



OFF-SEASON LONG TOSS PROGRAM

This program is based on 3 days of throwing for Week #1 and then evolves into 4 days of throwing for the next 5 weeks. Jaeger's program actually encourages the player to throw for 4-5 days in Week #1, considering that Week #1 stipulates the lightest workload. If a player feels a need to throw for more than 4 days a week, in any given week, simply do it. Again, the ARM will tend to want to increase its workload from week to week as it progressively gets into shape. This is the essence of getting your arm into a positive "cycle": The better shape the arm gets into, the more it wants to throw - the more it "needs" to throw. However, this is also where "listening" to a player's arm takes precedence over any set amount of throws or any specific throwing format.

The following distances suggested in this program are based on a college freshman with average arm strength. Therefore, depending on your specific player's arm strength and history, you may find that these distances are too restricting, or not challenging enough. **LISTEN** to YOUR arm!

Week #1 (ie., Tuesday, Thursday, Friday)

- 40-60 ft. - 15 throws
- 75 ft. - 10 throws
- 90 ft. + (optional 5 additional minutes of throwing and/or increase distance if the arm "asks" for it)
- 75 ft. - 10 throws 60 ft. - 10 throws (and any additional throws if needed)

Week #2 (ie., Monday, Tuesday, Thursday, Friday)

- 40-60 ft. - 15 throws
- 75 ft. - 10 throws
- 90 ft. - 5 throws
- 105 ft. - 5 throws
- 120 ft. - 5 throws Plus optional 5 minutes of throwing and/or increase distance if the arm "asks" for it)
- 105 ft., 90 ft., 75 ft., - 3 throws AT EACH distance
- 60 ft. - 5 throws (and any additional throws if needed)

Week #3 (ie., Monday, Tuesday, Thursday, Friday)

- 40-60 ft. - 15 throws
- 75 ft. - 10 throws
- 90 ft., 105 ft., 120 ft., - 5 throws AT EACH distance
- 135 ft., 150 ft. - 2 throws AT EACH distance
- 150 ft. + (optional 5 minutes of throwing at same distance or increase distance if the arm "asks" for it)
- 140 ft., 130 ft., 120 ft., 110 ft., 100 ft., 90 ft., 80 ft., 70 ft., - 1 throw AT EACH distance
- 60 ft. - 5 throws (or any additional throws if needed) Note: Flat Ground Work Begins on Tuesday/Friday (10-15 Change Up's)

Week #4 (ie., Monday, Tuesday, Thursday, Friday)

- 40-60 ft. - 15 throws
- 75 ft. - 10 throws
- 90 ft. - 5 throws
- 105 ft. - 5 throws
- 120 ft., 135 ft., 150 ft., 165 ft., 180 ft., 195 ft. - 3 throws AT EACH Distance
- 195 ft. + (optional - 5-10 minutes of additional throwing at same distance or increase distance if the arm "asks" for it)
- 180 ft., 170 ft., 160 ft., 150 ft., 140 ft., 130 ft., 120 ft., 110 ft., 100 ft., 90 ft., 80 ft., 70 ft., - 1 throw AT EACH distance
- 60 ft. - 5 throws (more if needed) Note: Flat Ground Work Begins on Tuesday/Friday (10-15 Change Up's)



Week #5 (ie., Monday, Tuesday, Thursday, Friday)

- 40-60 ft. - 15 throws
- 75 ft. - 10 throws
- 90 ft. - 5 throws
- 105 ft., 120 ft., 135 ft., 150 ft., 165 ft., 180 ft., 195 ft., 210 ft., 225 ft., - 3 throws AT EACH Distance
- 225 ft. + - (optional - 5-10 minutes of throwing at same distance or increase distance if the arm “asks” for it)
- 210 ft., 200 ft., 190 ft., 180 ft., 170 ft., 160 ft., 150 ft., 140 ft., 130 ft., 120 ft., 110 ft., 100 ft., 90 ft., 80 ft., 70 ft., - 1 throw AT EACH Distance
- 60 ft. - 5 throws (or more if needed)
- Note: Flat Ground Work Tuesday/Friday - (15 Change-Ups, 10 Light Breaking Balls)

Week #6 (ie., Monday, Tuesday, Thursday, Friday)

- 40-60 ft. - 15 throws
- 75 ft. - 10 throws
- 90 ft. - 5 throws
- 105 ft., 120 ft., 135 ft., 150 ft., 165 ft., 180 ft., 195 ft., 210 ft., 225 ft., 240 ft., - 3 throws AT EACH Distance
- 240 + (optional - 5-10 minutes of additional throwing at same distance or increase distance if the arm “asks” for it)
- 230 ft., 220 ft., 210 ft., 200 ft., 190 ft., 180 ft., 170 ft., 160 ft., 150 ft., 140 ft., 130 ft., 120 ft., 110 ft., 100 ft., 90 ft., 80 ft., 70 ft.,— 1 throw AT EACH DISTANCE
- 60 ft. - 5 throws (or more if needed)
- Note: Flat Ground Work Tuesday/Friday - (15 Change-Ups, 10 Light Breaking Balls)
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If you choose the option of throwing beyond the predetermined “peak” throw that day (e.g. 225 feet in Week 5), then once you do peak-out on that day (e.g. 300 feet), remember to come back toward your throwing partner (pull-down phase) 10 feet per throw until you get back into 60 feet. Once at 60 feet, feel free to throw as many as your arm feels it needs at that point. Also, be aware that at 60 feet, especially if you have a strong arm, it may be dangerous to pull-down at this distance. You can finish your pull downs at 65 feet, or whatever distance deems it safe, without sacrificing your effort.

You may find this program works well just as it is, or you may need to adjust it to your needs. The premise is the same: work on building your base (like walking before you jog, and jogging before you run). Increase from 4 to 5 days a week (or from 5 to 6) of throwing if it feels appropriate. There is no obligation to throw on the exact days suggested above, but the format is designed to both optimize recovery time and maximize development. Remember that on any given day, especially into week 5 or 6, if the throwing arm feels like it wants to go beyond 240 feet, follow that instinct. Utilize that 5-10 minute window to allow the arm to continue to “open up” beyond 240 feet. You may be surprised how far out your arm will take you since you’ve built a nice base and foundation by this time.

Pitchers will also notice that by week 4, it is recommended to throw **change-ups** at the end of your throwing session. Change-ups are relatively easy on the arm, and throwing this pitch after the arm’s been stretched out so well is very effective. It also happens to be a crucial pitch to command for any pitcher. Finally, remember that the bottom line is to **“listen to your arm.”** How many throws you make at each increment is dependent on how your arm feels. How far you go out, or how fast you come in, may vary from day to day. Your job is to put your arm in a position to throw as often as possible, with awareness and sensitivity to your arm, in order to progressively build a strong base. This mentality is what optimizes your ability to insure health, strength, endurance and improved recovery period.

Other performance advice to include with the Long Toss Program is **Band Work**.