



Long Toss Throwing Program

Athlete: _____

Begin: ____/____/____

Guidelines:

1. **Throwing is performed every other day.**
2. Pre-Throwing and post-throwing exercises must be performed. This includes proper warm-up with soft toss and stretching.
3. **Throw at 75-80% maximum effort.**
4. Emphasize proper throwing mechanics
5. Each STEP should take one week to complete. Each STAGE takes two weeks to complete.
6. Ice for 20 minutes after throwing.
7. If pain occurs during any step shut down for 3-5 days. Use ibuprofen or Aleve. Resume throwing by backing up to previous step.

45 – ft. Stage

Step 1: _____ _____	a. Warm-up Throwing b. 45 ft. (25 throws) c. Rest x 15 minutes d. Warm-up Throwing e. 45 ft. (25 throws)	Step 2: _____ _____	a. Warm-up Throwing b. 45 ft. (25 throws) c. Rest 10 minutes d. Warm-up Throwing e. 45 ft. (25 throws) f. Rest 10 minutes g. Warm-up Throwing h. 45 ft. (25 throws)
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60 – ft. Stage

Step 3: _____ _____	a. Warm-up Throwing b. 60 ft. (25 throws) c. Rest 15 minutes d. Warm-up Throwing e. 60 ft. (25 throws)	Step 4: _____ _____	a. Warm-up Throwing b. 60 ft. (25 throws) c. Rest 10 minutes d. Warm-up Throwing e. 60 ft. (25 throws) f. Rest 10 minutes g. Warm-up Throwing h. 60 ft. (25 throws)
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90 – ft. Stage

Step 5: _____ _____	a. Warm-up Throwing b. 90 ft. (25 throws) c. Rest 15 minutes d. Warm-up Throwing e. 90 ft. (25 throws)	Step 6: _____ _____	a. Warm-up Throwing b. 90 ft. (25 throws) c. Rest 10 minutes d. Warm-up Throwing e. 90 ft. (25 throws) f. Rest 10 minutes g. Warm-up Throwing h. 90 ft. (25 throws)
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120 – ft. Stage

Step 7: _____ _____	a. Warm-up Throwing b. 120 ft. (25 throws) c. Rest 15 minutes d. Warm-up Throwing e. 120 ft. (25 throws)	Step 8: _____ _____	a. Warm-up Throwing b. 120 ft. (25 throws) c. Rest 10 minutes d. Warm-up Throwing e. 120 ft. (25 throws) f. Rest 10 minutes g. Warm-up Throwing h. 120 ft. (25 throws)
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150 – ft. Stage

Step 9: _____ _____	a. Warm-up Throwing b. 150 ft. (25 throws) c. Rest 15 minutes d. Warm-up Throwing e. 150 ft. (25 throws)	Step 10: _____ _____	a. Warm-up Throwing b. 150 ft. (25 throws) c. Rest 10 minutes d. Warm-up Throwing e. 150 ft. (25 throws) f. Rest 10 minutes g. Warm-up Throwing h. 150 ft. (25 throws)
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***May begin Flat Ground
at this time.*
FB & CHANGE ONLY**