

WEEK 2 LONG TOSS WORKOUT

DO YOUR FULL NORMAL WARM UP

1) AFTER YOUR NORMAL WARM UP, STRETCH YOUR ARMS OUT SOME MORE AS WELL AS YOUR HIPS

2) FORWARD GLIDES WITH MED BALL

10 FORWARD GLIDE THROWS - NO CHASE, THROW FOR DISTANCE

6 FORWARD GLIDE THROWS - WITH CHASING THE BALL - THROW THESE AS FAR AS YOU CAN, SPRINT AFTER, THROW BACK TO WHERE YOU CAME FROM - **3 SETS OF THIS (1 MIN BREAK BETWEEN EACH**

3) LONG TOSS

2 AT 60%

2 AT 70%

2 AT 80%

6 AT MAX 100% INTENSITY (THIS IS SET 1)

BREAK FOR 3-4 MIN

6 AT MAX INTENSITY TRYING TO BEAT DISTANCE (THIS IS SET 2)

BREAK FOR 3-4 MIN

4 AT MAX INTENSITY - GO ALL OUT! LET IT RIP (THIS IS SET 3)

4) IMMEDIATELY GO TO REGULAR DISTANCE WALK OR RUN THROUGHES

TAKE 5-7 PITCHES, GIVING THE SAME ENERGY YOU JUST GAVE IN LONG TOSS BUT TRYING TO ADJUST YOUR RELEASE POINT, BUT DON'T TRY TO BE ABSOLUTELY PERFECT WITH LOCATION. FOCUS ON ADJUSTING BUT NOT PERFECTION.

5) FULL PITCH

10 PITCHES GOING HARD. USING YOUR FULL BODY. NOT WORRIED ABOUT PERFECT LOCATION BUT GIVING FULL INTENSITY AND FEELING YOUR BODY ADJUST AS YOU GO

