

Interval Throwing Programs and Alterations

Long Term Interval Program - Position Player

Surgical or Long Term Injuries (20 days or more missed time)

***Total body warm-up and stretching prior to any throwing

***Warm-up throwing precedes all steps (3min. @ 45 feet)

***1 throws to 6 sec. rest ratio

***Program to be done 3 times per week or every other day

***Prior to step progression the athlete should be pain free and within parameters of rehab team. Athlete should be able to complete 75 throws at specified distance.

Phase I

Step 1: A) 45' (25-40 throws)
 B) Rest 3-5 minutes
 C) 45' (25 throws)

Step 2: A) 45' (25-40 throws)
 B) Rest 3-5 minutes
 C) 45' (25 throws)
 D) Rest 3-5 minutes
 E) 45' (25 throws)

Phase II

Step 3: A) 60' (25-40 throws)
 B) Rest 3-5 minutes
 C) 60' (25 throws)

Step 4: A) 60' (25-40 throws)
 B) Rest 3-5 minutes
 C) 60' (25 throws)
 D) Rest 3-5 minutes
 E) 60; (25 throws)

Phase III

Step 5: A) 75' (25-40 throws)
 B) Rest 3-5 minutes
 C) 75' (25 throws)

A) 75' (25-40 throws)
B) Rest 3-5 minutes
C) 75' (25 throws)
D) Rest 3-5 minutes
E) 75' (25 throws)

***Throws from 90' to 150' + should
an arc on the ball

Phase IV

Step: 7 A) 90' (25 -40 throws)
 B) Rest 3-5 minutes
 C) 90' (25 throws)

Step 8: A) 90' (25-40 throws)
 B) Rest 3-5 minutes
 C) 90' (25 throws)
 D) Rest 3-5 minute
 E) 90' (25 throws)