

FIVE-WEEK THROWING PROGRAM

1. ONLY for pitchers who are HEALTHY.

2. ONLY for pitchers who are or were very recently in shape and ready to pitch.

3. NOT for pitchers with any pain or health issues.

4. See a doctor if your arm isn't 100%.

THE INTENT OF THIS PROGRAM

- 1. Only two weeks from ready once you complete week two**
- 2. Gives you structure to throttle up and down**
- 3. Never get back down to ZERO**
- 4. Hopefully finish week four before first game**

WEEK 1 THROWING

1] LONG TOSS

Drill A: 6-8 @ 40ft

Drill B: 6-8 @ 50ft

Drill C: 6-8 @ 60ft

Drill D: 6-8 @ 75ft

Move Feet, Extend
Distance → 240ft

Move Feet: 15 → 60ft

--Grab Drink--

FLAT GROUND

Wind Up: 10-15 @ 50%
All Pitches, 1/3s & 1/3s

Stretch: 10-15 @ 50%
All Pitches 1/3s & 1/3s

2] CATCH+FG

Drill A: 6-8 @ 40ft

Drill B: 6-8 @ 50ft

Drill C: 6-8 @ 60ft

Drill D: 6-8 @ 75ft

Move Feet, Extend
Distance → 150ft

Move Feet: 10 → 60ft

--Grab Drink--

FLAT GROUND

Wind Up: 10-15 @ 50%
All Pitches, 1/3s & 1/3s

Stretch: 10-15 @ 50%
All Pitches 1/3s & 1/3s

[4]
OFF

3] 50% BULLPEN

[Do Catch Day Warm Up]

Mound Effort = 50%

WU: 4 FB Middle

WU: 4 FB Arm/Glove 1/3

WU: 4 CU Middle

WU: 2 FB Arm/Glove 1/3

WU: 4 BR Middle

WU 2 FB Arm/Glove 1/3

--Sit Down 5 min--

ST: 2 FB Middle

ST: 2 FB Gloveside

ST: 2 FB Armside

ST: 4 CU Middle

ST: 2 FB Arm/Glove 1/3

ST: 4 BR Middle

ST: 8 Garbage Time

5] LONG TOSS

Drill A: 6-8 @ 40ft

Drill B: 6-8 @ 50ft

Drill C: 6-8 @ 60ft

Drill D: 6-8 @ 75ft

Move Feet, Extend
Distance → 240ft

Move Feet: 15 → 60ft

--Grab Drink--

FLAT GROUND

Wind Up: 10-15 @ 50%
All Pitches, 1/3s & 1/3s

Stretch: 10-15 @ 50%
All Pitches 1/3s & 1/3s

Day [6 & 7] OFF

or

**Baseball
activities**

**(ground balls,
wall ball,
backyard
baseball, etc.)**

WEEK 2 THROWING

1] 50% BULLPEN

[Do Catch Day Warm Up]

Mound Effort = 50%

WU: 4 FB Middle

WU: 4 FB Arm/Glove 1/3

WU: 4 CU Middle

WU: 2 FB Arm/Glove 1/3

WU: 4 BR Middle

WU 2 FB Arm/Glove 1/3

--Sit Down 5 min--

ST: 2 FB Middle

ST: 2 FB Gloveside

ST: 2 FB Armside

ST: 4 CU Middle

ST: 2 FB Arm/Glove 1/3

ST: 4 BR Middle

ST: 8 Garbage Time

2] CATCH+FG

Drill A: 6-8 @ 40ft

Drill B: 6-8 @ 50ft

Drill C: 6-8 @ 60ft

Drill D: 6-8 @ 75ft

Move Feet, Extend

Distance → 150ft

Move Feet: 10 → 60ft

--Grab Drink--

FLAT GROUND

Wind Up: 10-15 @ 50%

All Pitches, 1/3s & 1/3s

Stretch: 10-15 @ 50%

All Pitches 1/3s & 1/3s

[3]

OFF

4] LONG TOSS

Drill A: 6-8 @ 40ft

Drill B: 6-8 @ 50ft

Drill C: 6-8 @ 60ft

Drill D: 6-8 @ 75ft

Move Feet, Extend

Distance → 240ft

Move Feet: 15 → 60ft

--Grab Drink--

FLAT GROUND

Wind Up: 10-15 @ 50%

All Pitches, 1/3s & 1/3s

Stretch: 10-15 @ 50%

All Pitches 1/3s & 1/3s

5] 75% BULLPEN

[Do Catch Day Warm Up]

