



**15-18 Year Old
Return to Throwing Program**



RADS – Pitcher’s Return to Throwing Program

Throwing Program Recommendations

- Take at least 4 months off from competitive pitching every year, including at least 2 consecutive months from all mound throwing.
 - It is equally important to properly build back up after shutting down.
 - As a general rule, for every day you do not throw/pitch, you should spend an equal amount of time building back up.
- Always complete a dynamic warm up before throwing. When you start throwing, start at 30 feet for a few throws and work back from there.
- Recovery is the most important part of any training program. Ensure you have a sound recovery routine including quality sleep and good nutrition.
- It will benefit you if your throwing partner is of similar arm strength and build.
- Maintain body control: posture/leverage/direction on each and every throw made.
- For distances over 90 feet:
 - Lengthen and condition your arm on the way out with slow increase in effort. Build feel.
 - On the way back in, you can either stay in a stretch method, or move into a strength method. Pulldown/compress throws.
 - Stretch toss = Maintain arc in all throws. Benefits are arm conditioning and feel.
 - Strength toss = Throws made with either long hop skips or in the air on a line. Benefits are arm strength and speed.
- Before every throw made, YOU MUST HAVE:
 - Intention – Understand what you are trying to accomplish.
 - Take a breath; Get to your focal point.
 - Commitment – Effort and energy with direction.
 - Execution – Did you make the throw you intended to or not?
 - If no: Evaluate why it did not. Analyze the information. Form a new plan. Start over with intention.
- Be mindful of workload management.
 - Are you adding other stresses to your arm aside from this throwing program?
 - Example: Weighted balls.
 - If yes, adjust workload and throwing days to allow arm to rest and recover and make the adaptations desired.
 - As you work out to further distances and off of the mound, your lower half becomes more and more crucial.
 - Be mindful of long distance throwing/mound throwing on days your legs are fatigued.
- If you feel pain at all during the throwing program, you should stop immediately and consult with your healthcare provider.
- Mild soreness is okay after a throwing day. If soreness does not subside after 5-10 throws on the next throwing day, you should stop and take an extra day off. If still sore on the following day, you should stop immediately and consult with your healthcare provider.
- ***The program provided below is for someone who shut down in mid October and needs to be ready by March 1st. It is important to understand that a throwing program should be personalized and individualized to a players specific schedule. The example below is simply a guide for how a throwing program can and should look. Players and coaches should adjust according to their own timeline.***
- ***The distances listed in the throwing program are references. NEVER throw to a distance you are not accustomed to or prepared for.***

The next page shows an example calendar of someone who took 2.5 months off from all mound throwing. For this example, the player shut down on October 15 and his high school tryouts start March 1. As stated above, it is important to spend an equal number of days building back up as you took off. An easy way to do this is work backwards from the day you need to be ready for (March 1 in this example). So in this case, the player would need start the program around December 22 in order to be ready by March 1 (approximately 2 months and 1 week off and approximately 2 months and 1 week to build back up). We also want to spend about a month on a mound progression (6-8 mound days), starting around February 1 in this example.



December

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22 Return To Throwing Day 1	23 Day 2
24 Day 3- OFF	25 Day 4	26 Day 5	27 Day 6 - OFF	28 Day 7	29 Day 8	30 Day 9- OFF
31 Day 10						

January

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Day 11	2 Day 12- OFF	3 Day 13	4 Day 14	5 Day 15 OFF	6 Day 16
7 Day 17	8 Day 18- OFF	9 Day 19	10 Day 20	11 Day 21- OFF	12 Day 22	13 Day 23
14 Day 24- OFF	15 Day 25	16 Day 26	17 Day 27- OFF	18 Day 28	19 Day 29	20 Day 30- OFF
21 Day 31	22 Day 32	23 Day 33- OFF	24 Day 34	25 Day 35	26 Day 36- OFF	27 Day 37
28 Day 38	29 Day 39- OFF	30 Day 40	31 Day 41			

Mound Progression will begin on February 1.



