

CANES

Know your situation and do your work accordingly
Use Common Sense when guidelines don't fit (ex. off days)
Golden Rule - Listen to your arm

SITUATION	PROGRAM	WARM - UP	Blocks 5-8	LONG TOSS/THROWING	PITCHING	RECOVERY	RUNNING (After Throwing)
I GET to pitch today	Pitch Prep	Full	None	Full Routine	Pregame	Heavy	10-1 Rule
I GET to pitch tomorrow	Pitch Prep	Full	None	Half Routine/Light Routine	Flat Ground	Light	
I might pitch tomorrow	Pitch Prep	Full	None	Half Routine/Light Routine	Flat Ground	Light	Light
I pitched yesterday	Recovery	Full	See FT/LB Chart	Light Routine	None	Medium	Heavy
I pitched two days ago	Hybrid Light	Full	Block 4, plus one of block 5-8	Half Routine/Light Routine	Flat Ground	Medium	Heavy
I pitched three days ago	Bulpen	Full	None	Full Routine	Bulpen	Medium	Heavy

<u>Program Definitions</u>	<u>Long Toss</u>	<u>Recovery Blocks</u>	<u>Recovery Routines</u>	<u>Running Routines</u>	<u>Block 1 - 30 seconds each direction</u>	<u>Block 2 - 30 Second each direction</u>	
<p>Pitch Prep - Getting Ready to Pitch</p> <p>Recovery - Post Throwing, Focus on Recover</p> <p>Hybrid Light - Between Work, Maintenance</p> <p>Bulpen - Bulpen Day</p> <p>Warm - Up (in Order)</p> <p>Block 1</p> <p>Block 2</p> <p>Bands</p> <p>Pitching</p> <p>Pregame - 2x3 2-2 + 6 FB (3 11s & 3 12s)</p> <p>Flat Ground - 2x 3-2-2 out of stretch</p> <p>Bulpen 6 FB, 2x 3-2-2 focus session</p>	<p>Full Routine - out in air, back on line</p> <p>30 ft - Rotations</p> <p>45 ft - Rocker</p> <p>60 ft - Roll Ins</p> <p>75 ft - Roll Ins</p> <p>90 ft - Step Behind</p> <p>105 ft - Step Behind</p> <p>To Max Ft</p> <p>Half Routine - out in air, back on line</p> <p>30 ft - Rotations</p> <p>45 ft - Rocker</p> <p>60 ft - Roll Ins</p> <p>75 ft - Roll Ins</p> <p>90 ft - Step Behind</p> <p>105 ft - Step Behind</p> <p>Light Routine - out in air</p> <p>30 ft - Rotations</p> <p>45 ft - Rocker</p> <p>60 ft - Roll Ins</p> <p>75 ft - Roll Ins</p> <p>90 ft - Step Behind</p> <p>105 ft - Step Behind</p>	<p>Block 4</p> <p>1 lb plyo, towel/bb, bb, tow</p> <p>3 reps each hand position</p> <p>Knee Drill</p> <p>Standing Torque</p> <p>Rocker Leapers</p> <p>Cross Over</p> <p>Step Behinds</p> <p>Block 5 - PNF</p> <p>Slow Motion Holds</p> <p>Model Walks</p> <p>Walking X</p> <p>Lunges</p> <p>Hershiser</p> <p>Wall Drill</p> <p>Block 7 - Bands</p> <p>Row - H - 10</p> <p>Reverse Fly - L - 10</p> <p>Pulldown - H - 10</p> <p>90/90 - L - 10</p> <p>Scaption - L - 10</p> <p>Incline Plus - H - 10</p> <p>Victory - L - 10</p>	<p>Block 6 - Light Dumbbells</p> <p>Overhead Press</p> <p>Triceps Extension</p> <p>Bicep Curl - Cross Body</p> <p>Lateral Raise - Cross Body</p> <p>Stack & Track</p> <p>Flex T - X</p> <p>90-90</p> <p>Flex T Shake</p> <p>Alternating Dumbbells</p> <p>T-Extensions</p> <p>Around the World</p> <p>Sumo Row</p> <p>Sumo Fly</p> <p>Block 8 - Med Ball</p> <p>Wall Clocks</p> <p>Wide Elbow Bounces</p> <p>Narrow Elbow Bounces</p> <p>Sideways High Fives</p> <p>Pitchers Position Bounce</p> <p>Dribblers</p> <p>Torque Toss</p> <p>Stack Toss</p>	<p>Heavy</p> <p>FOAM ROLL/LACROSSE BALL</p> <p>Block 2</p> <p>Recovery Bands</p> <p>Upward Toss 2x15 Green</p> <p>Medium</p> <p>Recovery Bands</p> <p>Upward Toss 2x10 Green</p> <p>Light</p> <p>Recovery Bands</p> <p>Upward Toss 1x10 Green</p>	<p>Heavy:</p> <p>30 YD Max Sprint x 8 (90 second recovery, w/ variations every 2 (Forward, Back))</p> <p>Light:</p> <p>30 YD Max Sprint x 6 (90 second recovery) w/ variations every 2 (Forward, Back)</p> <p>Bands Activation</p> <p>Row - H - 8</p> <p>Reverse Fly - L - 8</p> <p>Pulldown - H - 8</p> <p>90/90 - L - 8</p> <p>Scaption - L - 8</p> <p>Incline Plus - H - 8</p> <p>Victory - L - 8</p>	<p>Posture Jog</p> <p>Posture Skip</p> <p>Bounding</p> <p>Quick Carioca</p> <p>Tap & Go</p> <p>Step & Tourque</p> <p>Bands Recovery</p> <p>Row - H - 10</p> <p>Reverse Fly - L - 10</p> <p>Pulldown - H - 10</p> <p>90/90 - L - 10</p> <p>Scaption - L - 10</p> <p>Incline Plus - H - 10</p> <p>Victory - L - 10</p>	<p>Flex T Walks - Stationary</p> <p>Flex T Walks - Moving</p> <p>Flex T Carioca</p> <p>Walking Arm Circles</p> <p>Speed Towels</p> <p>Bands Strength</p> <p>Archer - H - 20</p> <p>Pulldown - H - 10</p> <p>Tiger Walk - H - 40</p> <p>WY Negative - L - 10</p> <p>Snow Angel - L - 10</p> <p>Bear Hug - H - 10</p> <p>ATYT - L - 10</p>