

Pitcher's Arm Care Daily Plan

Start Day Loosen up Flat Ground work arm up the mound command FB work off-speed Know your Plan to attack hitters	Day 1 Throw to get Loose ONLY 45 throw MAX. @ 45' distance	Day 2 Throw to get Loose. Start at 45' distance to loosen up and back up to 75' distance and increase velocity 20 throws hard MAX @ 75' 45 throws +/-	Day 3 45 pitch bull pen flat ground ONLY increase velocity as you go work pitches and location	Day 4 Long Toss on a line 30 pitches MAX at a distance of 90' MAX. Work pitching mechanics	Start Day Loosen up Flat Ground work arm up the mound command FB work off-speed Know your Plan to attack hitters
ICE 20 mins on 40 mins off 20 mins on	ICE 20 mins on 40 mins off 20 mins on	ICE 20 mins on 40 mins off 20 mins on	ICE 20 mins on 40 mins off 20 mins on	ICE 20 mins on 40 mins off 20 mins on	ICE 20 mins on 40 mins off 20 mins on
Jog	Swim 1/2 hour OR Jog need to get to 4 miles for endurance	Swim 1/2 hour OR Jog need to get to 4 miles for endurance	Swim 1/2 hour OR Jog need to get to 4 miles for endurance	Jog	Jog
Band Work Stretch Arm Pre-game and Post-game	Band Work Stretch Arm Pre-workout and Post-gworkout	Band Work Stretch Arm Pre-workout and Post-gworkout	Band Work Stretch Arm Pre-workout and Post-gworkout	Band Work Stretch Arm Pre-workout and Post-gworkout	Band Work Stretch Arm Pre-game and Post-game

Typical Monthly Rotation of a Pitcher

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Start Day	Day 1	Day 2	Day 3	Day 4	Start Day	off*	Week 1
Day 1	Day 2	Day 3	Day 4	Start Day	Day 1	off*	Week 2
Day 2	Day 3	Day 4	Start Day	Day 1	Day 2	off*	Week 3
Day 3	Day 4	Start Day	Day 1	Day 2	Day 3	off*	Week 4
Day 4	Start Day	Day 1	Day 2	Day 3	Day 4	off*	Week 5
Start Day							

Typical Monthly 5 Starting Pitcher Rotation

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
SP 1	SP 2	SP 3	SP 4	SP 5	SP 1	off*	Week 1
SP 2	SP 3	SP 4	SP 5	SP 1	SP 2	off*	Week 2
SP 3	SP 4	SP 5	SP 1	SP 2	SP 3	off*	Week 3
SP 4	SP 5	SP 1	SP 2	SP 3	SP 4	off*	Week 4
SP 5	SP 1	SP 2	SP 3	SP 4	SP 5	off*	Week 5
SP 1							

off* indicates that as a team we can not workout. You as an individual may do your workout at home.
 Preferably running, swim, stretch, ice....DO NOT THROW