

AL Division Series: Tigers vs Mariners

Monday, October 6, 2025

Detroit, Michigan, USA

Comerica Park

Seattle Mariners

Logan Gilbert

Workout Day Press Conference

Q. Logan, how are you doing?

LOGAN GILBERT: Good. How are you doing?

Q. You've been able to watch, obviously, the last two days with an electric atmosphere in Seattle. What's your anticipation level, what are you looking forward to tomorrow night?

LOGAN GILBERT: Yeah. It's going to be really fun the last couple days, especially getting to see that in Seattle and knowing the fans have been waiting for that and going crazy. Both games were super exciting too.

So there's been a lot of momentum both ways, but I'm happy we won the last one and expecting a fun time tomorrow.

Q. Logan, going through, like you've talked about, you know, your strikeout numbers, but also not getting deeper into games like you like or maybe like you did before, have you went back and analyzed why that is sometimes? Is it the number of foul balls? Because we were just talking about the number of foul balls you get per game seems to be inordinate compared to a lot of guys. Have you ever gone back and assessed that?

LOGAN GILBERT: No, not really. I didn't know I get more foul balls than other people. I don't know. I know the strikeouts were higher, so that's good, but yeah. There's only so much you can control, so I don't really know why.

Q. You're also very creature of habit and routine. What has this been like, this extended period? Like, how many times have you done your routine, or how have you modified it to be ready to go?

LOGAN GILBERT: It feels pretty normal. Nothing out of the ordinary. It's like getting some extra rest and getting



the bye and resting up and that kind of stuff. So I'm definitely ready to get out there. It feels like it's been a while since we went full-time through the rotation.

Maybe a few years ago it would be a little harder for me. I think my first and second year I had some learning to do in that regard, but now it's -- I don't really feel like I'm a slave to my routine or anything like that. It's just normal.

Q. Logan, you obviously have a postseason start under your belt and in a pretty hostile environment back in Houston. Just what can you take away from that experience, especially pitching on the road in the playoffs?

LOGAN GILBERT: Yeah. It was very valuable. If I remember, Houston was really loud at the time, so it was fun because you know they get after it. It's a big game, all that kind of stuff.

So it's good to have that experience. I know it's only one start, but I think it's valuable. So I assume it will be just as loud tomorrow and a fun atmosphere and a good battle, all that kind of stuff. So this is the kind of stuff you dream of.

Q. Hey, Logan. What kind of challenges or benefits maybe come with facing a team already multiple times this year, and does it change anything that it's been a couple months and even longer since your first start against these guys this year?

LOGAN GILBERT: Yeah. It helps getting to see them. I mean, we see each other, so it probably goes both ways. But as a pitcher, I feel good about knowing you faced everybody before, maybe what works or what doesn't, that kind of stuff.

I think it helps to help simplify your plan, your approach, too. So not trying to overcomplicate it, just know that you can go back and scout and look at stuff that's worked, but ultimately you just got to go off feel and what's working at the time.

Q. You've talked about Cal's blocking, giving you the freedom to really go strike to ball with some of your



off-speed pitches. How much of a luxury is that, that you know you can really bury something and know that he's going to do everything he can to block it, because he isn't afraid to put his body in the way of everything?

LOGAN GILBERT: Yeah, yeah, it helps a ton. And he gets really banged up because he's not afraid to get down there. And he knows that if we're going for a strikeout, there's a good chance that eventually it's going to be in the dirt.

So it helps with especially runners on base, keeping them where they are. But it gives me the freedom to try to make the pitch that I want to make, and I know that he's going to do everything he can back there.

Q. Has he ever mentioned getting hit in the neck to you?

LOGAN GILBERT: Yeah. I heard about that one.

Q. Logan, obviously you had to navigate the first real injury of your career the first half of the season here. What did you learn from that experience, and at what point did you feel like you were kind of back to yourself or maybe you had gotten over that hurdle this summer?

LOGAN GILBERT: So what did I learn? I guess -- I mean, I just love being out there way more. It sounds very simple, but when you're off the field, you try not to take it for granted anymore when you are healthy, whatever's going on, good or bad, just being able to play. Especially being in the postseason now, having big starts, stuff like that.

Come a long way since May, and missing time there. I'm just very thankful for my health. God's blessed me so much with this team, to be able to be here right now.

What's the second part there?

Q. At what point did you feel like --

LOGAN GILBERT: Oh, yeah. Yeah. I think I felt pretty good afterwards, just never really felt, like, 100 percent for a little bit there, even though I didn't really feel super off or anything like that.

It took me a while. I really like to use Spring Training and kind of get dialed in there, but when you miss another month, it almost felt like a reset for me, to take another month or so to get dialed in.

But September I felt pretty good, felt like myself, not really searching for anything. So I feel like I'm in a pretty good spot.

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