

## 25-Week Throwing Intensity Program

### Throwing Intensity & Volume Guidelines

Throwing Intensity:

- Low Intensity = <80% of Max Velocity (e.g., <72 mph if max = 90mph)
- Medium Intensity = <90% of Max Velocity (e.g., <81 mph)
- High Intensity = >95% of Max Velocity (e.g., >85.5 mph)

Throwing Volume:

- Low Volume = <40 Throws (Typically Just Plyos or Catch)
- Medium Volume = 40-80 Throws (Plyos + Catch Play / Mechanics Work)
- High Volume = >80 Throws (Plyos + Catch / Mechanics + Full Long Toss or Bullpen)

### Daily Throwing Instructions & Examples

- Low Intensity Day:
  - Example: Plyo wall drills, short catch play, mechanical patterning.
  - Focus: Clean movement, no radar gun, 50-70% effort.
- Medium Intensity Day:
  - Example: Plyos + catch play out to ~180ft, constraint drills, reverse throws.
  - Focus: Feel for timing, light radar gun use (optional), ~80-85% effort.
- High Intensity Day:
  - Example: Plyos, catch play to 300ft, pull-downs, or mound velo throws.
  - Focus: Radar gun on, max-effort throws after buildup, monitor feel.

### Cycle 1: Starting Fresh

#### Week 1

Low Intensity/Volume  
Low Intensity/Volume  
Low Intensity/Volume  
Low Intensity/Volume  
Low Intensity/Volume  
Low Intensity/Volume  
Off

#### Week 2

Low Intensity/Volume  
Medium Intensity/Volume  
Medium Intensity/Volume  
Low Intensity/Volume  
Medium Intensity/Volume  
Medium Intensity/Volume  
Off

#### Week 3

Low Intensity/Volume  
High Intensity / Medium Volume

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Off  
Low Intensity/Volume  
High Intensity / Medium Volume  
Off  
Off

### Week 4

Medium Intensity/Volume  
High Intensity / Medium Volume  
Low Intensity/Volume  
Medium Intensity/Volume  
High Intensity / Medium Volume  
Low Intensity/Volume  
Off

### Week 5

Medium Intensity/Volume  
Low Intensity/Volume  
Medium Intensity/Volume  
Low Intensity/Volume  
High Intensity Velo Testing Day  
Off  
Off

### Cycle 1 - Velocity & Fatigue Tracking

- End-of-Cycle Velocity Log:  
Max Velocity Thrown This Cycle: \_\_\_\_\_ mph  
Notes on Pattern Efficiency: \_\_\_\_\_
- Weekly Fatigue Scores (Rate 1-10):  
Week 1: \_\_\_\_ Week 2: \_\_\_\_ Week 3: \_\_\_\_ Week 4: \_\_\_\_ Week 5: \_\_\_\_
- Fatigue Protocols:
  - If weekly fatigue > 7/10: Drop back to Week 2 of current cycle next week.
  - If weekly fatigue 5-7/10: Repeat the current week before progressing.
  - If fatigue < 4/10: Progress as planned.

Reminder: Fatigue includes arm soreness, sluggishness, low velo output, pain, or poor mechanics.

### Cycle 2:

#### Week 1

Low Intensity/Volume  
Low Intensity/Volume  
Medium Intensity/Volume  
Low Intensity/Volume  
Low Intensity/Volume  
Medium Intensity/Volume

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Off

### Week 2

Low Intensity/Volume  
Medium Intensity/Volume  
Medium Intensity/Volume  
Low Intensity/Volume  
Medium Intensity/Volume  
Medium Intensity/Volume  
Off

### Week 3

Low Intensity/Volume  
High Intensity / Medium Volume  
Off  
Low Intensity/Volume  
High Intensity/Volume  
Off  
Off

### Week 4

Medium Intensity/Volume  
High Intensity / Medium Volume  
Low Intensity/Volume  
Medium Intensity/Volume  
High Intensity / Medium Volume  
Low Intensity/Volume  
Off

### Week 5

Medium Intensity/Volume  
Low Intensity/Volume  
Medium Intensity/Volume  
Low Intensity/Volume  
Max Intensity Velo Day  
Low Intensity/Volume  
Off

### Cycle 2 - Velocity & Fatigue Tracking

- End-of-Cycle Velocity Log:  
Max Velocity Thrown This Cycle: \_\_\_\_\_ mph  
Notes on Pattern Efficiency: \_\_\_\_\_
- Weekly Fatigue Scores (Rate 1-10):  
Week 1: \_\_\_\_ Week 2: \_\_\_\_ Week 3: \_\_\_\_ Week 4: \_\_\_\_ Week 5: \_\_\_\_
- Fatigue Protocols:

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- If weekly fatigue > 7/10: Drop back to Week 2 of current cycle next week.
- If weekly fatigue 5-7/10: Repeat the current week before progressing.
- If fatigue < 4/10: Progress as planned.

