

Table 3: INTERVAL THROWING PROGRAM FOR BASEBALL POSITIONAL PLAYERS:

45' Phase	60' Phase	90' Phase	120' Phase
<p><u>Step 1:</u></p> <p>A) Warm-up Throwing</p> <p>B) 45' (25 Throws)</p> <p>C) Rest 5-10 min.</p> <p>D) Warm-up Throwing</p> <p>E) 45' (25 Throws)</p>	<p><u>Step 3:</u></p> <p>A) Warm-up Throwing</p> <p>B) 60'(25 Throws)</p> <p>C) Rest 5-10 min.</p> <p>D) Warm-up Throwing</p> <p>E) 60' (25Throws)</p>	<p><u>Step 5:</u></p> <p>A) Warm-up Throwing</p> <p>B) 90' (25 Throws)</p> <p>C) Rest 5-10 min.</p> <p>D) Warm-up Throwing</p> <p>E) 90' (25 Throws)</p>	<p><u>Step 7:</u></p> <p>A) Warm-up Throwing</p> <p>B) 120' (25 Throws)</p> <p>C) Rest 5-10 min.</p> <p>D) Warm-up Throwing</p> <p>E) 120' (25 Throws)</p>
<p><u>Step 2:</u></p> <p>A) Warm-up Throwing</p> <p>B) 45' (25 Throws)</p> <p>C) Rest 5-10 min.</p> <p>D) Warm-up Throwing</p> <p>E) 45' (25 Throws)</p> <p>F) Rest 5-10 min.</p> <p>G) Warm-up Throwing</p> <p>H) 45' (25 Throws)</p>	<p><u>Step 4:</u></p> <p>A) Warm-up Throwing</p> <p>B) 60' (25 Throws)</p> <p>C) Rest 5-10 min.</p> <p>D) Warm-up Throwing</p> <p>E) 60' (25 Throws)</p> <p>F) Rest 5-10 min.</p> <p>G) Warm-up Throwing</p> <p>H) 60' (25 Throws)</p>	<p><u>Step 6:</u></p> <p>A) Warm-up Throwing</p> <p>B) 90' (25 Throws)</p> <p>C) Rest 5-10 min.</p> <p>D) Warm-up Throwing</p> <p>E) 90' (25 Throws)</p> <p>F) Rest 5-10 min.</p> <p>G) Warm-up Throwing</p> <p>H) 90' (25 Throws)</p>	<p><u>Step 8:</u></p> <p>A) Warm-up Throwing</p> <p>B) 120' (25 Throws)</p> <p>C) Rest 5-10 min.</p> <p>D) Warm-up Throwing</p> <p>E) 120' (25 Throws)</p> <p>F) Rest 5-10 min.</p> <p>G) Warm-up Throwing</p> <p>H) 120' (25 Throws)</p>

45 feet = 13.7 meters
 60 feet = 18.3 meters
 90 feet = 27.4 meters
 120 feet = 36.6 meters
 150 feet = 45.7 meters
 180 feet = 54.8 meters

150' Phase	180' Phase	180' Phase	
<p><u>Step 9:</u></p> <p>A) Warm-up Throwing</p> <p>B) 150' (25 Throws)</p> <p>C) Rest 3-5 min.</p> <p>D) Warm-up Throwing</p> <p>E) 150' (25 Throws)</p>	<p><u>Step 11:</u></p> <p>A) Warm-up Throwing</p> <p>B) 180' (25 Throws)</p> <p>C) Rest 3-5 min.</p> <p>D) Warm-up Throwing</p> <p>E) 180' (25 Throws)</p>	<p><u>Step 13:</u></p> <p>A) Warm-up Throwing</p> <p>B) 180' (25 Throws)</p> <p>C) Rest 3-5 min.</p> <p>D) Warm-up Throwing</p> <p>E) 180' (25 Throws)</p> <p>F) Rest 3-5 min.</p> <p>G) Warm-up Throwing</p> <p>H) 180' (20 Throws)</p> <p>I) Rest 3-5 min.</p> <p>J) Warm-up Throwing</p> <p>K) 15 Throws progressing form 120 → 90'</p>	<p>All throws should be on an arc with a crow-hop</p> <p>Warm-up throws consist of 10-20 throws at approximately 30 feet</p> <p>Throwing Program should be performed every other day, 3 times per week unless otherwise specified by your physician or rehabilitation specialist.</p> <p>Perform each step _____ times before progressing to next step.</p>
<p><u>Step 10:</u></p> <p>A) Warm-up Throwing</p> <p>B) 150' (25 Throws)</p> <p>C) Rest 3-5 min.</p> <p>D) Warm-up Throwing</p> <p>E) 150' (25 Throws)</p> <p>F) Rest 3-5 min.</p> <p>G) Warm-up Throwing</p> <p>H) 150' (25 Throws)</p>	<p><u>Step 12:</u></p> <p>A) Warm-up Throwing</p> <p>B) 180' (25 Throws)</p> <p>C) Rest 3-5 min.</p> <p>D) Warm-up Throwing</p> <p>E) 180' (25 Throws)</p> <p>F) Rest 3-5 min.</p> <p>G) Warm-up Throwing</p> <p>H) 180' (25 Throws)</p>	<p><u>Step 14:</u></p> <p>Return to respective position or progress to step 14 below.</p>	

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- 90 feet = 27.4 meters
- 120 feet = 36.6 meters
- 150 feet = 45.7 meters
- 180 feet = 54.8 meters