



Interval Throwing Program

Youth Baseball Pitcher

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 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</p>	<p>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</p>
<p>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</p>	<p>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</p>
<p>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</p>	<p>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</p>
<p>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</p>	<p>Return to Regular Work-out Regimen</p>