



Start Of Season

Pitch Count Recommendation

Week	Pitch Count	Day Of Rest
1	70% of Pitch Smart Recommended pitch limit	Follow Pitch Smart Recommendations
2	Add 10 pitches to max limit	Follow Pitch Smart Recommendations
3	Add 10 pitches to max limit	Follow Pitch Smart Recommendations
4	Add 10 pitches to max limit	Follow Pitch Smart Recommendations

Pitch Smart

Recommendation

Age	Daily Max (Pitches in Game)	Required Rest (Pitches)				
		0 Day	1 Day	2 Days	3 Days	4 Days
7 - 8	50	1 - 20	21 - 35	36 - 50	N/A	N/A
9 - 10	75	1 - 20	21 - 35	36 - 50	51 - 65	66+
11 - 12	85	1 - 20	21 - 35	36 - 50	51 - 65	66+
13 - 14	95	1 - 20	21 - 35	36 - 50	51 - 65	66+
15 - 16	95	1 - 30	31 - 45	46 - 60	61 - 75	76+
17 - 18	105	1 - 30	31 - 45	46 - 60	61 - 75	76+
19 - 22	120	1 - 30	31 - 45	46 - 60	61 - 75	76+

Starting Pitcher

5 Day Rotation

	Day 1	Day 2	Day 3	Day 4	Day 5		
Pre-Throw	Pre-Warmup	CS Mobility	CS Mobility	CS Mobility	CS Mobility	CS Mobility	Repeat
	Warmup	Dynamic Warmup	Dynamic Warmup	Dynamic Warmup	Dynamic Warmup	Dynamic Warmup	Repeat
	Arm Care	CS Activation	CS Activation	CS Activation	CS Activation	CS Activation	Repeat
Throwing	Throwing	Long Toss	Light Throw	Regular Throw	Long Toss	Light Throw	Repeat
	Pitching	Pitch			Bullpen		Repeat
Post-Throw	Arm Care	CS Mobility	CS Mobility		CS Mobility		Repeat
		CS Recovery	CS Strength		CS Strength		Repeat

Starting Pitcher

7 Day Rotation

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Pre-Throw	Pre-Warmup	CS Mobility	CS Mobility	CS Mobility	CS Mobility	CS Mobility	CS Mobility
	Warmup	Dynamic Warmup	Dynamic Warmup	Dynamic Warmup	Dynamic Warmup	Dynamic Warmup	Dynamic Warmup
	Arm Care	CS Activation	CS Activation	CS Activation	CS Activation	CS Activation	CS Activation
Throwing	Throwing	Long Toss	Light Throw	Regular Throw	Long Toss	Regular Throw	Long Toss
	Pitching	Pitch			Bullpen		
Post-Throw	Arm Care	CS Mobility	CS Mobility		CS Mobility		CS Mobility
		CS Recovery	CS Strength		CS Strength		CS Strength

Relief Pitcher

	Day 1	Day 2	Day 3		
Pre-Throw	Pre-Warmup	CS Mobility	CS Mobility	CS Mobility	Repeat
	Warmup	Dynamic Warmup	Dynamic Warmup	Dynamic Warmup	Repeat
	Arm Care	CS Activation	CS Activation	CS Activation	Repeat
Throwing	Throwing	Long Toss	Light Throw	Regular Throw	Repeat
	Pitching	Pitch			Repeat
Post-Throw	Arm Care	CS Mobility	CS Mobility	CS Mobility	Repeat
		CS Recovery	CS Strength		Repeat

Position Players

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Pre-Throw	Pre-Warmup	CS Mobility	CS Mobility	CS Mobility	CS Mobility	CS Mobility	CS Mobility	Off
	Warmup	Dynamic Warmup	Dynamic Warmup	Dynamic Warmup	Dynamic Warmup	Dynamic Warmup	Dynamic Warmup	Off
	Arm Care	CS Activation	CS Activation	CS Activation	CS Activation	CS Activation	CS Activation	Off
Throwing	Throwing	Long Toss	Regular Throw	Long Toss	Regular Throw	Long Toss	Regular Throw	Off
Post-Throw	Arm Care		CS Strength		CS Strength		CS Strength	Off