PITCHER TRAINING PROGRAM

THIS IS A 15 WEEK PROGRAM FOR PITCHERS TO PREPARE FOR THE UPCOMING SEASON. WORKLOADS SHOULD BE ADJUSTED FOR AGE GROUP.

	WEEKS TO COMPETITION														
ACTIVITIES	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
AEROBIC **MINIMUM 4 TIMES/WEEK** **CONTINUOUS JOGGING (KMS) OR EQUIVALENT**	12	12	12	12	12	12	12	12	12	9	6				
ANAEROBIC **WIND SPRINTS X 50 M.** **MINIMUM 2 TIMES/WK**								4	5	6	8	10	12	12	10
BASIC PLYOMETRICS **MAX 2 TIMES/WK.**	200	200	250	300	300	350	350	350	400	300	300	300	240		
ADVANCED PLYOMETRICS										40	60	80	120		
STRENGTH **POWER PROGRAM (ALTERNATE WITH PLYOMETRICS)**							1	1	2	2	2	3	3	3	
ARM STRENGTH	1	1	2	2	2	3	3	3	3	3	3				
PITCHES - TOTAL/WK. **ALL PITCHES**	600	700	700	800	800	900	900	900	1,000	1 K	1.5 K	1.5 K	1 K	1 K	500
OTHER															