

**High School Throwers  
Strength Training  
Level I**

Day 1		Date:		
Lift	Set	%	Weight	Reps
Incline	1	50		10
	2	55		8
	3	60		8
	4	65		8
	5	70		6
	6	75		6
	7	45		failure
Squat	1	50		10
	2	55		8
	3	65		6
Military	1	50		10
	2	55		8
	3	65		6
Leg Curls	1			10
	2			10
	3			10
Calf Raises	1			10
	2			10
	3			10

Day 2		Date:		
Lift	Set	%	Weight	Reps
Squat	1	50		10
	2	55		8
	3	60		8
	4	65		8
	5	70		6
	6	75		6
	7	45		failure
Bench	1	50		10
	2	55		8
	3	65		6
DB Military	1	50		10
	2	55		8
	3	65		6

Day 3		Date:		
Lift	Set	%	Weight	Reps
Power Clean	1			4--6
	2			4--6
	3			4--6
Military Press	1	50		10
	2	55		8
	3	60		8
	4	65		8
	5	70		6
	6	75		6
	7	45		failure
Incline	1	50		10
	2	55		8
	3	65		6

**High School Throwers  
Strength Training  
Level II**

Day 1		Date:		
Lift	Set	%	Weight	Reps
Incline	1	50		8
	2	55		6
	3	80		2
	4	80		2
	5	85		2
	6	85		2
Squat	7	90		2
	8	95		1
	9	45		failure
Military	1	50		10
	2	55		8
	3	65		6
Leg Curls	1	50		10
	2	55		10
	3	65		10
Calf Raises	1	50		10
	2	55		10
	3	65		10

Day 2		Date:			
Lift	Set	%	Weight	Reps	
Squat	1	50		8	
	2	55		6	
	3	80		2	
			80		2
			85		2
			85		2
Bench	4	85		2	
	5	90		2	
	6	95		1	
DB Military	7	45		failure	
	1	50		10	
	2	55		8	
	3	65		6	
	1	50		10	
	2	55		8	
	3	65		6	

Day 3		Date:		
Lift	Set	%	Weight	Reps
Power	1			4--6
Clean	2			4--6
	3			4--6
Military Press	1	50		8
	2	55		6
	3	80		2
	4	80		2
	5	85		2
	6	85		2
Incline	7	90		2
	8	95		1
	9	45		failure
	1	50		10
	2	55		8
	3	65		6