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### Cycle 3: Modify and Increase Volume/Intensity

#### Week 1

Low Intensity/Volume  
Medium Intensity/Volume  
Low Intensity/Volume  
Low Intensity/Volume  
High Intensity / Medium Volume  
Low Intensity/Volume  
Off

#### Week 2

Low Intensity/Volume  
Medium Intensity/Volume  
Medium Intensity/Volume  
Low Intensity/Volume  
High Intensity / Medium Volume  
Low Intensity/Volume  
Off

#### Week 3

Low Intensity/Volume  
High Intensity / Medium Volume  
Low Intensity/Volume  
Low Intensity/Volume  
High Intensity / Medium Volume  
Low Intensity/Volume  
Off

#### Week 4

Medium Intensity/Volume  
High Intensity/Volume  
Low Intensity/Volume  
Medium Intensity/Volume  
High Intensity/Volume  
Low Intensity/Volume  
Off

#### Week 5

Medium Intensity/Volume  
Low Intensity/Volume

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Medium Intensity/Volume  
Low Intensity/Volume  
Max Intensity Velo Day  
Low Intensity/Volume  
Off

### Cycle 3 - Velocity & Fatigue Tracking

- End-of-Cycle Velocity Log:  
Max Velocity Thrown This Cycle: \_\_\_\_\_ mph  
Notes on Pattern Efficiency: \_\_\_\_\_
- Weekly Fatigue Scores (Rate 1-10):  
Week 1: \_\_\_\_ Week 2: \_\_\_\_ Week 3: \_\_\_\_ Week 4: \_\_\_\_ Week 5: \_\_\_\_
- Fatigue Protocols:
  - If weekly fatigue > 7/10: Drop back to Week 2 of current cycle next week.
  - If weekly fatigue 5-7/10: Repeat the current week before progressing.
  - If fatigue < 4/10: Progress as planned.

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### Cycle 4: Modify and Increase Volume/Intensity

#### Week 1

Low Intensity/Volume  
Medium Intensity/Volume  
Low Intensity/Volume  
Low Intensity/Volume  
Medium Intensity/Volume  
Low Intensity/Volume  
Off

#### Week 2

Low Intensity/Volume  
High Intensity / Medium Volume  
Low Intensity/Volume  
Medium Intensity/Volume  
High Intensity / Medium Volume  
Low Intensity/Volume  
Off

#### Week 3

Medium Intensity/Volume  
High Intensity/Volume  
Low Intensity/Volume  
Medium Intensity/Volume  
High Intensity/Volume  
Low Intensity/Volume

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Off

### Week 4

Medium Intensity/Volume  
High Intensity/Volume  
Low Intensity/Volume  
Medium Intensity/Volume  
High Intensity/Volume  
Low Intensity/Volume  
Off

### Week 5

Medium Intensity/Volume  
Medium Intensity/Volume  
Medium Intensity/Volume  
Low Intensity/Volume  
Max Intensity Velo Day  
Low Intensity/Volume  
Off

### Cycle 4 - Velocity & Fatigue Tracking

- End-of-Cycle Velocity Log:  
Max Velocity Thrown This Cycle: \_\_\_\_\_ mph  
Notes on Pattern Efficiency: \_\_\_\_\_
- Weekly Fatigue Scores (Rate 1-10):  
Week 1: \_\_\_\_ Week 2: \_\_\_\_ Week 3: \_\_\_\_ Week 4: \_\_\_\_ Week 5: \_\_\_\_
- Fatigue Protocols:
  - If weekly fatigue > 7/10: Drop back to Week 2 of current cycle next week.
  - If weekly fatigue 5-7/10: Repeat the current week before progressing.
  - If fatigue < 4/10: Progress as planned.

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### Cycle 5+: Repeat Indefinitely Until Season

#### Week 1

Low Intensity/Volume  
Medium Intensity/Volume  
Medium Intensity / Low Volume  
Low Intensity/Volume  
Medium Intensity/Volume  
Medium Intensity / Low Volume  
Off

#### Week 2

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Medium Intensity/Volume  
High Intensity / Medium Volume  
Low Intensity/Volume  
Medium Intensity/Volume  
High Intensity / Medium Volume  
Low Intensity/Volume  
Off

### Week 3

Medium Intensity/Volume  
High Intensity/Volume  
Low Intensity/Volume  
Medium Intensity/Volume  
High Intensity/Volume  
Low Intensity/Volume  
Off

### Week 4

Medium Intensity/Volume  
High Intensity/Volume  
Low Intensity/Volume  
Medium Intensity/Volume  
High Intensity/Volume  
Low Intensity/Volume  
Off

### Week 5

Medium Intensity/Volume  
Low Intensity/Volume  
Medium Intensity/Volume  
Low Intensity/Volume  
Max Intensity Velo Day  
Low Intensity/Volume  
Off

### Cycle 5 - Velocity & Fatigue Tracking

- End-of-Cycle Velocity Log:  
Max Velocity Thrown This Cycle: \_\_\_\_\_ mph  
Notes on Pattern Efficiency: \_\_\_\_\_
- Weekly Fatigue Scores (Rate 1-10):  
Week 1: \_\_\_\_ Week 2: \_\_\_\_ Week 3: \_\_\_\_ Week 4: \_\_\_\_ Week 5: \_\_\_\_
- Fatigue Protocols:
  - If weekly fatigue > 7/10: Drop back to Week 2 of current cycle next week.
  - If weekly fatigue 5-7/10: Repeat the current week before progressing.
  - If fatigue < 4/10: Progress as planned.

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