



February 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Long Toss 45-50 throws build up to 200ft	2 1 set X 30-35@60ft	3 2 sets X 25@90ft	4 2 nd Side 30 pit/5-7 min FB Only
5 OFF	6 Long Toss 45-50 throws build up to 250ft	7 2 sets X 25@60ft	8 3 rd Side 35-40/8-10 min FB/CH Controlled Effort	9 2 sets X 25@60ft	10 Long Toss 45-50 throws build up to 250ft	11 2 sets X 25@120ft
12 OFF	13 Long Toss 45-50 throws build up to 250ft	14 2 sets X 25@60ft	15 4 th Side 35-40/8-10 min FB/CH Controlled Effort	16 Long Toss 45-50 throws build up to 250ft	17 Long Toss 45-50 throws build up to 250ft	18 2 sets X 25@120ft
19 OFF	20 Long Toss 45-50 throws build up to 250ft	21 2 sets X 25@60ft	22 5 th Side 35-40 pitches/max 8-10 min FB/CH/CB Spin 5-6	23 2 Sets X 25@60ft	24 Long Toss 45-50 throws build up to 250ft	25 2 sets X 25@120ft
26 OFF	27 6 th Side 35-40 pitches max 8-10 min All pitches	28 2 sets X 25@60ft	1 2 sets X 25@90ft	2 7 th Side 40-45 pitches/max 8-10 min FB/CH/CB	3 DR CLOSES 2 Sets X 25@60ft	4 Long Toss 45-50 throws build up to 250ft
5 SPRING TRAINING	6	Notes: MLB Spring Training will begin the week of February 12				