



# FORGE BASEBALL

## 6 - Week Throwing Program

### Week 1

#### Day 1

15 throws at 30ft  
15 throws at 45ft  
10 throws at 30ft

#### Day 2

Rest day or 5min toss w/football or baseball sub max effort

#### Day 3

10 throws at 30ft  
15 throws at 45ft  
10 throws at 50ft  
10 throws at 30ft

#### Day 4

Rest day or 5min toss w/football or baseball sub max effort

#### Day 5

10 throws at 30ft  
10 throws at 45ft  
15 throws at 50ft  
10 throws at 60ft  
10 throws at 30ft

#### Day 6

Rest day or 5min toss w/football or baseball sub max effort

#### Day 7

Rest Day



# FORGE BASEBALL

## 6 - Week Throwing Program

### Week 2

#### Day 1

10 throws at 30ft  
10 throws at 45ft  
10 throws at 50ft  
20 throws at 60ft  
10 throws at 30ft

#### Day 2

Rest day or 5min toss w/football or baseball sub max effort

#### Day 3

15 throws at 30-45ft  
10 throws at 60ft  
15 throws at 75ft  
10 throws at 45ft

#### Day 4

Rest day or 5min toss w/football or baseball sub max effort

#### Day 5

15 throws at 30-45ft  
10 throws at 60ft  
20 throws at 75ft  
10 throws at 45ft

#### Day 6

Rest day or 5min toss w/football or baseball sub max effort

#### Day 7

Rest Day



# FORGE BASEBALL

## 6 - Week Throwing Program

### Week 3

#### Day 1

15 throws at 30-45ft  
10 throws at 60ft  
20 throws at 75ft  
10 throws at 50-60ft

#### Day 2

Rest day or 5min toss w/football or baseball sub max effort

#### Day 3

10 throws at 45ft  
10 throws at 60ft  
25 throws at 75ft  
10 throws at 50-60ft

#### Day 4

Rest day or 5min toss w/football or baseball sub max effort

#### Day 5

15 throws at 45/60ft  
15 throws at 70ft  
15 throws at 90ft  
10 throws at 50/60ft

#### Day 6

Rest day or 5min toss w/football or baseball sub max effort

#### Day 7

Rest Day



# FORGE BASEBALL

## 6 - Week Throwing Program

### Week 4

#### Day 1

15 throws at 45/60ft  
15 throws at 75ft  
15 throws at 90ft  
10 throws at 50-60ft

#### Day 2

Rest day or 5min toss w/football or baseball sub max effort

#### Day 3

10 throws at 45-60ft  
15 throws at 75ft  
20 throws at 90ft  
10 throws at 50-60ft

#### Day 4

Rest day or 5min toss w/football or baseball sub max effort

#### Day 5

10 throws at 45/60ft  
10 throws at 75ft  
10 throws at 90ft  
10 throws at 105ft  
10 throws at 50/60ft

#### Day 6

Rest day or 5min toss w/football or baseball sub max effort

#### Day 7

Rest Day



# FORGE BASEBALL

## 6 - Week Throwing Program

### Week 5

#### Day 1

15 throws at 45/60ft  
15 throws at 70/90ft  
15 throws at 105ft  
10 throws at 50-60ft

#### Day 2

Rest day or 5min toss w/football or baseball sub max effort

#### Day 3

15 throws at 45-60ft  
15 throws at 75-90ft  
20 throws at 105ft  
10 throws at 50-60ft

#### Day 4

Rest day or 5min toss w/football or baseball sub max effort

#### Day 5

10 throws at 45/60ft  
10 throws at 70/90ft  
10 throws at 105ft  
10 throws at 120ft  
10 throws at 50/60ft

#### Day 6

Rest day or 5min toss w/football or baseball sub max effort

#### Day 7

Rest Day



# FORGE BASEBALL

## 6 - Week Throwing Program

### Week 6

#### Day 1

15 throws at 45/60ft  
15 throws at 70/90ft  
10 throws at 105ft  
15 throws at 120ft  
10 throws at 50-60ft

#### Day 2

Rest day or 5min toss w/football or baseball sub max effort

#### Day 3

15 throws at 45-60ft  
15 throws at 75-90ft  
10 throws at 120ft  
20 throws at 120ft  
10 throws at 50-60ft

#### Day 4

Rest day or 5min toss w/football or baseball sub max effort

#### Day 5

10 throws at 45/60ft  
10 throws at 70/90ft  
10 throws at 105ft  
25 throws at 120ft  
10 throws at 50/60ft

#### Day 6

Rest day or 5min toss w/football or baseball sub max effort

#### Day 7

Rest Day