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FREE 4-WEEK TEMPLATE • PDF INCLUDED

Free 4-Week In-Season Strength Program for Pitchers

An in-season plan has to move when the pitching schedule moves. This template uses familiar exercises at a deliberately modest dose. It is not tied to a universal “day after pitching” rule because starters, relievers, and two-way players have different demands.

No email required • Healthy adult pitchers with an established lifting background • By Pitch AI • 2026-09-07

Who this template is for

Adults only; not a way to start lifting for the first time during a competitive season. Staff should approve exercise selection and timing. Team programming supersedes this download.

The coaching goal is to retain a useful strength stimulus without making the next appearance harder to prepare for. If the week becomes crowded, reducing supplementary work is preferable to treating missed lifts as debt.

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
Window A	One staff-selected training window with adequate recovery before the next appearance.

Day / window	Plan
Window B	A second nonconsecutive window only if readiness and schedule allow.
Busy week	Use one session, reduce sets, or skip supplementary work as the staff advises.
Rest days	Keep planned rest; do not insert a make-up workout.

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 • Short full-body session

Exercise / task	Dose / question	How to use it
Familiar goblet squat	2 × 5	Easy-to-moderate load, at least three reps in reserve.
Chest-supported row	2 × 6–8	No grinding repetitions.
Incline push-up	1–2 × 6	Comfortable shoulder motion.
Dead bug	1–2 × 4/side	Slow and controlled.

B • Optional complementary session

Exercise / task	Dose / question	How to use it
Supported reverse lunge	1–2 × 5/side	Use an already-familiar variation.
Dumbbell Romanian deadlift	1–2 × 6	Avoid introducing a new range or load.
Band row	1–2 × 8	Controlled movement.
Side plank	1–2 × 15 seconds/side	Stop before shaking alters position.

Practice focus

A short note on sleep, energy, soreness, and recent appearances helps staff choose the next session. This is not a medical screening score. Localized arm pain should be evaluated, not solved by changing the spreadsheet.

Week-by-week progression

Week	Decision
1	Agree on training windows with the staff; use the lower dose.
2	Repeat if practice quality and recovery remain normal.
3	Keep loads stable; reduce volume if innings or travel increase.
4	Review availability and fatigue; do not add an end-of-block maximum test.

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

Can I lift the day after pitching?

Sometimes a staff plan places lifting there, but this generic template cannot choose that day for every pitcher.

Should I chase personal records in season?

They are not part of this template. Keep the emphasis on useful training that fits competition.

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.

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