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RETURN TO THROWING - FOUR WEEK PROGRAM

Guidelines:

- Complete a warm-up lap around the field before each step.
- All throws completed to tolerance.
- Rest a minimum of 10 seconds before each throw.
- Rest a minimum of 3-5 minutes between each set.
- Stretch following throwing session and ice shoulder/elbow x 20 minutes.

Warm-up:

- Warm-up properly – start with a 10 minute dynamic warm-up (jogging, biking)
- 10 throws at 30 ft.
- Then 5-10 throws increasing in 10 ft. increments until reaching the prescribed distance for that day.

Rules of Soreness:

- Allow at least one day of rest between each throwing session.
- If sore during warm-up, but soreness resolves within the first 15 throws, repeat previous throwing session. If soreness develops again during session, stop the throwing session and take two full rest days. Upon returning to throwing, begin with the previous step.
- If sore for more than 1 hour after throwing or sore of the next day, take 1 rest day then repeat the most recent throwing session.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK 1	REST	Warm-up throwing 25 throws 45ft	REST Thrower's Ten	Warm up throwing 25 throws 45ft 25 throws 45 ft	REST Thrower's Ten	Warm up throwing 15 throws 45 ft 20 throws 60 ft 15 throws 45 ft	REST Thrower's Ten
WEEK 2	REST	Warm up throwing 10 throws 45ft	REST Thrower's Ten	Warm up throwing 10 throws 45ft 15 throws 60 ft	REST Thrower's Ten	Warm up throwing 10 throws 45ft	REST Thrower's Ten

		15 throws 60 ft 10 throws 90 ft 10 throws 60 ft 10 throws 45 ft		15 throws 90 ft 10 throws 60 ft 10 throws 45 ft		15 throws 60 ft 20 throws 90 ft 10 throws 60 ft 10 throws 45 ft	
WEEK 3	REST	Warm up throwing 10 throws 45ft 15 throws 60 ft 20 throws 90 ft 15 throws 120 ft 15 throws 60 ft	REST Thrower's Ten	Warm up throwing 10 throws 45ft 15 throws 60 ft 20 throws 90 ft 15 throws 120 ft 15 throws 60 ft	REST Thrower's Ten	Warm up throwing 15 throws 60 ft 15 throws 90 ft 15 throws 120 ft 15 throws 150 ft 15 throws 60 ft	REST Thrower's Ten
WEEK 4	REST	15 throws 60 ft 15 throws 90 ft 15 throws 120 ft 15 throws 150 ft 15 throws 60 ft	REST Thrower's Ten	10 throws 60 ft 15 throws 90 ft 15 throws 120 ft 10 throws 150 ft 10 throws 180 ft 15 throws 60 ft	REST Thrower's Ten	10 throws 60 ft 15 throws 90 ft 15 throws 120 ft 10 throws 150 ft 10 throws 180 ft 15 throws 60 ft	REST Thrower's Ten