



PITCHER DEVELOPMENT PROGRAM

8-WEEK COMPLETE TRAINING SYSTEM



INCREASE VELOCITY
MAXIMIZE THROWING SPEED



BUILD DURABILITY
STRENGTHEN & PROTECT



ENHANCE POWER
EXPLOSIVE, ATHLETIC MOVEMENTS



IMPROVE MOBILITY
MOVE BETTER, THROW BETTER



BOOST PERFORMANCE
TRAIN SMART. MOVE WELL. THROW HARD.

COMPLETE 8-WEEK SYSTEM



**STRENGTH &
POWER TRAINING**



**SPEED &
EXPLOSIVENESS**



**THROWING &
PLYOBALL ROUTINES**



**MOBILITY &
RECOVERY**



**ARM CARE &
PREHAB**



**NUTRITION &
LIFESTYLE**

STRENGTH

POWER

VELOCITY

DURABILITY

TRAIN SMART. MOVE WELL. THROW HARD.

Athletic Evolution Pitching Development Program

This complete 8-week pitching development system is designed to improve pitching velocity, arm durability, lower body force production, rotational explosiveness, sprint mechanics, mobility, recovery, and overall athletic performance.

Weekly Training Calendar

Day	Primary Focus	Training Goal
Monday	Lower Body Strength + High Intent Throwing	Build force production
Tuesday	Mobility + Recovery + Arm Care	Recovery and movement quality
Wednesday	Upper Body Strength + Rotational Power	Increase arm speed
Thursday	Sprint Mechanics + Mobility	Improve explosiveness
Friday	Power Day + Bullpen/Mound Day	Transfer strength into velocity
Saturday	Conditioning + Arm Care	Blood flow and recovery
Sunday	Complete Recovery	Restore CNS and tissue

Strength vs Power Methodology

Strength Training

- Heavier loads moved under control
- 70-90% 1RM
- Goal: Build force production and durability

Power Training

- Moderate/lighter loads moved explosively
- 40-75% 1RM
- Goal: Improve speed, explosiveness, and velocity transfer

Monday — Lower Body Strength + High Intent Throwing

Plyo Warm-Up

- Reverse Throws — 2x10 (2lb)

- Pivot Pickoffs — 2x8 each side (2lb)
- Rocker Throws — 2x8 (2lb)
- Roll-In Throws — 2x5 (3lb)

Strength

- Trap Bar Deadlift — 4x5 @ 80-90% 1RM
- Front Squat — 4x5 @ 75-85% 1RM
- Reverse Lunges — 3x8 @ 65-75% 1RM
- RDLs — 3x8 @ 65-75% 1RM
- Hamstring Curls — 3x12
- Calf Raises — 3x20

Throwing

- Pulldowns — 5-8 throws

Wednesday — Upper Body Strength + Rotational Power

Upper Body Strength

- Bench Press — 4x5 @ 75-85% 1RM
- Pull-Ups — 4xMax
- Lat Pulldowns — 3x12
- Seated Rows — 4x10
- Dumbbell Shoulder Press — 3x8
- Reverse Flys — 3x15

Rotational Power

- Rotational Med Ball Throws — 4x5 (6-8lb)
- Overhead Slams — 3x8 (8-10lb)
- Scoop Tosses — 3x5 (6-8lb)
- Landmine Rotations — 3x8

Friday — Power Day + Bullpen / Mound Velocity

Game Day Plyo Warm-Up

- Reverse Throws — 2x8 (2lb)
- Rocker Throws — 2x6 (2lb)
- Roll-In Throws — 2x5 (3lb)

Power Training

- Hang Cleans — 5x3 @ 70-80% 1RM
- Push Press — 4x5 @ 70-80% 1RM
- Trap Bar Jumps — 4x5 @ 30-50% 1RM
- Box Jumps — 4x4
- Broad Jumps — 4x3
- Lateral Bounds — 3x5 each side

Bullpen

- 10-20 pitches @ 85-100% intensity

Recovery, Nutrition & Sleep

Nutrition Breakdown

- Protein: 30-35%
- Carbohydrates: 40-50%
- Healthy Fats: 20-25%

Sleep

- 8-10 hours nightly

Hydration

- Bodyweight (lbs) ÷ 2 = ounces of water daily

Athletic Evolution

Train Smart. Move Well. Throw Hard.