



4 Week On Ramp Calendar

Week 1

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Type	Off	Type	Low	Type	Off	Type	Low	Type	Off	Type	Medium	Type	Off
Volume	Off	Volume	30 throws	Volume	Off	Volume	30-35 throws	Volume	Off	Volume	40 throws	Volume	Off
Velo	Off	Velo	50% of max	Velo	Off	Velo	60% of max	Velo	Off	Velo	70% of max	Velo	Off

Week 2

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Type	Off	Type	Low	Type	Medium	Type	Off	Type	Low	Type	Medium	Type	Off
Volume	Off	Volume	35 throws	Volume	50 throws	Volume	Off	Volume	35 throws	Volume	55-60 throws	Volume	Off
Velo	Off	Velo	60% of max	Velo	80% of max	Velo	Off	Velo	60% of max	Velo	85% of max	Velo	Off

Week 3

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Type	Off	Type	Low	Type	Medium	Type	Off	Type	High	Type	Low	Type	Medium
Volume	Off	Volume	35 throws	Volume	50 throws	Volume	Off	Volume	70 throws	Volume	30 throws	Volume	55-60 throws
Velo	Off	Velo	60% of max	Velo	80% of max	Velo	Off	Velo	90% of max	Velo	50% of max	Velo	85% of max

Week 4

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Type	Off	Type	Low	Type	High	Type	Low	Type	Medium	Type	Low	Type	High
Volume	Off	Volume	35 throws	Volume	70 throws	Volume	25 throws	Volume	50 throws	Volume	30 throws	Volume	70-80 throws
Velo	Off	Velo	60% of max	Velo	95% of max	Velo	50% of max	Velo	80% of max	Velo	50% of max	Velo	100% of max