

UNION GENERAL ORTHOPEDICS & SPORTS MEDICINE

AFFILIATE OF: UNION GENERAL HEALTH SYSTEM

12 Week Interval Baseball Throwing Program

Warm-up:

Jogging, jumping rope, etc to increase blood flow to the muscles; once a light sweat is developed, move to stretching.

Stretching:

Full body stretching is important for reducing the chance of injury and for increasing mobility of all parts of the body (which allows the whole body to be used to throw, rather than just the arm).

Throwing mechanics:

A crow-hop technique should be used in all phases of the interval throwing program. This technique places the arm in a mechanically sound position for throwing.

Throwing:

Warm-up throws should take place from 30-45 feet and progress to the distance indicated for the successive phases. Progress to the next step of the program once current step is accomplished completely free of pain. Allow at least 48 hours to pass between successive steps. Athletes progress at different rates. There is no optimal length of this program. Once the last step is completed successfully, the athlete is ready to return to unrestricted overhand throwing.

WEEK 1: 45' Phase	WEEK 2: 45-60' Phase
WEEK 1: 45' Phase	WEEK 2: 45-60' Phas

Day 1: 20 throws at 30 feet
10 throws at 45 feet
10 throws at 30 feet

Day 2: REST Day 2: REST

Day 3: 20 throws at 30 feet
15 throws at 45 feet
10 throws at 30 feet
10 throws at 30 feet
10 throws at 30 feet

Day 4: **REST** Day 4: **REST**

Day 5: 20 throws at 30 feet 20 throws at 45 feet 10 throws at 30 feet 10 throws at 30 feet 10 throws at 60 feet

