



Pre-Season

Throwing Blueprint

Start Cycle 1	Week	Throw	Long Toss	Bullpens/ Scrimages	Pitches	Breakup
	1	4 Sessions	0	0		
	2	5 Sessions	0	0		
	3	5 Sessions	2	1	20 Pen	N/A
	4	5 Sessions	3	2	30 Pen	15/2
	5	5 Sessions	3	2	30 Pen	15/2

De-Load Week	Week	Throw	Long Toss	Bullpens/ Scrimages	Pitches	Breakup
	6	2 Sessions	0	0	None	None

Start Cycle 2	Week	Throw	Long Toss	Bullpens/ Scrimages	Pitches	Breakup
	7	5 Sessions	3	2	30 Pen/Scrimage	15/15 or 2 innings
	8	5 Sessions	3	2	40 Pen/Scrimage	15/15/10 or 3 innings
	9	5 Sessions	3	2	50 Pen/Scrimage	20/15/15 or 3 innings
	10	5 Sessions	3	2	60 Pen/Scrimage	15/15/15/15 or 4 innings

Start Cycle 1

Week 1		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Pre-Throw	Pre-Warmup	CS Mobility	CS Mobility	Off	CS Mobility	CS Mobility	Off	Off
	Warmup	Dynamic Warmup	Dynamic Warmup	Off	Dynamic Warmup	Dynamic Warmup	Off	Off
	Arm Care	CS Activation	CS Activation	Off	CS Activation	CS Activation	Off	Off
Throwing	Throwing	Light Throw	Light Throw	Off	Light Throw	Regular Throw	Off	Off
	Pitching			Off			Off	Off
Post-Throw	Arm Care		CS Mobility	Off		CS Mobility	Off	Off
			CS Strength	Off		CS Strength	Off	Off
Week 2		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Pre-Throw	Pre-Warmup	CS Mobility	CS Mobility	CS Mobility	Off	CS Mobility	CS Mobility	Off
	Warmup	Dynamic Warmup	Dynamic Warmup	Dynamic Warmup	Off	Dynamic Warmup	Dynamic Warmup	Off
	Arm Care	CS Activation	CS Activation	CS Activation	Off	CS Activation	CS Activation	Off
Throwing	Throwing	Light Throw	Regular Throw	Regular Throw	Off	Regular Throw	Regular Throw	Off
	Pitching				Off			Off
Post-Throw	Arm Care	CS Mobility		CS Mobility	Off		CS Mobility	Off
		CS Strength x2		CS Strength x2	Off		CS Strength x2	Off

Pre-Throw	Week 3	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Pre-Warmup	CS Mobility	CS Mobility	CS Mobility	Off	CS Mobility	CS Mobility	Off
	Warmup	Dynamic Warmup	Dynamic Warmup	Dynamic Warmup	Off	Dynamic Warmup	Dynamic Warmup	Off
	Arm Care	CS Activation	CS Activation	CS Activation	Off	CS Activation	CS Activation	Off

Throwing	Throwing	Regular Throw	Long Toss	Light Throw	Off	Long Toss	Regular Throw	Off
	Pitching				Off	Bullpen		Off

Post-Throw	Arm Care	CS Mobility		CS Mobility	Off	CS Mobility	CS Mobility	Off
		CS Strength x2		CS Strength x2	Off	CS Recovery	CS Strength x2	Off

Pre-Throw	Week 4 - 5	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Pre-Warmup	CS Mobility	CS Mobility	CS Mobility	Off	CS Mobility	CS Mobility	Off
	Warmup	Dynamic Warmup	Dynamic Warmup	Dynamic Warmup	Off	Dynamic Warmup	Dynamic Warmup	Off
	Arm Care	CS Activation	CS Activation	CS Activation	Off	CS Activation	CS Activation	Off

Throwing	Throwing	Long Toss	Regular Throw	Long Toss	Off	Long Toss	Regular Throw	Off
	Pitching	Bullpen/Scrimage			Off	Bullpen/Scrimage		Off

Post-Throw	Arm Care	CS Mobility	CS Mobility	CS Mobility	Off	CS Mobility	CS Mobility	Off
		CS Recovery	CS Strength	CS Strength x2	Off	CS Recovery	CS Strength x2	Off

Cycle 1 Complete

De-Load Week

	Week 6	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Pre-Throw	Pre-Warmup	Off	CS Mobility	Off	Off	CS Mobility	Off	Off
	Warmup	Off	Dynamic Warmup	Off	Off	Dynamic Warmup	Off	Off
	Arm Care	Off	CS Activation	Off	Off	CS Activation	Off	Off
Throwing	Throwing	Off	Regular Throw	Off	Off	Regular Throw	Off	Off
	Pitching	Off		Off	Off		Off	Off
Post-Throw	Arm Care	Off	CS Mobility	Off	Off	CS Mobility	Off	Off
		Off	CS Strength x2	Off	Off	CS Strength x2	Off	Off

De-Load Complete

Start Cycle 2

	Week 7 - 10	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Pre-Throw	Pre-Warmup	CS Mobility	CS Mobility	CS Mobility	Off	CS Mobility	CS Mobility	Off
	Warmup	Dynamic Warmup	Dynamic Warmup	Dynamic Warmup	Off	Dynamic Warmup	Dynamic Warmup	Off
	Arm Care	CS Activation	CS Activation	CS Activation	Off	CS Activation	CS Activation	Off
Throwing	Throwing	Long Toss	Light Throw	Long Toss	Off	Long Toss	Regular Throw	Off
	Pitching	Pitch			Off	Bullpen/Scrimage		Off
Post-Throw	Arm Care	CS Mobility	CS Mobility	CS Mobility	Off	CS Mobility	CS Mobility	Off
		CS Recovery	CS Strength	CS Strength x2	Off	CS Recovery	CS Strength	Off

Cycle 2 Complete