Mound Effort = 75%

WU: 4 FB Middle

WU: 4 FB Arm/Glove 1/3

WU: 4 CU Middle

WU: 2 FB Arm/Glove 1/3

WU: 4 BR Middle

WU 2 FB Arm/Glove 1/3

--Sit Down 5 min--

ST: 2 FB Middle

ST: 2 FB Gloveside

ST: 2 FB Armside

ST: 4 CU Middle

ST: 2 FB Arm/Glove 1/3

ST: 4 BR Middle

ST: 8 Garbage Time

Day [6 & 7] OFF

or

**Baseball
activities**

**(ground balls,
wall ball,
backyard
baseball, etc.)**

WEEK 3 THROWING

1] 75+% BULLPEN

[Do Catch Day Warm Up]

Mound Effort = 75%

WU: 4 FB Middle

WU: 4 FB Arm/Glove 1/3

WU: 4 CU Middle

WU: 2 FB Arm/Glove 1/3

WU: 4 BR Middle

WU 2 FB Arm/Glove 1/3

--Sit Down 5 min--

Mound Effort = 75-90%

ST: 2 FB Middle

ST: 2 FB Gloveside

ST: 2 FB Armside

ST: 4 CU Middle

ST: 2 FB Arm/Glove 1/3

ST: 4 BR Middle

ST: 8 Garbage Time

2] CATCH+FG

Drill A: 6-8 @ 40ft

Drill B: 6-8 @ 50ft

Drill C: 6-8 @ 60ft

Drill D: 6-8 @ 75ft

Move Feet, Extend

Distance → 150ft

Move Feet: 10 → 60ft

--Grab Drink--

FLAT GROUND

Wind Up: 10-15 @ 50%

All Pitches, 1/3s & 1/3s

Stretch: 10-15 @ 50%

All Pitches 1/3s & 1/3s

[3]

OFF

4] LONG TOSS

Drill A: 6-8 @ 40ft

Drill B: 6-8 @ 50ft

Drill C: 6-8 @ 60ft

Drill D: 6-8 @ 75ft

Move Feet, Extend

Distance → 240ft

Move Feet: 15 → 60ft

--Grab Drink--

FLAT GROUND

Wind Up: 10-15 @ 50%

All Pitches, 1/3s & 1/3s

Stretch: 10-15 @ 50%

All Pitches 1/3s & 1/3s

5] 90% BULLPEN

[Do Catch Day Warm Up]

Mound Effort = 90%

WU: 4 FB Middle

WU: 4 FB Arm/Glove 1/3

WU: 4 CU Middle

WU: 2 FB Arm/Glove 1/3

WU: 4 BR Middle

WU 2 FB Arm/Glove 1/3

--Sit Down 5 min--

Mound Effort = 90%

ST: 2 FB Middle

ST: 2 FB Gloveside

ST: 2 FB Armside

ST: 4 CU Middle

ST: 2 FB Arm/Glove 1/3

ST: 4 BR Middle

ST: 8 Garbage Time

Day [6 & 7] OFF

or

Baseball activities AT LEAST ONE DAY OF THE TWO

(ground balls, wall ball, backyard baseball, etc.)

WEEK 4 THROWING

1] 90% BULLPEN

[Do Catch Day Warm Up]

Mound Effort = 90%

WU: 4 FB Middle

WU: 4 FB Arm/Glove 1/3

WU: 4 CU Middle

WU: 2 FB Arm/Glove 1/3

WU: 4 BR Middle

WU 2 FB Arm/Glove 1/3

--Sit Down 5 min--

Mound Effort = 90%

ST: 2 FB Middle

ST: 2 FB Gloveside

ST: 2 FB Armside

ST: 4 CU Middle

ST: 2 FB Arm/Glove 1/3

ST: 4 BR Middle

ST: 8 Garbage Time

2] CATCH+FG

Drill A: 6-8 @ 40ft

Drill B: 6-8 @ 50ft

Drill C: 6-8 @ 60ft

Drill D: 6-8 @ 75ft

Move Feet, Extend

Distance → 150ft

Move Feet: 10 → 60ft

--Grab Drink--

FLAT GROUND

Wind Up: 10-15 @ 50%

All Pitches, 1/3s & 1/3s

Stretch: 10-15 @ 50%

All Pitches 1/3s & 1/3s

[3]

