

Week 1 (June 21-June 25)

Day1	Long toss 90-120 ft	10 min
Day 2	Rest	
Day 3	Long Toss 90 ft	10 min
Day 4	Rest	
Day 5	Long Toss 90-120 ft	10 min

Week 2 (June 28-July 2)

Day1	Long Toss 90-120 ft	12 min
Day 2	Rest	
Day 3	Long Toss 90 ft	10 min
Day 4	Rest	
Day 5	Long Toss 90-120 ft	12 min

Week 3 (July 5-July 9)

Day 1	Long Toss 90-120-150 ft	15 min
Day 2	Rest	
Day 3	Long Toss 90 ft	10 min
Day 4	Rest	
Day 5	Long Toss 90-120-150 ft	15 min

Week 4 (July 12-July 16)

Day 1	Long Toss 90-120-150 ft	15 min
Day 2	Rest	
Day 3	Long Toss 90 ft	10 min
Day 4	Rest	
Day 5	Long Toss 90-120-150 ft	15 min

Week 5 (July 19-July 23)

Day 1	Long Toss 90-120-150-200 ft	15 min
Day 2	Rest	
Day 3	Long Toss 90 ft	10 min
Day 4	Rest	
Day 5	Long Toss 90-120-150-200 ft	15 min

Week 6 (July 26-July 30)

Day 1	Light Toss 5 min	Bullpen FB Only 8 min
Day 2	Rest	
Day 3	Long Toss 90-120-150-200 ft	12 min
Day 4	Rest	
Day 5	Light Toss 5 min	Bullpen FB only 8 min

Week 7 (August 2-August 6)

Day 1	Light Toss 5 min	Bullpen FB/CH only 10 min
Day 2	Rest	
Day 3	Long Toss 90-120-150-200 ft	12 min
Day 4	Rest	
Day 5	Light Toss 5 min	Bullpen FB/CH only 10 min

Week 8 (August 9-August 13)

Day 1	Light Toss 5 min	Bullpen FB/CH only 12 min
Day 2	Rest	
Day 3	Long Toss 90-120-150-200 ft	12 min
Day 4	Rest	
Day 5	Light Toss 5 min	Bullpen FB/CH only 12 min

Week 9 (August 16-August 20) Arrive on Campus this week

Day 1	Light Toss 5 min	Bullpen all pitches 15 min
Day 2	Rest	
Day 3	Long Toss 90-120-150-200 ft	12 min
Day 4	Rest	
Day 5	Light Toss 5 min	Bullpen all pitches 15 min

Week 10 (August 23-August 27) First week of classes

Day 1	Light Toss 5 min	4 sets of 12 pitches
Day 2	Long Toss 90-120 ft	10 min
Day 3	Rest	
Day 4	Light Toss 5 min	4 sets of 12 pitches
Day 5	Long Toss 90-120 ft	10 min