week 15	Recovery + Short Box	Appearance	Recovery	Hybrid B	Recovery + Short Box	Appearance	Recovery
Week 16	Recovery + Short Box	Appearance	Recovery	Hybrid B	Recovery + Short Box	Appearance	Recovery

Off-Season Lifting

This 6-week strength program is focused on gaining some strength and maintaining size in-season along with an increase in lower body power for a pitcher with less than two years training experience. A lifter with adequate experience and access to a qualified strength coach can substitute a barbell front squat in place of the goblet squat on day one for more of a challenge. RIR means Reps In Reserve, so a set of 5 with a 2RIR load would mean to use a weight that you could complete 7 reps with before failing.

Off-Season Lifting

Day 1						
Series	**Exercise**	**Intensity/Load**	**Rest (After set)**	**Weeks 1-3**	**Weeks 4-5**	**Week 6**
				Sets and Reps		
Plyometric/ Sprint work	Rudiment Hops (Linear)	Moderate	1 min	2x5yds ea	2x5yds ea	2x5yds ea
	Single Leg Bounds	Moderate	1 min	1x10yds ea	1x10yds ea	1x10yds ea
	Lateral 5-10-5	Near Maximal	1.5 min	2x1ea	2x2ea	1x1ea
	Half Kneeling Sprint Starts	Near Maximal	1 min	2x10yds ea	3x10yds ea	1x10yds ea
A1	Goblet Squat	2-3 RIR	2 min	3x6	4x6	3x6
A2	Inverted Row	Bodyweight	1 min	3x10	4x10	3x8
B1	Weighted Pushup	2-3 RIR	2 min	3x8	4x8	3x8
B2	Landmine RDL	2-3 RIR	1 min	3x10	4x8	3x8
C1	DB Reverse Lunges	3 RIR	2 min	3x12ea	3x10ea	2x10ea
C2	Swimmers	N/A	1 min	3x8	3x8	3x8
D1	Band Reverse Fly	Light	1 min	3x15	3x20	2x20
D2	Farmer's Carry	Near Maximal	1 min	3x20yds	3x15yds	2x15yds

Off-Season Lifting

Day 2						
Series	**Exercise**	**Intensity/Load**	**Rest (After set)**	**Weeks 1-3**	**Weeks 4-5**	**Week 6**
				Sets and Reps		
Plyometric/ Sprint work	Pushup Sprint Starts	Near Maximal	1.5 min	2x15yds ea	3x15yds ea	2x15yds ea
	Medball Step Behind Scoop	6-8lbs	1 min	2x3ea	2x4yds ea	2x2ea
	Double Heiden to Sprint	Near Maximal	1.5 min	2x10yds ea	3x15yds ea	2x10yds ea
	HK Medball Slam to Double Heider	6-8lbs	1 min	2x2ea	3x2ea	2x1ea
A1	Landmine Lateral Lunge	2-3 RIR	2 min	3x5ea	4x5ea	3x5ea
A2	Neutral Grip Pullups	Bodyweight	1 min	3x4-6	3x6-8	2x6-8
B1	Half Kneeling DB Overhead Press	3 RIR	2 min	3x10ea	3x8ea	2x8ea
B2	Cable Pallof Press	2RIR	1 min	3x8ea	3x6ea	2x6ea
C1	High Box Step Ups	3 RIR	2 min	3x8ea	3x10ea	2x10ea
C2	T-Pushups	Bodyweight	1 min	3x4-6ea	3x5-7ea	2x5-7ea
D1	Cable External Rotations	3-4 RIR	1 min	3x12ea	3x12ea	2x12ea
D2	Shoulder Internal Rotation ISO	Near Maximal	1 min	3x10seconds ea	3x10seconds ea	2x10seconds ea

Off-Season Lifting

Day 3						
Series	**Exercise**	**Intensity/Load**	**Rest (After set)**	**Weeks 1-3**	**Weeks 4-5**	**Week 6**
				Sets and Reps		
Plyometric/ Sprint work	RHS (lateral)	Moderate	1 min	2x15yds ea	2x5yds ea	2x5yds ea
	Shuffle 5-10-5	Near Maximal	2 min	2x1ea	3x1ea	2x1ea
	Shuffle to Sprint	Near Maximal	1.5 min	2x20yds ea	3x20yds ea	2x20yds ea
	45 degree Bounds	Near Maximal	1 min	2x3ea	2x4ea	2x3ea
A1	Trapbar Deadlift	2 RIR	2 min	3x5	4x5	3x5
A2	Deadbugs	Bodyweight	1 min	3x6ea	3x6ea	2x6ea
B1	Half Kneeling Landmine Press	2 RIR	1.5 min	3x6ea	3x6ea	2x6ea
B2	DB Bulgarian Split Squats	2-3 RIR	1.5 min	3x8ea	3x8ea	2x8ea
C1	DB SL Glute Bridge	2-3 RIR	1 min	3x10ea	3x8ea	2x8ea
C2	Half Kneeling High Cable Row	2 RIR	1 min	3x8ea	3x6ea	2x6ea
D1	Prone T Holds	Bodyweight	1 min	3x20s ea	3x25s ea	2x25s ea
D2	Suitcase Carry	Near Maximal	1 min	3x10yds ea	3x10yds ea	2x10yds ea

