***Interval Throwing Program***

***Youth Baseball Pitcher***

**Soreness Rules:**

* Do not throw if sore or in pain *before* throwing.
* Stop throwing is 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.

**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.

**Return to Throwing**

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| **Step 1**  Warm up throwing at 20 ft  3 sets of 15 throws  Rest 12 seconds between throws  Rest for 8 minutes between sets  50% maximum effort, light arched tosses | **Step 2**  Warm up throwing at 30 ft  3 sets of 15 throws  10 second rest between throws  Rest for 8 minutes between sets  50% maximum effort, light arched tosses |
| **Step 3:**  Warm-up throwing at 40 ft  3 sets of 15 throws  10 seconds between throws  Rest for 8 minutes between sets  75% maximum effort, light tosses | **Step 4**  Warm up throwing at 46/50 feet  3 sets of 20 throws  10 seconds between throws  Rest for 8 minutes between sets  75% maximum effort, light tosses |
| **Step 5**  Warm up throwing at 60 feet  3 sets of 20 throws  10 seconds between throws  Rest for 8 minutes between sets  50% maximum effort, light tosses | **Step 6**  Warm up throwing at 60 feet  3 sets of 20 throws at 46 feet  10 seconds between throws  Rest for 8 minutes between sets  Maximum effort as tolerated |
| **Step 7**  Warm up throwing at 60 feet  3 sets of 20 throws at 60 feet  10 seconds between throws  Rest for 8 minutes between sets  Maximum effort as tolerated | **Return to Regular Work-out Regimen** |