

## Conditioning

What to do between pitching starts

Greg Arnold, DC, CSCS



Complete  
Chiropractic  
Healthcare

1745 Express Drive North  
Hauppauge, NY 11788  
(631) 352-7654

[www.PitchingDoc.com](http://www.PitchingDoc.com)

A Common Question...

What should I do between pitching starts?

The Answer...A LOT.



*“My only day off  
is the day I pitch.”*

-Roger Clemens

1 of each must be done...

- ✓ Endurance run
- ✓ Medicine ball deceleration training
- ✓ Long Toss
- ✓ Sprint workout
- ✓ Bullpen session

While weighted jump rope is done 6 days/week

## Endurance Run

- ✓ 30 minutes
- ✓ Must be done the day you pitch
  - ✓ Clean out lactic acid buildup and start the recovery process

### **Upper Extremity Blood Flow in Collegiate and High School Baseball Pitchers**

A Preliminary Report

riod. After the 60th pitch, the volume flow consistently declined to 27% below rest flow after 100 pitches and to 42% below rest flow 1 hour after pitching was completed.

- ✓ By the next day, lactic acid has already damaged the tissue.

## Medicine Ball Deceleration Training

- ✓ See PP presentation in ‘Conditioning’ Section for specifics
- ✓ Trains the posterior shoulder to improve ability of shoulder to decelerate after ball release

*“The throwing arm will only accelerate  
as fast as it can decelerate.”*

-Tom House, PhD  
Founder – National Pitching Association

## Long Toss

- ✓ See PP presentations in
  - ✓ ‘Conditioning’ Section for specifics
  - ✓ ‘Throwing Drills’ for Step-Behind and Crossover drills
- ✓ Nat Pitching Assoc Rule:
  - Long toss distance = double current pitching distance  
(Pitch at 51 feet? Long Toss at 102 feet)
- ✓ Maximum distance = 180 feet
- ✓ 30 mechanically correct throws → last 10 throws being full intensity

### Sprint Workout

- ✓ More important than endurance running
  - ✓ Pitching motion is ~1.3 seconds
  - ✓ Must train to explode quickly and recover for the next pitch
- ✓ 20 sprints
  - ✓ Walk back to start, allow heart rate to come down
    - ✓ Similar to recovering between pitches
- ✓ Keep to 90 feet (30 yards)
  - ✓ Most sprinting injuries occur after 30 yards

### Bullpen Session

- ✓ 30 biomechanically correct pitches
  - ✓ Focus on quality, not quantity
- ✓ Last 10 pitches at full intensity
- ✓ Spend most of bullpen in stretch, end with full windup.

### Sample Conditioning Schedule Between Starts

- ✓ Saturday
  - ✓ Pitch in game
  - ✓ Endurance Run
  - ✓ 2 minutes weighted jump rope
- ✓ Sunday
  - ✓ 2 minutes weighted jump rope
  - ✓ Sprint workout
  - ✓ Optional light throwing (team practice)
    - ✓ No further than pitching distance
- ✓ Monday
  - ✓ 2 minutes weighted jump rope
  - ✓ Medicine ball program

### Training Program Cont'd

- ✓ Tuesday
  - ✓ 2 minutes weighted jump rope
  - ✓ Long toss
- ✓ Wednesday
  - ✓ 2 minutes weighted jump rope
  - ✓ Medicine ball program
- ✓ Thursday
  - ✓ 2 minutes weighted jump rope
  - ✓ Bullpen
- ✓ Friday
  - ✓ Rest Day

**Thank You!**



**Complete  
Chiropractic  
Healthcare**

631-352-7654

[PitchingDoc@msn.com](mailto:PitchingDoc@msn.com)

[www.PitchingDoc.com](http://www.PitchingDoc.com)