In-Season Lifting

This 6-week strength program is focused on gaining some strength and maintaining size in-season along with an increase in lower body power for a pitcher with less than two years training experience. A lifter with adequate experience and access to a qualified strength coach can substitute a barbell front squat in place of the goblet squat on day one for more of a challenge. RIR means Reps In Reserve, so a set of 5 with a 2RIR load would mean to use a weight that you could complete 7 reps with before failing.

In-Season Lifting

Day 1						
Series	**Exercise**	**Intensity/Load**	**Rest (After set)**	**Weeks 1-3**	**Weeks 4-5**	**Week 6**
				Sets and Reps		
Plyometric/ Sprint work	Rudiment Hops (linear)	Moderate	1 min	2x5yds ea	2x5yds ea	1x5yds ea
	Lateral 5-10-5	Near Maximal	1.5 min	2x1ea	2x2ea	1x1ea
	Half Kneeling Sprint Starts	Near Maximal	1 min	2x10yds ea	3x10yds ea	1x10yds ea
	Broad Jumps	Near Maximal	1 min	3x3	3x4	2x4
A1	Goblet Squat	2-3 RIR	2 min	3x6	4x6	3x6
A2	Inverted Row	Bodyweight	1 min	3x10	4x10	3x8
B1	Weighted Pushup	2-3 RIR	2 min	3x8	4x8	2x8
B2	Landmine RDL	2-3 RIR	1 min	3x10	4x8	2x8
C1	Swimmers	N/A	1 min	3x8	3x8	2x8
C2	Band Reverse Fly	Light	1 min	3x15	3x20	2x20

In-Season Lifting

Day 2						
Series	**Exercise**	**Intensity/Load**	**Rest (After set)**	**Weeks 1-3**	**Weeks 4-5**	**Week 6**
				Sets and Reps		
Plyometric/ Sprint work	Pushup Sprint Starts	Near Maximal	1.5 min	2x15yds ea	3x15yds ea	2x15yds ea
	Medball Step Behind Scoop Toss	6-8lbs	1 min	2x3ea	2x4ea	2x2ea
	Double Heiden to Sprint	Near Maximal	1.5 min	2x10yds ea	3x15yds ea	2x10yds ea
	HK Medball Slam to Double Heiden	6-8lbs	1 min	2x2ea	3x2ea	2x1ea
A1	Landmine Lateral Lunge	2-3 RIR	2 min	3x5ea	4x5ea	2x5ea
A2	Neutral Grip Pullups	Bodyweight	1 min	3x4-6	3x6-8	2x6-8
B1	Half Kneeling DB Overhead Press	2-3 RIR	2 min	3x10yea	3x8ea	2x8ea
B2	Cable Pallof Press	2 RIR	1 min	3x8ea	3x6ea	2x6ea
C1	Cable External Rotations	3-4RIR	1 min	3x12ea	3x12ea	2x12ea
C2	Shoulder Internal Rotation Iso	Near Maximal	1 min	3x10seconds ea	3x10seconds ea	3x10seconds ea

In-Season Lifting

Day 3						
Series	**Exercise**	**Intensity/Load**	**Rest (After set)**	**Weeks 1-3**	**Weeks 4-5**	**Week 6**
				Sets and Reps		
Plyometric/ Sprint work	RHS (lateral)	Moderate	1min	2x5yds ea	2x5yds ea	2x5yds ea
	Shuffle 5-10-5	Near Maximal	2min	2x1ea	3x1ea	2x1ea
	Shuffle to Sprint	Near Maximal	1.5min	2x20yds ea	3x20yds ea	2x20yds ea
	45degree Bounds	Near Maximal	1min	2x3ea	2x4ea	2x3ea
A1	Trapbar Deadlift	2RIR	2min	3x5	4x5	3x5
A2	Deadbugs	Bodyweight	1min	3x6ea	3x6ea	2x6ea
B1	Half Kneeling Landmine Press	2RIR	1.5min	3x6ea	3x6ea	2x6ea
B2	DB Bulgarian Split Squats	2-3RIR	1.5min	3x8ea	3x8ea	2x8ea
C1	Half Kneeling High Cable Row	2RIR	1min	3x8ea	3x6ea	2x6ea
C2	Prone T Holds	Bodyweight	1min	3x20s ea	3x25s ea	2x25s ea