

Ramping Up

6 Week Throwing Program

by Taylor Varnell



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INTRO

If there is anybody who knows a thing or two about throwing, keeping an arm healthy, and return to throwing after an injury, it is Taylor Varnell. As a young athlete, Varnell was a standout pitcher in high school throwing no hitters and dazzling batters with the insane movement on his pitches. That success continued for him carrying him through his time at WOSC, ORU, and eventually up the ladder in the MiLB with the White Sox. It definitely didn't come without trials although. At ORU, Varnell nearly hung it up after suffering what SHOULD have been a career ending injury. His first time back on the mound post rehab nearly solidified the decision to move on from baseball, but with the support and belief from his wife, he ended up coming back better than he ever had been and landed himself in the White Sox organization in the draft.

Taylor went on to top out at 96mph as a lefty with some of the most impressive spin rates possible on an arm that should have never been throwing a baseball anywhere close to the level he did post surgery in college.

This manual is to be used as a reference tool for ANY other small school baseball player getting ready for their upcoming season. Start the right way to keep the arm healthy! For more help on HOW to best use this resource, arm care techniques, or pitching help please shoot an email to taylorvarnell@gmail.com

DAILY LOG

	M	T	W	T	F	S	S
1							
2							
3							
4							
5							
6							

*5-15 CHANGEUPS @ 90' ON YOUR WAY IN WEEK 3 ON

WEEK 1

M

20 X 60'

T

20 X 60'

W

OFF

T

10 X 60'

10 X 75'

F

10 X 60'

10 X 75'

S

10 X 60'

10 X 75'

5 X 90'

S

OFF

WEEK 2

M

10 X 60'
10 X 75'
10 X 90'

T

10 X 60'
10 X 75'
10 X 90'

W

OFF

T

10 X 60'
10 X 75'
10 X 90'
5 X 105'

F

10 X 60'
10 X 75'
10 X 90'
5 X 105'

S

10 X 60'
10 X 75'
10 X 90'
5 X 105'

S

OFF

WEEK 3

M

10 X 60'
10 X 75'
10 X 90'
5 X 105'

T

10 X 60' PEN: 15 PITCHES @ 75-80%
10 X 75' ALL FB
10 X 90'

W

OFF

T

30 X 60"

F

CATCH TO 120'
10 X 120'
PEN: 15 X FB

S

LIGHT/LET LOOSE TO 90'

S

OFF

WEEK 4

M

10 X 60'
10 X 75
10 X 90'
10 X 105'
10 X 120'

T

10 X 60' PEN: 15 PITCHES @ 75-80%
10 X 75 ALL FB/CH
10 X 90'
10 X 105'
10 X 120'

W

LIGHT/LET LOOSE TO 90'

T

10 X 60' 10 X 105'
10 X 75 10 X 120'
10 X 90' 10 X 135'

F

25 TO 135' 2 X 15'
10 X 135' FB/CH
PEN

S

LIGHT/LET LOOSE TO 90'

S

OFF

WEEK 5

M

10 X 60' 10 X 105'
10 X 75 10 X 120'
10 X 90' 10 X 135'
 10 X 150'

T

CATCH TO 150'
PEN 15-20 PITCHES 80-85%

W

LIGHT/LET LOOSE TO 90'

T

LONG TOSS TO 150'
LOOSE OUT, PULLDOWNS IN

F

CATCH TO 120'
PEN
2 X 20
ALL PITCHES

S

LIGHT/LET LOOSE TO 90'

S

OFF

WEEK 6

M

10 X 60' 10 X 120'
10 X 75 10 X 135'
10 X 90' 10 X 150'
10 X 105' 10 X 180'

T

LONG TOSS TO 180'
LOOSE OUT, PULLDOWN IN
PEN 25-30 PITCHES @ 80-85%
ALL PITCHES

W

LIGHT/LET LOOSE TO 90'

T

10 X 60' 10 X 120'
10 X 75 10 X 135'
10 X 90' 10 X 150'
10 X 105' 10 X 180'

F

SIM GAME
3 INNINGS
45-55 PITCHES

S

LIGHT/LET LOOSE TO 90'

S

OFF