

**Interval Throwing Program and Alteration**  
**Short Term Interval Program**  
**Position Player**

5-10 days missed (Pain free with adequate strength)

\*\*\*Warm-up throwing precedes all throwing (3minutes @ 45 ft)

Day 1	5 minutes @ 45 ft (50 throws) 5 minutes @ 60 ft (50 throws)
Day 2	5 minutes @ 45 ft (50 throws) 5 minutes @ 60 ft (50 throws)
Day 3	15 minutes @ 60 ft (150 throws)
Day 4	15 minutes @ 60ft (150 throws)
Day 5	5 minutes @ 60 ft (50 throws) 5 minutes @ 90 ft (50 throws) 5 minutes @ 60 ft (50 throws)
Day 6	Same as Day 5
Day 7	5 minutes @ 60 ft (50 throws) 5 minutes @ 90 ft (50 throws) 5 minutes @ 120 ft (40 throws) Position Specific Throws 15 @ 75%
Day 8	5 minutes @ 60 ft (50 throws) 5 minutes @ 90 ft (50 throws) 5 minutes @ 120 ft (50 throws)
Day 9	Same as Day 7 except Position Specific Throws 25 @ 80%
Day 10	Off
Day 11	Same as Day 8 (Pre-game) throwing 25 throws maximum @ 100%
Day 12	Same as Day 11
Day 13	Game 5 innings
Day 14	Return to Play