



[Free resources](#) / Conditioning

FREE 4-WEEK TEMPLATE • PDF INCLUDED

Free 4-Week Conditioning Program for Baseball Pitchers

Conditioning should help an athlete participate in training, not leave them exhausted for throwing. This simple adult template separates comfortable aerobic work from brief accelerations. It does not import a distance runner's mileage plan into baseball.

No email required • Healthy adult pitchers already comfortable with walking, cycling, and short runs • By Pitch AI • 2026-09-07

Who this template is for

Not appropriate for a person with exertional chest pain, dizziness, an untreated medical issue, or a current lower-limb injury. Get individual guidance before starting if those apply.

The supplied running resource is an endurance-running guide, not a pitcher-specific intervention. This original plan instead uses accessible modes and modest durations. The exact schedule has not been tested as a velocity or injury-prevention program.

Read before starting

This is general education, not an individualized training or rehabilitation plan. Stop exercise or throwing if pain appears. Do not train through pain, numbness, unusual weakness, or worsening symptoms; seek professional assessment. Use qualified supervision, especially for minors. Games and existing team training replace overlapping work—they do not stack on top.

Your weekly framework

The days below are movable placeholders. A qualified coach should fit them around current throwing, other teams, and recovery. This template does not prescribe additional pitching counts or maximum-intent throwing.

Day / window	Plan
Monday	Easy aerobic session A.

Day / window	Plan
Tuesday	Existing throwing and lifting only.
Wednesday	Short acceleration session B before fatigue-producing work.
Thursday	Rest or normal light activity.
Friday	Repeat easy session A if recovered.
Weekend	Scheduled games/practice plus a full rest day; skip extra conditioning if needed.

Session details

Before each session: 5–8 minutes of comfortable walking or jogging, marching, bodyweight squats, and easy rehearsal of the first exercise. Use a clear surface and equipment that fits the athlete.

Strength sets should finish with about 3 good repetitions still possible. Rest 60–120 seconds between ordinary sets and 2–3 minutes between explosive efforts. Stop earlier if speed, balance, or technique deteriorates. No lifting to failure or maximum-effort testing is required.

A • Easy aerobic work

Exercise / task	Dose / question	How to use it
Walk or stationary cycle	15 minutes in week 1	Use a pace that allows full sentences.
Easy cooldown	3 minutes	Gradually slow down.

B • Short speed exposure

Exercise / task	Dose / question	How to use it
Dynamic warm-up and relaxed practice runs	8–10 minutes	Start easy; use a level clear surface.
Controlled acceleration	4 × 10 yards	Fast but controlled, not an all-out timed test. Rest 90 seconds.
Walk cooldown	3–5 minutes	Stop if symptoms arise.

Practice focus

Record duration and perceived effort separately from throwing counts. If easy conditioning becomes a hard race, reduce the pace. Heat, travel, and an unusually demanding practice are reasons to shorten or skip supplementary work.

Week-by-week progression

Week	Decision
1	Two 15-minute easy sessions; one set of four accelerations.
2	Repeat. Do not progress when legs remain heavy for practice.
3	If recovered, extend one easy session to 20 minutes; keep accelerations unchanged.
4	Repeat the tolerated week or omit one easy session in a busy game week.

The weeks are decision points, not deadlines. Repeat or reduce a week when recovery is poor. Exact doses here are original coaching examples, not a research-proven route to a certain velocity.

Keep a simple log

Date	Work completed	Response / next-day notes
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Do not enter private medical details in shared team copies. Keep your personal log securely.

Common questions

Should pitchers run long distances after every outing?

This template does not prescribe that. Select conditioning around individual needs and the pitching schedule.

Does a 4-week block guarantee better recovery?

No. Track how you feel and perform, and let the staff decide whether the work is useful.

Evidence & source notes

These sources inform the principles, not a guarantee that this exact template produces an outcome. Coaching manuals are labeled separately from research. No proprietary program tables or illustrations have been reproduced.

1. Haff & Triplett, Essentials of Strength Training and Conditioning, 4th ed. (2016)

Chapters 7, 17 and 18: youth training, resistance-program design, and plyometric-program design. Consulted from the supplied book; no program tables reproduced.

2. Ben Brewster, In-Season Training Blueprint

Supplied coaching guide, introductory discussion of integrating lifting, throwing, and recovery. Its cover says 16+ but its disclaimer says 18+; not used to prescribe youth loads.

GO BEYOND THE TEMPLATE

Your development. Your plan.

Get individualized programming for yourself or your team with Pitch AI. Connect throwing and S&C with pitching mechanics video analysis, instructional videos, and saved progress trends.

Explore a deep pitch grip library, pitch design recommendations and movement visuals, plus AI meal and nutrition-label scanning and detailed calorie tracking. Feature access varies by plan and platform; AI estimates require your review.

[Download Pitch AI for iPhone](#)

[Explore Pitch AI on the web](#)

For coaches & teams

Free template • Individualized features require the applicable plan. No promised velocity gain or injury prevention.



Scan to explore Pitch AI
for you or your team.

pitch-ai.app