

Joliet Catholic Pitcher's In-Season Program

Day 0- Start/Game Day

Day 1-

- 20-25 minute run at 70% pace
- Dynamic Warmup
- Abs List Pick Three: 3x3
- Cords/Bands: 2x12-15
- Light Toss
- Legs- (Heavy) jump squats, squats, power runner, lunges (front/side), ice skaters, sumo squats, one-legged squats, RDL's

Day 2-

- Dynamic Warmup
- Med Ball Wall Hit Series/Throw Series: 3x12-15
- Cords/Bands 2x15 or rest (Cords/Bands must be done at least twice between starts)
- Agilities Pick Three: 3x3
- Long Toss Max to Flatground/50 ft Pen
- Upper Body- (Light) Lift 2x12 pullups, pushups, DB bench, bicep curl, rows (Lifting can be done with bands/pushup circuit)
- 10x100's (long stride outs at 70%)

Day 3- Bullpen Day

- Dynamic Warmup/Resistance Bands
- Long Toss to Bullpen 2x15
- Ab Series Pick 3: 2 sets
- Resistance Sprints: 5-8 60 yards at 100%

Day 4-

- Dynamic Warmup
- Light Toss/Long Toss (optional)/Mechanics Pen/Flatground
- Agilities/Jump Rope
- 5-8 30 yard sprints (basepaths)
- Cords/Bands (if done do lightly)

Day 5- Pitch

Relievers- Depends on pitchcount/innings/workload

- Dynamic Workout
- If more than 3 innings pitched perform Day 1 routine
- If less pick Day 2 or Day 3 (Minus the Pen), but only perform 1-2 sets of agilities/abs
- 5-8 30 yard sprints: Preferably in middle innings or before start of game (develop a late inning routine)

- Long Toss at own discretion

AB Series- Core Strength/Flexibility

- Mt. Climbers
- Rollups
- Bicycles
- Crunches
- Iron Crosses
- Partner Leg Throw Downs
- Supermans (1 leg/1 arm, both legs/both arms)
- Baseball Pushups/Baseball Plank Side Grabs
- Cord Woodchoppers
- Med Ball Side to Side Taps

Throw Series- Core Power; 3x12

- Wall Series: Side to Side, Diagonals, Woodchoppers
- Side to Side Throw Downs
- Partner Side Throws
- Backwards Squat Keg Toss

Agilities-

- Ladders
- Hurdles-Broad Jumps, Knee Tucks, Hurdle Series
- Defensive Back's (5-8 cones)
- 3 Cone Shuffle
- T Drill
- 5-10-5's
- Jump Rope
- Box Jumps (Vertical, Layups, Side to Side Shuffle on Small Box, Alternating Feet on Small Box)
- Ankle Flips
- X-Drill
- Octagon Footwork
- Leg Squat Subs: Ice Skaters, Diagonal Ice Skaters, Split Squats, Jump Squats, Clock Lunges, Resistance Bands (Side to Side, Monster Walk), Side Step Ups

Additional Info.-

- Not all exercises will be able to be completed based on pre-game being cut short due to travel and unforeseen time constraints.
- Warmup, Throwing, and Running hold the most importance daily.
- Considerations are taken for arm soreness, the need for a day off before a start, etc.
- Adjustments will also be made for throwing on three days rest. Most likely Days 2 and 3 will be merged.