

Long Toss & Arm Care (Week 1 - Day 2)

Notebook: BSA (Long Toss Program)

Created: 12/18/2020 11:39 AM

Updated: 12/21/2020 1:34 PM

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Week 1 (Day 2)

Prepare to Throw

Always complete the **Day 0 Warm up** before performing any long toss.

Arc Throwing:

1. (10) Throws @ 20'
2. (3) Throws @ 25'
3. (3) Throws @ 30'
4. (3) Throws @ 35'
5. (3) Throws @ 40'
6. (3) Throws @ 45'
7. (3) Throws @ 50'
8. (3) Throws @ 55'
9. (3) Throws @ 60'
10. (3) Throws @ 65'
11. (3+) Throws @ 70' *

(take additional throws at this distance... OR move back a few more feet IF your arm feels like it)

10. (3) Throws @ 65'
11. (3) Throws @ 60'
12. (3) Throws @ 55'
13. (3) Throws @ 50'
14. (3) Throws @ 45;
15. (3+) Throws @ 40; **

(take additional throws at 40' as part of a cool down, if possible)