

Interval Throwing Program for Baseball Players: Phase I

<p>45' Phase</p> <p>Step 1: A) Warm-up Throwing B) 45' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 45' (25 Throws)</p> <p>Step 2: A) Warm-up Throwing B) 45' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 45' (25 Throws) F) Rest 5-10 min. G) Warm-up Throwing H) 45' (25 Throws)</p>	<p>60' Phase</p> <p>Step 3: A) Warm-up Throwing B) 60' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 60' (25 Throws)</p> <p>Step 4: A) Warm-up Throwing B) 60' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 60' (25 Throws) F) Rest 5-10 min. G) Warm-up Throwing H) 60' (25 Throws)</p>	<p>90' Phase</p> <p>Step 5: A) Warm-up Throwing B) 90' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 90' (25 Throws)</p> <p>Step 6: A) Warm-up Throwing B) 90' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 90' (25 Throws) F) Rest 5-10 min. G) Warm-up Throwing H) 90' (25 Throws)</p>	<p>120' Phase</p> <p>Step 7: A) Warm-up Throwing B) 120' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 120' (25 Throws)</p> <p>Step 8: A) Warm-up Throwing B) 120' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 120' (25 Throws) F) Rest 5-10 min. G) Warm-up Throwing H) 120' (25 Throws)</p>	
<p>150' Phase</p> <p>Step 9: A) Warm-up Throwing B) 150' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 150' (25 Throws)</p> <p>Step 10: A) Warm-up Throwing B) 150' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 150' (25 Throws) F) Rest 5-10 min. G) Warm-up Throwing H) 150' (25 Throws)</p>	<p style="text-align: center;">180' Phase</p> <p>Step 11: A) Warm-up Throwing B) 180' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 180' (25 Throws)</p> <p>Step 12: A) Warm-up Throwing B) 180' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 180' (25 Throws) F) Rest 5-10 min. G) Warm-up Throwing H) 180' (25 Throws)</p>		<p>Step 13: A) Warm-up Throwing B) 180' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 180' (25 Throws) F) Rest 5-10 min. G) Warm-up Throwing H) 180' (20 Throws) I) Rest 5-10 min. J) Warm-up Throwing K) 15 throws progressing from 120 → 90'</p> <p>Step 14: Return to respective position or progress to step 14 below.</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>Flat Ground Throwing for Baseball Pitchers</p>				
<p>Step 14:</p> <p>A) Warm-up Throwing B) Throw 60 ft. (10-15 throws) C) Throw 90 ft. (10 throws) D) Throw 120 ft. (10 throws) E) Throw 60 ft. (flat ground) using pitching mechanics (20-30 throws)</p>	<p>Step 15:</p> <p>A) Warm-up Throwing B) Throw 60 ft. (10-15 throws) C) Throw 90 ft. (10 throws) D) Throw 120 ft. (10 throws) E) Throw 60 ft. (flat ground) using pitching mechanics (20-30 throws) F) Throw 60-90 ft. (10-15 throws) G) Throw 60 ft. (flat ground) using pitching mechanics (20 throws)</p>			
<p>Progress to Phase II – Throwing Off the Mound</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