



## ***Interval Throwing Program***

### ***Baseball Infielder***

#### **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**

- Complete a warm-up lap around the field before the start of each step
- Complete a 90 ft sprint before each set of throws
- Rest 8 minutes between sets
- All long tosses begin with a crow-hop

<p><b>Step 1</b>          Warm up long tosses to 60 ft          20 throws at 30 ft          Field Practice (50%)              5 throws at 30 ft              10 throws at 45 ft              10 throws at 60 ft          20 long tosses to 60 ft</p>	<p><b>Step 2</b>          Warm up tosses to 75 ft          20 throws at 45 ft          Field Practice              5 throws at 45 ft              10 throws at 60 ft              10 throws at 75 ft          20 tosses to 75 ft</p>
<p><b>Step 3</b>          Warm up tosses to 90 ft          10 throws at 45 ft (50%)          10 throws at 60 ft (50%)          Field Practice (75%)              5 throws at 45 ft              10 throws at 60 ft              10 throws at 90 ft          20 tosses to 90 ft</p>	<p><b>Step 4</b>          Warm up tosses to 120 ft          20 throws at 60 ft (50%)          Field Practice (75%)              5 throws at 60 ft              10 throws at 90 ft              10 throws at 120 ft          20 tosses at 120 ft</p>
<p><b>Step 5:</b>          Warm-up tosses to 150 ft          20 throws at 60 ft (75%)          Field Practice (75%)              5 throws at 90 ft              10 throws at 90 ft              5 throws at 120 ft              5 throws at 150 ft              5 throws at 150 ft          20 tosses to 150 ft</p>	<p><b>Step 6</b>          Simulated Game          Warm-up tosses to 180 ft          20 throws at 60 ft (50%)          Field Practice (100%)              5 throws at 90 ft              5 throws at 120 ft              5 throws at 180 ft          20 throws to 150 ft</p>

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