

# GRADUATED THROWING PROGRAM

## PRE-SEASON PREPARATION

This is a program intended to prepare you for the upcoming season. It is for uninjured players to develop arm strength, and should be done in conjunction with a rotator cuff exercise program and general condition. The importance of aerobic fitness for pitchers can not be over-stressed. Pitching is a very intense aerobic activity, and the pitcher's effectiveness will be higher if he is fit. Our major league pitchers will often have a sustained heart rate over 130-145 during an inning, so conditioning is key.

	TIME	DISTANCE
W	5 min	60 Feet
E	5 min	60 Feet
E	8 min	60 Feet
K	8 min	60 Feet
1		OFF
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W	10min	60 Feet
E	10min	60 Feet
E	12min	60 Feet
K	12min	60 Feet
2		OFF
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W	10min	60 Feet
E	10min	100Feet
E	OFF	
K	10min	60 Feet
3	10min	100Feet
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W	12min	60 Feet
E	12min	100 Feet
E	OFF	
K	12min	60Feet
4	12min	100 Feet
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W	10min	60Feet
E	10min	120Feet
E	OFF	
K	10min	60 Feet
5	10min	120 Feet
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W	12min	60 Feet
E	12min	120Feet
E	OFF	
K	12min	60 Feet
6	12min	120Feet
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