



## Interval Throwing Program - Phase I - Long Toss Progression

\*\* Program is to be done three times per week with a day off inbetween, each step represents one day of throwing

\*\* Use distance to dictate intensity during long toss

\*\* On line = throwing without an arc, Flat Ground = throwing on a line with windup pitching mechanics

	Distance	Throws						
<b>45ft Phase</b>			<u>Step 1</u>	<u>Step 2</u>	<u>Step 3</u>			
Week 1	30ft		20	20	20			
	45ft		0	10	10			
			<u>Step 4</u>	<u>Step 5</u>	<u>Step 6</u>	<u>Step 7</u>	<u>Step 8</u>	<u>Step 9</u>
Week 2-3	30ft		20	20	20	20	20	20
	45ft		20	25	30	35	40	45
<b>60ft Phase</b>			<u>Step 10</u>	<u>Step 11</u>	<u>Step 12</u>	<u>Step 13</u>	<u>Step 14</u>	<u>Step 15</u>
Week 4-5	30ft		10	10	10	10	10	10
	45ft		10	10	10	10	10	10
	60ft		20	25	30	35	40	45
	30ft		10	10	10	10	10	10
<b>75ft Phase</b>			<u>Step 16</u>	<u>Step 17</u>	<u>Step 18</u>			
Week 6	30ft		5	5	5			
	45ft		10	10	10			
	60ft		25	25	25			
	45ft		15	20	25			
<b>Deload Week</b>			<u>Step 19</u>	<u>Step 20</u>	<u>Step 21</u>			
Week 7	30ft		5	5	5			
	45ft		5	10	10			
	60ft		15	20	25			
<b>90ft Phase</b>			<u>Step 22</u>	<u>Step 23</u>	<u>Step 24</u>	<u>Step 25</u>	<u>Step 26</u>	<u>Step 27</u>
Week 8-9	30ft		5	5	5	5	5	5
	45ft		10	10	10	10	10	10
	60ft		10	10	10	10	10	10
	75ft		20	20	20	20	20	20
	90ft		10	15	20	25	30	30
	60ft		10	10	10	10	10	10
<b>105ft Phase</b>			<u>Step 28</u>	<u>Step 29</u>	<u>Step 30</u>			
Week 10	30ft		5	5	5			
	45ft		5	5	5			
	60ft		10	10	10			
	75ft		10	10	10			
	90ft		15	15	10			
	60ft		10	15	25			
<b>120ft Phase</b>			<u>Step 31</u>	<u>Step 32</u>	<u>Step 33</u>	<u>Step 34</u>	<u>Step 35</u>	<u>Step 36</u>
Week 11-12	30ft		5	5	5	5	5	5
	45ft		5	5	5	5	5	5
	60ft		10	10	10	10	10	10
	75ft		10	10	10	10	10	10
	90ft		10	10	10	10	10	10
	105ft		10	10	10	15	15	15
	120ft		10	15	20	20	25	30
	60ft		10	10	10	10	10	10
<b>Flat Ground Phase</b>			<u>Step 37</u>	<u>Step 38</u>	<u>Step 39</u>			
Week 13	30ft		5	5	5			
	45ft		5	5	5			
	60ft		10	10	10			
	75ft		10	10	10			
	90ft		10	10	10			
	105ft		10	10	10			
	120ft		20	20	20			
	60ft Flat Ground		10	15	20			
<b>Deload Week</b>			<u>Step 40</u>	<u>Step 41</u>	<u>Step 42</u>			
Week 14	30ft		5	5	5			
	45ft		15	15	15			
	60ft		25	30	35			
<b>Flat Ground Phase</b>			<u>Step 43</u>	<u>Step 44</u>	<u>Step 45</u>			
Week 15	30ft		5	5	5			
	45ft		5	5	5			
	60ft		10	10	10			
	75ft		10	10	10			
	90ft		10	10	10			
	105ft		10	10	10			
	120ft		15	15	20			
	105ft On Line		5	5	5			
	90ft On Line		5	5	5			
	75ft On Line		5	5	5			
60ft Flat Ground		10	15	20				



