



12 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 5
 ** Use distance to dictate intensity during long toss
 ** Progress intensity from 50% to 75% to full intensity
 ** During flat ground and pens, slow progress from fastball/change up only (FB) to incorporate breaking balls (BB)

45ft Phase	Distance	Step 1	Day Off	Step 2	Day Off	Step 3	Day Off	Day Off
Week 1	30ft	20		10		10		
	45ft	10		20		20		
	60ft	0		0		10		
	Total	30		30		40		
60ft Phase	Distance	Step 4	Day Off	Step 5	Day Off	Step 6	Day Off	Day Off
Week 2	45ft	25		25		15		
	60ft	20		30		40		
	75ft	0		0		10		
	Total	45		55		65		
75ft Phase	Distance	Step 7	Day Off	Step 8	Day Off	Step 9	Day Off	Day Off
Week 3	45ft	10		10		10		
	60ft	30		25		20		
	75ft	20		30		35		
	90ft	0		0		10		
	Total	60		65		75		
90ft Phase	Distance	Step 10	Day Off	Step 11	Day Off	Step 12	Day Off	Day Off
Week 4	45ft	10		10		10		
	60ft	30		25		20		
	90ft	20		30		35		
	105ft	0		0		10		
	Total	60		65		75		
120ft Phase	Distance	Step 13	Step 14	Step 15	Day Off	Step 16	Day Off	Day Off
Week 5	45ft	5	10	5		5		
	60ft	10	15	10		10		
	90ft	30	25	25		20		
	120ft	20	25	25		30		
	Total	65	25	65		65		
Pulldown Phase	Distance	Step 17	Step 18	Step 19	Day Off	Step 20	Step 21	Day Off
Week 6	45ft	5	10	5		5	10	
	60ft	10	25	10		10	25	
	90ft	10	10	10		10		
	120ft	25	25	25		25		
	Pulldowns 50%	10	10	10		10		
	Total	60	35	60		60	35	
Pulldown Phase	Distance	Step 22	Step 23	Step 24	Day Off	Step 25	Step 26	Day Off
Week 7	45ft	5	10	5		5	10	
	60ft	10	25	10		10	25	
	90ft	10	10	10		10		
	120ft	30	30	30		30		
	Pulldowns 75%	10	10	10		10		
	Total	65	35	65		65	35	
Flat Ground Phase	Distance	Step 27	Step 28	Step 29	Day Off	Step 30	Step 31	Day Off
Week 8	45ft	5	10	5		5	10	
	60ft	10	25	10		10	25	
	90ft	10	10	10		10		
	120ft	20	20	20		20		
	Pulldowns 100%	10	10	10		10		
	60ft Flat FB	10	15	15		20		
	Total	65	35	70		75	35	
Bullpen Phase	Distance	Step 32	Step 33	Step 34	Day Off	Step 35	Day Off	Step 36
Week 9	45ft	5	10	5		5		10
	60ft	10	25	10		10		25
	90ft	10	10	10		10		
	120ft	20	20	20		20		
	60ft Flat FB/BB	10	0	0		10		
	Pen 75% FB	20	0	0		20		
	Total	75	35	45		75		35
Bullpen Phase	Distance	Step 37	Step 38	Step 39	Day Off	Step 40	Day Off	Step 41
Week 10	45ft	5	5	5		5		5
	60ft	10	20	10		10		20
	90ft	10	20	10		10		20
	120ft	20	20	20		20		
	Pen 90% FB/BB	25	0	0		25		
	Total	70	45	45		70		45
Bullpen Phase	Distance	Step 42	Step 43	Step 44	Day Off	Step 45	Day Off	Step 46
Week 11	45ft	5	5	5		5		5
	60ft	10	20	10		10		20
	90ft	10	20	10		10		20
	120ft	10	20	20		10		
	Pen 100% FB/BB	30	0	0		30		
	Total	65	45	45		65		45
Bullpen Phase	Distance	Step 47	Step 48	Step 49	Step 50	Step 51	Day Off	Step 52
Week 12	45ft	5	5	5	5	5		5
	60ft	10	20	10	20	10		20
	90ft	10	20	10	20	10		20
	120ft	10	20	20	10	10		
	Pen 100% FB/BB	35	0	0	35			
	Total	70	45	45	45	70		45

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



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