



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.



Phase I: Return to Throwing

<p>Step 1 Warm-up throws to 45 feet 10 throws to 30 feet 10 throws to 30 feet 10 throws to 30 feet 10 throws to 30 feet 15 long tosses to 45 feet</p>	<p>Step 2 Warm-up throws to 60 feet 10 throws to 45 feet 10 throws to 45 feet 10 throws to 45 feet 15 long tosses to 60 feet</p>
<p>Step 3 Warm-up throws to 75 feet 10 throws to pitcher 10 throws to pitcher* 10 throws to pitcher 10 throws to pitcher* 15 long tosses to 75 feet</p>	<p>Step 4 Warm-up throws to 90 feet 15 throws to pitcher 15 throws to pitcher* 15 throws to pitcher* 15 throws to pitcher* 15 long tosses to 90 feet</p>
<p>Step 5 Warm-up throws to 90 feet 20 throws to pitcher (75%)* 20 throws to pitcher (75%)* 20 throws to pitcher (50%)* 20 throws to pitcher (50%)* 20 long tosses to 90 feet</p>	<p>*Catcher should be in the squat stance to receive all throws from partner</p>

Phase II: Long Throwing

<p>Step 1 Warm-up throws to 90 feet 7 throws at 70 feet (50%) 20 long tosses to 100 feet</p>	<p>Step 2 Warm-up throws to 90 feet 7 throws at 80 feet (75%) 20 long tosses to 130 feet</p>
<p>Step 3 Warm-up throws to 90 feet 12 throws at 90 feet (50%) 20 long tosses to 160 feet</p>	<p>Step 4 Warm-up throws to 90 feet 7 throws at 90 feet (75%)** 5 throws at 100 feet (50%) 20 long tosses to 160 feet</p>
<p>Step 5 Warm-up throws to 90 feet 7 throws at 90 feet (75%)** 7 throws at 110 feet (50%) 20 long tosses to 160 feet</p>	<p>Step 6 Warm-up throws to 90 feet 7 throws at 90 feet (100%)** 10 throws at 100 feet (50%) 20 long tosses to 160 feet</p>
<p>Step 7 Warm-up throws to 90 feet 7 throws at 90 feet (100%)** 10 throws to second base (75%) 20 long tosses to 160 feet</p>	<p>Step 8 Warm-up throws to 90 feet 7 throws at 90 feet (100%)** 10 throws to second base (100%) 20 long tosses to 160 feet</p>

** These throws should be made on the field to first or third base after receiving a pitch