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### **What to do after you complete a Strength and an Endurance cycle**

Congratulations on completing your first Strength and Endurance cycles! You have likely made considerable progress and are now much better protected against an UCL tear. If you are not in-season and want to make additional gains, we suggest you repeat both cycles. If you are either in-season or want to simply maintain the gains you have made, we recommend you enter a Maintenance phase.

In a Maintenance phase, we recommend you decrease your training to twice a week, time your workouts around your throwing schedule, and perform both a Strength Training protocol and an Endurance Training protocol simultaneously. An example of Maintenance phase training might look something like this:

Sunday - Strength Training Day 1 (A Day)  
Monday - off  
Tuesday - off  
Wednesday - Endurance Training Day 1  
Thursday – off  
Friday- off  
Saturday - Strength Training Day 2 (B Day)  
Sunday – off  
Monday – off  
Tuesday - Endurance Training Day 2  
Wednesday – off  
Thursday – off  
Friday- Strength Training Day 3 (C Day)  
Etc.

Your Maintenance phase will continue like this until you have completed both the Strength Training and Endurance Training cycles again. Thereafter, depending on whether you are in or out of season, it might be the perfect time to begin another Strength Training cycle.

If you would like our help on designing a protocol that helps you best meet your objectives, feel free to give us a call or send us an email. We're happy to help.