

Steps 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

30' Phase

Step 1: Day 1

- Warm-up throwing: 30 feet (25 times), Rest 5 min, 30 feet (25 times) (this will be used as the warm-up throwing throughout the program)

Step 2: Day 3

- Repeat step # 1 and add another set

45' Phase

Step 3: Days 5, 7

- Warm-up throwing
- Throw 45 feet (25 times)
- Rest 15 minutes, repeat one more time

Step 4: Days 9,11

- Warm-up throwing
- Throw 45 feet (25 times)
- Rest 10 minutes
- Warm-up throwing
- Throw 45 feet (25 times)
- Rest 10 minutes
- Warm-up throwing
- Throw 45 feet (25 times)

60' Phase

Step 5: Days 13, 15

- Warm-up throwing
- Throw 60 feet (25 times)
- Rest 15 minutes
- Warm-up throwing
- Throw 60 feet (25 times)

Step 6: Days 17,19

- Warm-up throwing
- Throw 60 feet (25 times)
- Rest 10 minutes
- Warm-up throwing
- Throw 60 feet (25 times)
- Rest 10 minutes
- Warm-up throwing
- Throw 60 feet (25 times)

90' Phase

Step 7: Days 21,23

- Warm-up throwing
- Throw 90 feet (25 times)
- Rest 15 minutes
- Warm-up throwing
- Throw 90 feet (25 times)

Step 8: Days 25, 27

- Warm-up throwing
- Throw 90 feet (25 times)
- Rest 10 minutes
- Warm-up throwing
- Throw 90 feet (25 times)
- Rest 10 minutes
- Warm-up throwing
- Throw 90 feet (25 times)

120' Phase

Step 9: Days 29, 31

- Warm-up throwing
- Throw 120 feet (25 times)
- Rest 15 minutes
- Warm-up throwing

- Throw 120 feet (25 times)

Step 10: Days 33, 35

- Warm-up throwing
- Throw 120 feet (25 times)
- Rest 10 minutes
- Warm-up throwing
- Throw 120 feet (25 times)
- Rest 10 minutes
- Warm-up throwing
- Throw 120 feet (25 times)

150' Phase

Step 11: Days 37,39

- Warm-up throwing
- Throw 150 feet (25 times)
- Rest 15 minutes
- Warm-up throwing
- Throw 150 feet (25 times)

Step 12: Days 41,43

- Warm-up throwing
- Throw 150 feet (25 times)
- Rest 10 minutes
- Warm-up throwing
- Throw 150 feet (25 times)
- Rest 10 minutes
- Warm-up throwing
- Throw 150 feet (25 times)

180' Phase

Step 13: Days 45, 47

- Warm-up throwing
- Throw 180 feet (25 times)
- Rest 15 minutes
- Warm-up throwing
- Throw 180 feet (25 times)

Step 14: Days 49, 51

- Warm-up throwing
- Throw 180 feet (25 times)
- Rest 10 minutes
- Warm-up throwing
- Throw 180 feet (25 times)
- Rest 10 minutes
- Warm-up throwing
- Throw 180 feet (25 times)

Step 15: Days 53, 55

- Warm-up throwing
- Throw 180 feet (25 times)
- Rest 10 minutes
- Warm-up throwing
- Throw 180 feet (25 times)
- Rest 10 minutes
- Warm-up throwing
- Throw 180 feet (50 times)

Step 16: Days 57 and 59

- Warm-up throwing
- Begin throwing off the mound or return to respective position