

PRE-SEASON PREPARATION

This is a program intended to prepare you for the upcoming season. It is for uninjured players to develop arm strength, and should be done in conjunction with a rotator cuff exercise program and general condition. The importance of aerobic fitness for pitchers can not be over-stressed. Pitching is a very intense aerobic activity, and the pitcher's effectiveness will be higher if he is fit. Major league pitchers will often have a sustained heart rate over 130-145 during an inning, so conditioning is key.

		TIME	DISTANCE
	W	5 min	60 Feet
	E	5 min	60 Feet
	E	8 min	60 Feet
	K	8 min	60 Feet
		1	OFF
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	W	10min	60 Feet
	E	10min	60 Feet
	E	12min	60 Feet
	K	12min	60 Feet
		2	OFF
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	W	10min	60 Feet
	E	10min	100Feet
	E	OFF	
	K	10min	60 Feet
		3	100Feet
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	W	12min	60 Feet
	E	12min	100 Feet
	E	OFF	
	K	12min	60Feet
		4	100 Feet
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	W	10min	60Feet
	E	10min	120Feet
	E	OFF	
	K	10min	60 Feet
		5	120 Feet
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	W	12min	60 Feet
	E	12min	120Feet
	E	OFF	
	K	12min	60 Feet
		6	120Feet