RAD- Pitchers Return To Throw Program

Day 1		Day 2		Day 3		Day 4		Day 5		Day 6	
45 ft	10 Throws	45 ft	10 Throws	45 ft	OFF	45 ft	10 Throws	45 ft	10 Throws	45 ft	OFF
60 ft	15 Throws	60 ft	20 Throws	60 ft		60 ft	10 Throws	60 ft	10 Throws	60 ft	
75 ft		75 ft		75 ft		75 ft	10 Throws	75 ft	15 Throws	75 ft	
90 ft		90 ft		90 ft		90 ft		90 ft		90 ft	
105 ft		105 ft		105 ft		105 ft		105 ft		105 ft	
120 ft		120 ft		120 ft		120 ft		120 ft		120 ft	
135 ft		135 ft		135 ft		135 ft		135 ft		135 ft	
150 ft		150 ft		150 ft		150 ft		150 ft		150 ft	
175 ft		175 ft		175 ft		175 ft		175 ft		175 ft	
200 ft		200 ft		200 ft		200 ft		200 ft		200 ft	
Day 7		Day 8		Day 9		Day 10		Day 11		Day 12	
45 ft	5 throws	45 ft	10 Throws	45 ft	OFF	45 ft	5 Throws	45 ft	5 Throws	45 ft	OFF
60 ft	5 Throws	60 ft	10 Throws	60 ft		60 ft	5 Throws	60 ft	5 Throws	60 ft	
75 ft	20 Throws	75 ft	10 Throws	75 ft		75 ft	15 Throws	75 ft	10 Throws	75 ft	
90 ft		90 ft	10 Throws	90 ft		90 ft	15 Throws	90 ft	10 Throws	90 ft	
105 ft		105 ft		105 ft		105 ft		105 ft		105 ft	
120 ft		120 ft		120 ft		120 ft		120 ft		120 ft	
135 ft		135 ft		135 ft		135 ft		135 ft		135 ft	
150 ft		150 ft		150 ft		150 ft		150 ft		150 ft	
175 ft		175 ft		175 ft		175 ft		175 ft		175 ft	
200 ft		200 ft		200 ft		200 ft		200 ft		200 ft	
Day 13		Day 14		Day 15		Day 16		Day 17		Day 18	
45 ft	5 Throws	45 ft	10 Throws	45 ft	OFF	45 ft	10 Throws	45 ft	5 Throws	45 ft	OFF
60 ft	5 Throws	60 ft	10 Throws	60 ft		60 ft	10 Throws	60 ft	5 Throws	60 ft	
75 ft	5 Throws	75 ft	10 Throws	75 ft		75 ft	10 Throws	75 ft	5 Throws	75 ft	
90 ft	10 Throws	90 ft	5 Throws	90 ft		90 ft	5 Throws	90 ft	10 Throws	90 ft	
105 ft	10 Throws	105 ft	5 Throws	105 ft		105 ft	5 Throws	105 ft	10 Throws	105 ft	
120 ft		120 ft		120 ft		120 ft	5 Throws	120 ft		120 ft	
135 ft		135 ft		135 ft		135 ft		135 ft		135 ft	
150 ft		150 ft		150 ft		150 ft		150 ft		150 ft	
175 ft		175 ft		175 ft		175 ft		175 ft		175 ft	
200 ft		200 ft		200 ft		200 ft		200 ft		200 ft	
Day 19		Day 20		Day 21		Day 22		Day 23		Day 24	
45 ft	5 Throws	45 ft	10 Throws	45 ft	OFF	45 ft	5 Throws	45 ft	10 Throws	45 ft	OFF
60 ft	5 Throws	60 ft	10 Throws	60 ft		60 ft	5 Throws	60 ft	10 Throws	60 ft	
75 ft	10 Throws	75 ft	10 Throws	75 ft		75 ft	10 Throws	75 ft	10 Throws	75 ft	
90 ft	10 Throws	90 ft	10 Throws	90 ft		90 ft	10 Throws	90 ft	10 Throws	90 ft	
105 ft	10 Throws	105 ft	5 Throws	105 ft		105 ft	10 Throws	105 ft		105 ft	
120 ft	10 Throws	120 ft		120 ft		120 ft	10 Throws	120 ft		120 ft	
135 ft		135 ft		135 ft		135 ft	5 Throws	135 ft		135 ft	
150 ft		150 ft		150 ft		150 ft		150 ft		150 ft	
175 ft		175 ft		175 ft		175 ft		175 ft		175 ft	
200 ft		200 ft		200 ft		200 ft		200 ft		200 ft	

