



Interval Throwing Program

for Baseball Players: Phase 1

45' PHASE	60' PHASE	90' PHASE	120' PHASE	150' PHASE
Step 1: A) Warm-up Throwing B) 45' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 45' (25 Throws)	Step 3: A) Warm-up Throwing B) 60' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 60' (25 Throws)	Step 5: A) Warm-up Throwing B) 90' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 90' (25 Throws)	Step 7: A) Warm-up Throwing B) 120' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 120' (25 Throws)	Step 9: A) Warm-up Throwing B) 150' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 150' (25 Throws)
Step 2: A) Warm-up Throwing B) 45' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 45' (25 Throws) F) Rest 5-10 min G) Warm-up Throwing H) 45' (25 Throws)	Step 4: A) Warm-up Throwing B) 60' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 60' (25 Throws) F) Rest 5-10 min G) Warm-up Throwing H) 60' (25 Throws)	Step 6: A) Warm-up Throwing B) 90' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 90' (25 Throws) F) Rest 5-10 min G) Warm-up Throwing H) 90' (25 Throws)	Step 8: A) Warm-up Throwing B) 120' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 120' (25 Throws) F) Rest 5-10 min G) Warm-up Throwing H) 120' (25 Throws)	Step 10: A) Warm-up Throwing B) 150' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 150' (25 Throws) F) Rest 5-10 min G) Warm-up Throwing H) 150' (25 Throws)
180' PHASE		FLAT GROUND THROWING FOR BASEBALL PITCHERS		
Step 11: A) Warm-up Throwing B) 180' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 180' (25 Throws)	Step 12: A) Warm-up Throwing B) 150' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 150' (25 Throws) F) Rest 5-10 min G) Warm-up Throwing H) 150' (25 Throws)	Step 13: A) Warm-up Throwing B) 180' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 180' (25 Throws) F) Rest 5-10 min G) Warm-up Throwing H) 180' (20 Throws) I) Rest 5-10 min J) Warm-up Throwing K) 15 throws progressing from 120 ► 90'	Step 14: A) Warm-up Throwing B) Throw 60 ft. (10-15 throws) C) Throw 90 ft. (10 throws) D) Throw 120 ft. (10 throws) E) Throw 60 ft. (flat ground) using pitching mechanics (20-30 throws)	Step 15: A) Warm-up Throwing B) Throw 60 ft. (10-15 throws) C) Throw 90 ft. (10 throws) D) Throw 120 ft. (10 throws) E) Throw 60 ft. (flat ground) using pitching mechanics (20-30 throws) F) Throw 60-90 ft. (10-15 throws) G) Throw 60 ft. (flat ground) using pitching mechanics (20 throws)



AGE	Daily max (pitches in a game)	0 days rest	1 days rest	2 days rest	3 days rest	4 days rest
7-8	50 pitches	1-20	21-35	36-50	N/A	N/A
9-10	75 pitches	1-20	21-35	36-50	51-65	66+
11-12	85 pitches	1-20	21-35	36-50	51-65	66+
13-14	95 pitches	1-20	21-35	36-50	61-75	76+
15-16	95 pitches	1-30	31-45	46-60	61-80	81+
17-18	105 pitches	1-30	31-45	46-60	61-80	81+
19-22	120 pitches	1-30	31-45	46-60	61-80	81-105 *106-120 =5 days off

All throws should be on an arc.

Warm-up with 10-20 throws, approximately 30 feet.

Perform this Throwing Program 3 times a week with at least one day between each session unless otherwise specified by your physician or physical therapist.

Perform each step ___ times before progressing to next step.

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