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FREE 6-WEEK TEMPLATE • PDF INCLUDED

Free College Pitcher Velocity Program: 6-Week Training Framework

College pitchers rarely need another uncoordinated workout. They need a plan that fits the team's throwing, lifting, and competition calendar. Use this six-week framework in a preparatory period only after the pitching and strength staff approve it.

No email required • Healthy adult college pitchers with lifting experience and staff approval • By Pitch AI • 2026-09-07

Who this template is for

Adults only. Not for rehabilitation, an acute workload spike, or adding on top of mandatory team lifting. If your staff already provides programming, this is a discussion tool rather than a replacement.

The goal is to organize repeatable quality. Strength work, power work, and throwing draw from the same recovery time. The staff should select the two lifting days and preserve readiness for meaningful throwing sessions.

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.

For age-specific pitching limits and rest requirements, consult the [current MLB Pitch Smart guidance](#) and your league's rules. Limits are ceilings, not training targets.

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
Day 1	Session A, coordinated with the staff's main training day.
Day 2	Staff-prescribed throwing; optional 15–20 minute easy cycle.
Day 3	Recovery or team skill work only.
Day 4	Session B.
Day 5	Staff-prescribed throwing and recovery checks.
Days 6–7	Team schedule plus a rest day; do not make up missed work.

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 • Force foundation

Exercise / task	Dose / question	How to use it
Countermovement jump	3 × 3	Full reset; stop when jump quality drops.
Trap-bar deadlift or goblet squat	3 × 5	Only use a lift already taught by the staff; three reps in reserve.
Dumbbell reverse lunge	2 × 6/side	Controlled descent.
Chest-supported row	3 × 8	No swinging.
Push-up	2 × 8	Select an appropriate incline.

B • Complementary strength

Exercise / task	Dose / question	How to use it
Short acceleration	4 × 10 yards	90 seconds rest; clear surface.
Goblet squat	3 × 6	Stable, repeatable range.
Dumbbell Romanian deadlift	2 × 8	Hip hinge, not a reach for the floor.
One-arm supported row	2 × 8/side	Keep the torso stable.

Exercise / task	Dose / question	How to use it
Side plank	2 × 20 seconds/side	Stop before position deteriorates.

Practice focus

Evaluate comparable deliveries rather than a single best throw. If radar is already part of staff practice, record the context—pitch type, effort, mound, and device—without adding extra maximum throws for this template.

Week-by-week progression

Week	Decision
1	Baseline loads below the athlete's usual hard work.
2	Repeat with comparable technique and recovery.
3	Staff may add a small load increment to one lift; do not add throwing volume at the same time.
4	Reduce strength sets by about half, rounding down but keeping at least one.
5	Return to week 3 only if recovered.
6	Hold the dose; staff reviews outcomes and chooses the next block.

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

Where are the exact bullpen counts?

They belong in the staff's individual throwing plan. A generic strength framework cannot account for recent innings or the athlete's arm history.

Is this a guaranteed 95 mph program?

No. Strength and power work are supporting inputs, not a guarantee of a particular pitch velocity.

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. Driveline Baseball, Hacking the Kinetic Chain: Advanced Pitching

Supplied edition, mechanics and training-economy discussion within PDF pages 2–58. Coaching context, not proof that a particular drill prevents injury.

3. [Reinold et al. \(2018\): randomized weighted-baseball training study](#)

Velocity improvement does not establish that a weighted-ball protocol is appropriate for every pitcher.

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