Black wording = Throws made on the way out

Red Wording = Throws Made on The Way Back In



Day 25		Day 26		Day 27		Day 28		Day 29		Day 30	
45 ft	5 Throws	45 ft	10 throws	45 ft	OFF	45 ft	5 Throws	45 ft		45 ft	OFF
60 ft	5 Throws	60 ft	10 Throws	60 ft		60 ft	5 Throws	60 ft	10 Throws	60 ft	
75 ft	5 Throws	75 ft	10 Throws	75 ft		75 ft	5 Throws	75 ft	10 Throws	75 ft	
90 ft	10 throws	90 ft	10 Throws	90 ft		90 ft	5 Throws	90 ft	10 Throws	90 ft	
105 ft	10 Throws/2 Pulldowns	105 ft		105 ft		105 ft	5 Throws/2 Pulldowns	105 ft	5 Throws/2 Pulldowns	105 ft	
120 ft	10 Throws/2 Pulldowns	120 ft		120 ft		120 ft	5 Throws/2 Skips	120 ft	5 Throws/2 Pulldowns	120 ft	
135 ft	10 Throws	135 ft		135 ft		135 ft	5 Throws/2 Skips	135 ft	5 Throws	135 ft	
150 ft		150 ft		150 ft		150 ft	5 Throws	150 ft		150 ft	
175 ft		175 ft		175 ft		175 ft		175 ft		175 ft	
200 ft		200 ft		200 ft		200 ft		200 ft		200 ft	

Day 31		Day 32		Day 33		Day 34		Day 35		Day 36	
45 ft	10 Throws	45 ft	5 Throws	45 ft	OFF	45 ft	5 Throws	45 ft	10 Throws	45 ft	OFF
60 ft	10 Throws	60 ft	5 Throws	60 ft		60 ft	5 Throws	60 ft	10 Throws	60 ft	
75 ft	10 Throws	75 ft	5 Throws	75 ft		75 ft	5 Throws	75 ft	10 Throws	75 ft	
90 ft	10 throws	90 ft	5 throws/3 pulldowns	90 ft		90 ft	5 Throws	90 ft	10 Throws	90 ft	
105 ft	10 Throws	105 ft	5 Throws/3 pulldowns	105 ft		105 ft	5 Throws/2 Pulldowns	105 ft		105 ft	
120 ft		120 ft	5 Throws/2 skips	120 ft		120 ft	5 Throws/2 Pulldowns	120 ft		120 ft	
135 ft		135 ft	3 Throws/2 skips	135 ft		135 ft	3 Throws/2 Skips	135 ft		135 ft	
150 ft		150 ft	3 Throws/2 skips	150 ft		150 ft	3 Throws/2 Skips	150 ft		150 ft	
175 ft		175 ft	3 Throws	175 ft		175 ft	3 Throws/2 Skips	175 ft		175 ft	
200 ft		200 ft		200 ft		200 ft	3 Throws	200 ft		200 ft	

