



Interval Throwing Program - Internal Brace UCL - Phase I - Long Toss

** Each step represents one day of throwing

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

** Use distance to dictate intensity during long toss

45ft Phase				
	Distance	Step 1	Step 2	Step 3
Week 1	30ft	20	20	20
	45ft	20	30	40
	Total	40	50	60
60ft Phase				
		Step 4	Step 5	Step 6
Week 2	30ft	10	10	10
	45ft	10	10	10
	60ft	20	25	30
	30ft	10	10	10
	Total	50	55	60
75ft Phase				
		Step 7	Step 8	Step 9
Week 3	45ft	10	10	10
	60ft	20	15	10
	75ft	15	20	30
	45ft	10	10	10
	Total	55	55	60
90ft Phase				
		Step 10	Step 11	Step 12
Week 4	45ft	10	10	10
	60ft	10	10	10
	75ft	20	20	20
	90ft	10	15	20
	60ft	10	10	10
	Total	60	65	70
105ft Phase				
		Step 13	Step 14	Step 15
Week 5	45ft	5	5	5
	60ft	10	10	10
	75ft	10	10	10
	90ft	15	15	15
	105ft	10	15	25
	60ft	10	10	10
	Total	60	65	75
120ft Phase				
		Step 16	Step 17	Step 18
Week 6	45ft	5	5	5
	60ft	10	10	10
	75ft	5	5	5
	90ft	10	10	10
	105ft	5	5	5
	120ft	20	25	30
	60ft	10	10	10
	Total	65	70	75
Flat Ground Phase				
		Step 19	Step 20	Step 21
Week 7	45ft	5	5	5
	60ft	10	10	10
	75ft	5	5	5
	90ft	10	10	10
	105ft	5	5	5
	120ft	30	20	30
	60ft Flat Ground	10		10
	Total	75	55	75
Deload Week				
		Step 22	Step 23	Step 24
Week 8	30ft	5	5	5
	45ft	15	15	15
	60ft	25	30	35
	Total	45	50	55



Interval Throwing Program - Internal Brace UCL - Phase II - Mound Progression

** Warm-up throwing to be performed before bullpens: 30ft x5, 45ft x5, 60ft x10, 75ft x10, 90ft x10, 120ft x10, 5 Pulldowns, 10 Flat Ground

** Long Toss Light = 30ft x5, 45ft x5, 60ft x10, 75ft x10, 90ft x10, 105ft x10, 120ft x15, no pulldowns

** Long Toss Pulldowns = 30ft x5, 45ft x5, 60ft x10, 75ft x10, 90ft x10, 105ft x10, 120ft x10, Pulldowns x 10

** Light Catch = 30ft x5, 45ft x5, 60ft x10, 75ft x10, 90ft x10

Week		<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>
Week 1	Throws Intensity Pitch Type	10 50% FB only	Off	Long Toss Light	Off	Long Toss Pulldowns	Off	Light Catch
Week 2	Throws Intensity Pitch Type	15 50% FB only	Off	Long Toss Light	Off	Long Toss Pulldowns	Off	Light Catch
Week 3	Throws Intensity Pitch Type	20 75% FB only	Off	Long Toss Light	Off	Long Toss Pulldowns	Off	Light Catch
Week 4	Throws Intensity Pitch Type	Long Toss Light	25 75% FB/CH	Off	Long Toss Light	20 75% FB/CH	Off	Off
Week 5	Throws Intensity Pitch Type	Long Toss Light	30 75% FB/CH/Easy Breaking	Off	Long Toss Light	30 75% FB/CH/Easy Breaking	Off	Off
Week 6	Throws Intensity Pitch Type	Long Toss Light	35 90% FB/CH/Easy Breaking	Light Catch	Long Toss Light	35 90% FB/CH/Easy Breaking	Off	Off
DELOAD WEEK		<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>
Week 7	45ft 60ft 75ft 90ft	10 10 15 15		10 10 15 20		10 10 15 25		
Week 8	Throws Intensity Pitch Type	40 Long toss light All	90% All	off	Long Toss Light	40 90% All	Light Catch	Off
Week 9	Throws Intensity Pitch Type	Long Toss Light	45 100% All	off	Light Catch	45 100% All	Light Catch	Off
Week 10	Throws Intensity Pitch Type	Long Toss Light	Long Toss Light	Off	Long Toss Light	45 100% All	Off	Light Catch
Week 11	Throws Intensity Pitch Type	25 Pen 25 BP Live BP All	Light Catch	Off	Long Toss Light	40 75% All	Off	Long Toss Light
Week 12	Throws Intensity Pitch Type	25 Pen, 2x15 BP Live BP All	Light Catch	Off	Long Toss Light	40 75% All	Off	Light Catch

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



Interval Throwing Program - 5 Month Workload Progression

