



Interval Throwing Program

Athlete: _____

Begin: ____/____/____

Guidelines:

1. Perform throwing program under supervision of a Physical Therapist or Athletic Trainer if possible.
2. Emphasize proper throwing mechanics.
3. Allow one day of rest between throwing sessions.
4. Perform warm-up and stretching routine before throwing. Perform any strengthening exercises after your throwing.
5. Repeat each step 2-3 times without complications before advancing to the next step.
6. Avoid throwing through pain.
7. If pain and or swelling persist: discontinue throwing until examined by a medical professional. Resume throwing at the step preceding the offending step.

30 ft. Stage

Step 1: 20' x 10 30' x 25 REST _____ 20' x 10 30' x 25	Step 2: 20' x 10 30' x 25 REST _____ 20' x 10 30' x 25 REST 20' x 10 30' x 25
---	---

45 ft. Stage

Step 3: 30' x 10 45' x 25 REST _____ 30' x 10 45' x 25	Step 4: 30' x 10 45' x 25 REST _____ 30' x 10 45' x 25 REST 30' x 10 45' x 25
---	---

60 ft. Stage

Step 5: 30' x 5 45' x 5 60' x 25 REST _____ 30' x 5 45' x 5 60' x 25	Step 6: 30' x 5 45' x 5 60' x 25 REST _____ 30' x 5 45' x 5 60' x 25 REST 30' x 5 45' x 5 60' x 25
---	---

90 ft. Stage

Step 7: 45' x 5 60' x 5 90' x 10 REST _____ 45' x 5 60' x 5 90' x 25	Step 8: 45' x 5 60' x 5 90' x 10 REST _____ 45' x 5 60' x 5 90' x 25 45' x 5 60' x 5 90' x 25
---	---