Day 37		Day 38		Day 39		Day 40		Day 41	Mound Prep Day	Day 42	
45 ft	5 Throws	45 ft	10 Throws	45 ft	OFF	45 ft	5 throws	45 ft	10 Throws	Mound Progression Begins	
60 ft	5 Throws	60 ft	10 Throws	60 ft		60 ft	5 Throws	60 ft	10 Throws		
75 ft	5 Throws	75 ft	10 Throws	75 ft		75 ft	5 Throws	75 ft	5 Throws		
90 ft	5 Throws/2 Pulldowns	90 ft	5 Throws	90 ft		90 ft	5 Throws	90 ft	5 Throws		
105 ft	5 Throws/2 Pulldowns	105 ft	5 Throws	105 ft		105 ft	5 Throws/2 Pulldowns	105 ft	5 Throws		
120 ft	3 Throws/2 Pulldowns	120 ft	5 Throws	120 ft		120 ft	5 Throws/2 Skips	120 ft	5 throws		
135 ft	3 Throws/2 Skips	135 ft	5 Throws	135 ft		135 ft	3 Throws/2 Skips	135 ft			
150 ft	3 Throws/2 Skips	150 ft		150 ft		150 ft	3 Throws/2 Skips	150 ft			
175 ft	3 Throws/2 Skips	175 ft		175 ft		175 ft	3 Throws	175 ft			
200 ft	2 Throws	200 ft		200 ft		200 ft		200 ft			

Mound Progression should begin at the beginning of February in order to be ready by high school tryouts on March 1. A sample mound progression schedule is on the following page.



RADS- Mound Progression

February

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Mound Work <i>Dynamic and Throwing Warm Up</i> 25 Pitches (15 stretch/10 WU) 50% Effort - FB only	2 Recovery Day Light Catch if Desired Arm Care/Modalities Cardio Drill Work	3 Arm Conditioning Catch up to 200 ft.
4 Prep Day Catch up to 120 ft. 10-15 touch and feel 45-60 ft flat ground if desired.	5 Mound Work <i>Dynamic and Throwing Warm Up</i> 30 Pitches (20 Stretch/10 WU) 60-75% effort - FB only	6 Recovery Day Light Catch if Desired Arm Care/Modalities Cardio Drill Work	7 Arm Conditioning Catch up to 200 ft.	8 Prep Day Catch up to 120 ft. 10-15 touch and feel 45-60 ft flat ground if desired.	9 Mound Work <i>Dynamic and Throwing Warm Up</i> 35 Pitches (20 Stretch/15 WU) 75% effort - FB & CH	10 Recovery Day Light Catch if Desired Arm Care/Modalities Cardio Drill Work
11 Arm Conditioning Catch up to 200 ft.	12 Prep Day Catch up to 120 ft. 10-15 touch and feel 45-60 ft flat ground if desired.	13 Mound Work <i>Dynamic & Throwing Warm Up</i> 15 Wind up 3-5 min. rest 15 Stretch 3-5 min. rest 15 Mix 75-85% effort - FB & CH	14 Recovery Day Light Catch if Desired Arm Care/Modalities Cardio Drill Work	15 Arm Conditioning Catch up to 200 ft.	16 Prep Day Catch up to 120 ft. 10-15 touch and feel 45-60 ft flat ground if desired.	17 Mound Work <i>Dynamic & Throwing Warm Up</i> 15 Wind Up 3-5 min. rest. 15 Stretch 3-5 min. rest 15 Mix 85% effort - FB & CH
18 Recovery Day Light Catch if Desired Arm Care/Modalities Cardio Drill Work	19 Arm Conditioning Catch up to 200 ft.	20 Prep Day Catch up to 120 ft. 10-15 touch and feel 45-60 ft flat ground if desired.	21 Mound Work <i>Dynamic & Throwing Warm Up</i> 20 Warm Up 3-5 Minute Rest 20 Stretch 3-5 min. Rest 20 Mix 90% Effort - All Pitches	22 Recovery Day Light Catch if Desired Arm Care/Modalities Cardio Drill Work	23 Arm Conditioning Catch up to 200 ft.	24 Prep Day Catch up to 120 ft. 10-15 touch and feel 45-60 ft flat ground if desired.
25 Mound Work <i>Dynamic & Throwing Warm Up</i> 20 Wind Up 3-5 Minute Rest 20 Stretch 90% effort - All Pitches	26 Recovery Day Light Catch if Desired Arm Care/Modalities Cardio Drill Work	27 Arm Conditioning Catch up to 200 ft.	28 Prep Day Catch up to 120 ft. 10-15 touch and feel 45-60 ft flat ground if desired.	29 HS TRYOUTS		

