



Interval Throwing Program

Adult Outfielder

Interval Throwing Program Guidelines:

- Progression through program is different for each individual.
- Initially the program should be done every other day.
- Each level or step should be fully completed at least once before advancing.
- If returning from an injury or surgery follow soreness rules (below) carefully.

Soreness Rules:

- Do not throw if sore or in pain *before* throwing.
- Stop throwing if soreness or pain occur while throwing.
- If sore on the morning after a throwing workout, it is ok to throw but do not advance level or strenuousness of workout.
- If sore two (2) days after throwing workout, take a day off and back down one level or step in program.
- If sore or in pain four (4) days after a throwing workout, contact your provider.



Return to Throwing

<p>Step 1 Warm up tosses to 50 ft Catch 10 fly balls, throw to cutoff at 50 ft (50% effort) 1-2 minutes rest Repeat 3 times 15 long tosses to 65 ft</p>	<p>Step 2 Warm up tosses at 75 ft Catch 10 fly balls, throw to cutoff at 75 ft (50%effort) 1-2 minutes rest between catches Repeat 3 times 15 long tosses to 90 ft</p>
<p>Step 3 Warm up tosses to 90 ft Catch 10 fly balls, throw to cutoff at 90 ft (50% effort) 1-2 minutes rest Repeat 3 times 15 long tosses to 120 ft</p>	<p>Step 4 Warm up tosses to 120 ft Catch 10 fly balls, throw to cutoff at 120 ft (50%effort) 1-2 minutes rest Repeat 5 times 5 long tosses to 100 ft 10 long tosses to 125 ft 5 long tosses to 150 ft</p>
<p>Step 5 Warm up tosses to 150 ft Catch 10 fly balls, throw to cutoff at 150 ft (75% effort) Repeat 5 times Catch 10 fly balls, throw to cutoff at 150 ft (75%) 1-2 minutes rest Repeat 3 times 5 long tosses to 100 ft 15 long tosses to 125 ft 10 long tosses to 150 ft 5 long tosses to 175 ft</p>	<p>Step 6 Warm up tosses to 225 ft Catch 10 fly balls, throw to each base at 200 ft (75%) 1-2 minutes rest Repeat 5 times 5 long tosses to 150 ft 5 long tosses to 175 ft 5 long tosses to 200 ft 3 long tosses to 225 ft 3 long tosses to 250 ft</p>
<p>Step 7 Simulated Game Warm up tosses to 250 ft Catch 10 fly balls, throw to each base at 250 ft (100%) 1-2 minutes of rest Repeat 5 times 5 long tosses to 175 ft 5 long tosses to 200 ft 5 long tosses to 225 ft 3 long tosses to 250 ft 3 long tosses to 300 ft</p>	

Axe M et al. Data-Based Interval Throwing Programs for Baseball Players. Sports Health: A Multidisciplinary Approach. 2009;1:145-153