

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
 * All throws 90 feet and greater are to be done with a step and an arc unless "on line" stated, use distance to dictate intensity
 * On line = throwing without an arc, Flat Ground = throwing on a line with windup pitching mechanics

	Distance	Throws						
45ft Phase			<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	itr
60ft Phase			<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
75ft Phase			<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			
	75ft		15	20	25			
	45ft		10	10	10			
Deload Week			<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			
90ft Phase			<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
105ft Phase			<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			
	105ft		10	15	25			
	60ft		10	10	10			
120ft Phase			<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
	Flat Ground Phase			<u>Step 37</u>	<u>Step 38</u>	<u>Step 39</u>		
Week 13-14	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			
Deload Week			<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			
Flat Ground Phase			<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				