



6 Week Interval Throwing Program

** Each step represents one day of throwing

** Program is to be done three times per week with a day off inbetween until week 3

** Use distance to dictate intensity during long toss

** During flat ground and pens, slow progress from fastball/change up only (FB) to incorporate breaking balls (BB)

60ft Phase		Distance	Step 1	Day Off	Step 2	Day Off	Step 3	Day Off	Day Off
Week 1	45ft		20		20		10		
	60ft		20		30		40		
	75ft		0		0		10		
	Total		40		50		60		
90ft Phase			Step 4	Day Off	Step 5	Day Off	Step 6	Day Off	Day Off
Week 2	45ft		10		10		10		
	60ft		30		25		20		
	90ft		20		30		35		
	105ft		0		0		10		
	Total		60		65		65		
120ft Phase			Step 7	Step 8	Step 9	Day Off	Step 10	Step 11	Day Off
Week 3	45ft		10	10	10		10	10	
	60ft		10	25	10		10	25	
	90ft		30		25		20		
	120ft		20		25		30		
	Pulldowns		0		0		5		
	Total		70	35	70		75	35	
Flat Ground Phase			Step 12	Step 13	Step 14	Day Off	Step 15	Step 16	Day Off
Week 4	45ft		5	5	5		5	5	
	60ft		10	20	10		10	20	
	90ft		15	20	15		15	20	
	120ft		20		20		20		
	Pulldowns		5		5		5		
	60ft Flat FB		5		10		15		
	Total		60	45	65		70	45	
Bullpen Phase			Step 17	Day Off	Step 18	Step 19	Step 20	Day Off	Step 21
Week 5	45ft		5		5	5	5		5
	60ft		10		10	20	10		20
	90ft		10		10	20	10		20
	120ft		20		25		20		
	Pulldowns		5				5		
	60ft Flat FB/BB		5				5		
	Pen 75% FB		15				20		
	Total		70		50		75		
Bullpen Phase			Step 22	Day Off	Step 23	Step 24	Step 25	Day Off	Step 26
Week 6	45ft		5		5	5	5		5
	60ft		10		10	20	10		20
	90ft		10		10	20	10		20
	120ft		20		25		20		
	Pulldowns		5				5		
	Pen 100% FB/BB		25				30		
	Total		75		50		80		

May progress to live bullpens and rehab assignment with 1 IP and progression of 1 IP per outing



6 Week Interval Throwing Program - Workload Progression