OFF

4] LONG TOSS

Drill A: 6-8 @ 40ft

Drill B: 6-8 @ 50ft

Drill C: 6-8 @ 60ft

Drill D: 6-8 @ 75ft

Move Feet, Extend

Distance → 240ft

Move Feet: 15 → 60ft

--Grab Drink--

FLAT GROUND

Wind Up: 10-15 @ 50%

All Pitches, 1/3s & 1/3s

Stretch: 10-15 @ 50%

All Pitches 1/3s & 1/3s

5] 100% BULLPEN

[Do Catch Day Warm Up]

Mound Effort = 100%

WU: 4 FB Middle

WU: 4 FB Arm/Glove 1/3

WU: 4 CU Middle

WU: 2 FB Arm/Glove 1/3

WU: 4 BR Middle

WU 2 FB Arm/Glove 1/3

--Sit Down 5 min--

Mound Effort = 100%

ST: 2 FB Middle

ST: 2 FB Gloveside

ST: 2 FB Armside

ST: 4 CU Middle

ST: 2 FB Arm/Glove 1/3

ST: 4 BR Middle

ST: 8 Garbage Time

Day [6 & 7] OFF

or

Baseball activities AT LEAST ONE DAY OF THE TWO

(ground balls, wall ball, backyard baseball, etc.)

WEEK 5 THROWING

1] 90% BULLPEN

[Do Catch Day Warm Up]

Mound Effort = 90%

WU: 4 FB Middle

WU: 4 FB Arm/Glove 1/3

WU: 4 CU Middle

WU: 2 FB Arm/Glove 1/3

WU: 4 BR Middle

WU 2 FB Arm/Glove 1/3

--Sit Down 5 min--

Mound Effort = 100%

ST: 2 FB Middle

ST: 2 FB Gloveside

ST: 2 FB Armside

ST: 4 CU Middle

ST: 2 FB Arm/Glove 1/3

ST: 4 BR Middle

ST: 8 Garbage Time

2] CATCH+FG

Drill A: 6-8 @ 40ft

Drill B: 6-8 @ 50ft

Drill C: 6-8 @ 60ft

Drill D: 6-8 @ 75ft

Move Feet, Extend

Distance → 150ft

Move Feet: 10 → 60ft

--Grab Drink--

FLAT GROUND

Wind Up: 10-15 @ 50%

All Pitches, 1/3s & 1/3s

Stretch: 10-15 @ 50%

All Pitches 1/3s & 1/3s

[3]

OFF

4] LONG TOSS

Drill A: 6-8 @ 40ft

Drill B: 6-8 @ 50ft

Drill C: 6-8 @ 60ft

Drill D: 6-8 @ 75ft

Move Feet, Extend

Distance → 240ft

Move Feet: 15 → 60ft

--Grab Drink--

FLAT GROUND

Wind Up: 10-15 @ 50%

All Pitches, 1/3s & 1/3s

Stretch: 10-15 @ 50%

All Pitches 1/3s & 1/3s

5] 100% BULLPEN

[Do Catch Day Warm Up]

Mound Effort = 100%

WU: 4 FB Middle

WU: 4 FB Arm/Glove 1/3

WU: 4 CU Middle

WU: 2 FB Arm/Glove 1/3

WU: 4 BR Middle

WU 2 FB Arm/Glove 1/3

--Sit Down 5 min--

Mound Effort = 100%

ST: 2 FB Middle

ST: 2 FB Gloveside

ST: 2 FB Armside

ST: 4 CU Middle

ST: 2 FB Arm/Glove 1/3

ST: 4 BR Middle

ST: 8 Garbage Time

**IF SEASON
IS READY
TO BEGIN**

**Three off-days
before first game**

This program
prepares you to
throw **30-50**
pitches in first
outing.

**See next page if
season is not
here after wk. 5**

IF YOU GET TO WEEK 5 AND THERE ARE NO GAMES YET...

1. Ask yourself how you feel 

2. If you feel GOOD, start back over at week 3.

3. If you feel just OKAY, take 4 additional days off then start back up at week 1 or 2.

4. If you feel BAD - pain or otherwise: STOP + see a doctor.

**BE SAFE
BE SMART
LISTEN TO YOUR BODY
ADJUST AS YOU SEE FIT**

Good luck.

Email me at hello@dablewett.com

@coachdablewett on social

[Youtube.com/c/dablewett](https://www.youtube.com/c/dablewett)



Dan Blewett
COACH DAN BLEWETT