## Interval Throwing Program - Phase II - Mound Progression

\*\* Warm-up throwing to be performed before bullpens: 30ft x 5, 45ft x 5, 60ft x 10, 75ft x 10, 90ft x 10, 120ft x 10, 90ft pulldowns x 5, 60ft flatground x 10

\*\* Long toss: Light = 30ft x 5, 45ft x 5, 60ft x 10, 75ft x 10, 90ft x 10, 105ft x 10, 120ft x 10 with arc, no pulldowns

\*\* Long toss: Pull downs = 30ft x 5, 45ft x 5, 60ft x 10, 75ft x 10, 90ft x 10, 105ft x 10, 120ft x 15 with arc; 90ft pulldowns x 5

\*\* Light catch = easy catch 30ft x 5, 45ft x 5, 60ft x 10, 75ft x 5, 90ft x 10

\*\* Key: FB = Fastball, CH = Changeup, BR = Breaking ball, BP = Batting practice

Week		Mon	Tue	Wed	Thur	Fri	Sat	Sun
Week 1	Throws Intensity Pitch Type	10 50% FB only	Off	Long Toss Light	Off	Long Toss Pulldowns	Off	Off
Week 2	Throws Intensity Pitch Type	15 50% FB only	Off	Long Toss Light	Off	Long Toss Pulldowns	Off	Off
Week 3	Throws Intensity Pitch Type	20 75% FB only	Off	Long Toss Light	Off	Long Toss Pulldowns	Off	Off
Week 4	Throws Intensity Pitch Type	25 75% FB only	Off	Long Toss Light	Off	Long Toss Pulldowns	Off	Off
Week 5	Throws Intensity Pitch Type	30 75% FB/CH	Off	Long Toss Light	Off	Long Toss Pulldowns	Off	Off
Week 6	Throws Intensity Pitch Type	Long Toss Light	30 75% FB/CH	Off	Long Toss Light	35 75% FB/CH	Off	Off
<b>De-load Week</b>								
Week 7	30ft 45ft 60ft 75ft 90ft 60ft	5 5 10 15 15 10	Off	5 5 10 10 20 10	Off	5 5 10 10 25 10	Off	Off
Week 8	Throws Intensity Pitch Type	Long Toss Light	35 75% FB/CH/Easy Breaking	Off	Long Toss Light	40 75% FB/CH/Easy Breaking	Off	Off
Week 9	Throws Intensity Pitch Type	Long Toss Light	40 90% FB/CH/Easy Breaking	Light Catch	Long Toss Light	40 90% FB/CH/Easy Breaking	Light Catch	Off
Week 10	Throws Intensity Pitch Type	Long Toss Light	40 90% All	Light Catch	Light Catch	Long Toss Light	Light Catch	Off
Week 11	Throws Intensity Pitch Type	Long Toss Light	40 100% All	Light Catch	Light Catch	Long Toss Light	Light Catch	Off
Week 12	Throws Intensity Pitch Type	Long Toss Light	40 100% All	Light Catch	Long Toss Light	40 100% All	Light Catch	Off
Week 13	Throws Intensity Pitch Type	Long Toss Light	40 100% All	Light Catch	Long Toss Light	Long Toss Light	Light Catch	Light Catch
<b>De-load Week</b>								
Week 14	30ft 45ft 60ft 75ft 90ft 60ft	5 5 10 10 20 10	Off	5 5 10 10 25 10	Off	5 5 10 10 30 10	Off	Off
Week 15	Throws Intensity Pitch Type	15 Pen 20 BP Live BP All	Light Catch	Light Catch	Long Toss Light	25 75% All	Light Catch	Long Toss Light
Week 16	Throws Intensity Pitch Type	20 Pen 2x15 BP Live BP All	Light Catch	Light Catch	Long Toss Light	Long Toss Light	Light Catch	Light Catch

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



## Interval Throwing Program - 7 Month Workload Progression

