

	Week 1	Week 2	Week 3	Week 4	Week 5
<b>Monday</b>	Long Toss w/ Warm Up  Long Toss 1 x 15	Long Toss w/ Warm Up  Long Toss 1 x 15	Long Toss w/ Warm Up  Long Toss 1 x 20	Long Toss w/ Warm Up  Long Toss 2 x 15	Long Toss w/ Warm Up  Long Toss 2 x 15
<b>Tuesday</b>	To Comfort 2 x 25	To Comfort 2 x 25	To Comfort 2 x 30	To Comfort 2 x 35	To Comfort 2 x 35
<b>Wednesday</b>	Positional Throwing	Positional Throwing	Positional Throwing	Positional Throwing	Positional Throwing
<b>Thursday</b>	ELT 1 x 30	ELT 1 x 30	ELT 1 x 30	ELT 1 x 30	ELT 1 x 30
<b>Friday</b>	Positional Throwing	Positional Throwing	Positional Throwing	Positional Throwing	Positional Throwing
	* To Comfort means be smooth and on a nice little line				
	** Positional Throwing means warm up like normal and make throws while doing skill work to comfort in the number off throws				
	***ELT is Easy Long Toss - just to stretch your arm out of tightness / long track of deceleration.				
	*** All Long Toss is to be done on a line or one long hop.				