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POST-OP 6 WEEK FOOTBALL THROWING CALENDAR

	<small>NEW JERSEY MEDICAL SCHOOL</small> Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1		Warm up Tossing Throws 10yds X25-30		Warm up Tossing Throws 10yds X25-30		Warm up Tossing Throws 15yds X25-30	
Week 2		Warm up Tossing Throws 20yds X25-30		Warm up Tossing Throws 20yds X25		Warm up Tossing Throws 25yds X25-30	
Week 3		Warm up Tossing Throws 30yds X25-30		Warm up Tossing Throws 30yds X25-30		Warm up Tossing Throws 35yds X25-30	
Week 4		Warm up Tossing Throws 40yds X25-30		Warm up Tossing Throws 40yds X25-30		Warm up Tossing Throws 45yds X25-30	
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 5		Warm up Tossing Throws 30yds X25 REST 5-10 minutes Throws 30yds X25		Warm up Tossing Throw 40yds X 10 Throw 30yds X 15 REST 5-10 minutes Throw 20yds X 15		Warm up Tossing Throw 50yds X 20 Throw 30yds X 20 REST 5- 10	

						minutes Throw 20yds X 20	
Week 6		Warm up Tossing Throw 25- 35yds X 20 Throw 40- 50yds X 20 Throw 20yds X 20 Throw 10- 15yds X10		Warm up Tossing Throw 20- 25yds X 20 Throw 45- 55yds X 20 Throw 30- 35yds X 20 Throw 10- 15yds X20		Warm up Tossing Throw 20- 25yds X 15 Throw 40- 50yds X 25 Throw 30- 40yds X 20 Throw 10- 20yds X20 Throw 20- 30yds X10	
Week 7		Warm up Tossing Throw 20- 30yds X 15 Throw 40- 50yds X 20 Throw 30- 40yds X 20 Throw 10- 20yds X20 Throw 20- 30yds X20		Warm up Tossing Throw 25- 35yds X 15 Throw 45- 55yds X 20 Throw 35- 45yds X 20 Throw 10- 20yds X20 Throw 20- 30yds X20		Warm up Tossing Throw 20- 30yds X 15 Throw 40- 50yds X 20 Throw 30- 40yds X 20 Throw	Progress to Practices

						10- 20yds X20 Throw 20- 30yds X20 15 Throws (Roll out to throwing side) 15 Throws (Roll out to non- throwing side)	
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