Day 6: **REST**

Day 6: **REST**

Day 7: REST

WEEK 3: 60' P	hase	WEEK 5: 60-75' I	Phase
Day 1:	10 throws at 30 feet		0 throws at 45 feet
Duy 1.	10 throws at 45 feet	•	0 throws at 60 feet
	15 throws at 60 feet		5 throws at 75 feet
	10 throws at 30 feet		0 throws at 45 feet
	To tillows at 50 feet	1	to tillows at 43 leet
Day 2:	REST	Day 2: F	REST
Day 3:	10 throws at 30 feet	Day 3: 1	0 throws at 45 feet
	10 throws at 45 feet	1	0 throws at 60 feet
	20 throws at 60 feet	2	20 throws at 75 feet
	10 throws at 30 feet	1	0 throws at 45 feet
Day 4:	REST	Day 4: F	REST
Day 5:	10 throws at 30 feet	Day 5: 1	0 throws at 45 feet
	10 throws at 45 feet	1	0 throws at 60 feet
	25 throws at 60 feet	2	25 throws at 75 feet
	10 throws at 30 feet	1	0 throws at 45 feet
Day 6:	REST	Day 6: F	REST
Day 7:	REST	Day 7: F	REST
WEEK 4: 60-75	' Phase	WEEK 6: 75-90' I	Phase
	Phase 10 throws at 30 feet		Phase 0 throws at 45 feet
WEEK 4: 60-75 Day 1:		Day 1: 1	
	10 throws at 30 feet	Day 1: 1	0 throws at 45 feet
	10 throws at 30 feet 10 throws at 45 feet	Day 1: 1 1 3	0 throws at 45 feet 0 throws at 60 feet
	10 throws at 30 feet 10 throws at 45 feet 30 throws at 60 feet	Day 1: 1 1 3 1	0 throws at 45 feet 0 throws at 60 feet 30 throws at 75 feet
Day 1:	10 throws at 30 feet 10 throws at 45 feet 30 throws at 60 feet 10 throws at 30 feet	Day 1: 1 1 3 1 Day 2: F	0 throws at 45 feet 0 throws at 60 feet 0 throws at 75 feet 0 throws at 45 feet
Day 1:	10 throws at 30 feet 10 throws at 45 feet 30 throws at 60 feet 10 throws at 30 feet REST 10 throws at 30 feet 10 throws at 45 feet	Day 1: 1 1 3 1 Day 2: F Day 3: 1	0 throws at 45 feet 0 throws at 60 feet 0 throws at 75 feet 0 throws at 45 feet REST 0 throws at 45 feet 0 throws at 45 feet 0 throws at 60 feet
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Day 1:	10 throws at 30 feet 10 throws at 45 feet 30 throws at 60 feet 10 throws at 30 feet REST 10 throws at 30 feet 10 throws at 45 feet 35 throws at 60 feet	Day 1: 1 1 3 1 Day 2: F Day 3: 1 1 3 1	0 throws at 45 feet 0 throws at 60 feet 0 throws at 75 feet 0 throws at 45 feet 0 throws at 45 feet 0 throws at 45 feet 10 throws at 45 feet 10 throws at 60 feet 15 throws at 75 feet
Day 1: Day 2: Day 3:	10 throws at 30 feet 10 throws at 45 feet 30 throws at 60 feet 10 throws at 30 feet REST 10 throws at 30 feet 10 throws at 45 feet 35 throws at 60 feet 10 throws at 30 feet	Day 1: 1 1 3 1 Day 2: F Day 3: 1 1 3 1 Day 4: F	0 throws at 45 feet 0 throws at 60 feet 0 throws at 75 feet 0 throws at 45 feet 10 throws at 60 feet 15 throws at 75 feet 10 throws at 45 feet
Day 1: Day 2: Day 3:	10 throws at 30 feet 10 throws at 45 feet 30 throws at 60 feet 10 throws at 30 feet REST 10 throws at 30 feet 10 throws at 45 feet 35 throws at 60 feet 10 throws at 30 feet	Day 1: 1 1 3 1 Day 2: F Day 3: 1 1 3 1 Day 4: F Day 5: 1	0 throws at 45 feet 0 throws at 60 feet 60 throws at 75 feet 10 throws at 45 feet 10 throws at 75 feet 10 throws at 45 feet 10 throws a
Day 1: Day 2: Day 3:	10 throws at 30 feet 10 throws at 45 feet 30 throws at 60 feet 10 throws at 30 feet REST 10 throws at 30 feet 10 throws at 45 feet 35 throws at 60 feet 10 throws at 30 feet Throws at 30 feet 10 throws at 45 feet	Day 1: 1 1 3 1 Day 2: F Day 3: 1 1 Day 4: F Day 5: 1 1	0 throws at 45 feet 0 throws at 60 feet 0 throws at 75 feet 0 throws at 45 feet 0 throws at 60 feet 5 throws at 75 feet 0 throws at 45 feet 0 throws at 45 feet 0 throws at 45 feet
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Day 1: Day 2: Day 3: Day 4: Day 5:	10 throws at 30 feet 10 throws at 45 feet 30 throws at 60 feet 10 throws at 30 feet REST 10 throws at 30 feet 10 throws at 45 feet 35 throws at 60 feet 10 throws at 30 feet REST 10 throws at 45 feet 10 throws at 45 feet 10 throws at 45 feet 10 throws at 75 feet 10 throws at 45 feet	Day 1: 1 1 3 1 Day 2: F Day 3: 1 1 3 1 Day 4: F Day 5: 1 1 1 1	0 throws at 45 feet 0 throws at 60 feet 0 throws at 75 feet 0 throws at 45 feet
Day 1: Day 2: Day 3:	10 throws at 30 feet 10 throws at 45 feet 30 throws at 60 feet 10 throws at 30 feet REST 10 throws at 30 feet 10 throws at 45 feet 35 throws at 60 feet 10 throws at 30 feet REST 10 throws at 45 feet 10 throws at 45 feet 10 throws at 45 feet 10 throws at 60 feet 10 throws at 60 feet 10 throws at 75 feet	Day 1: 1 1 3 1 Day 2: F Day 3: 1 1 Day 4: F Day 5: 1 1 1 1 1	0 throws at 45 feet 0 throws at 60 feet 0 throws at 75 feet 0 throws at 45 feet 0 throws at 45 feet 0 throws at 45 feet 0 throws at 60 feet 0 throws at 45 feet 0 throws at 60 feet 0 throws at 75 feet 0 throws at 60 feet 0 throws at 90 feet 0 throws at 60 feet
Day 1: Day 2: Day 3: Day 4: Day 5:	10 throws at 30 feet 10 throws at 45 feet 30 throws at 60 feet 10 throws at 30 feet REST 10 throws at 30 feet 10 throws at 45 feet 35 throws at 60 feet 10 throws at 30 feet REST 10 throws at 45 feet 10 throws at 45 feet 10 throws at 45 feet 10 throws at 75 feet 10 throws at 45 feet	Day 1: 1 1 3 3 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0 throws at 45 feet 0 throws at 60 feet 0 throws at 75 feet 0 throws at 45 feet 0 throws at 45 feet 0 throws at 45 feet 0 throws at 60 feet 15 throws at 45 feet 0 throws at 45 feet 0 throws at 45 feet 0 throws at 45 feet 10 throws at 60 feet 10 throws at 75 feet 10 throws at 90 feet

WEEK 7: 90' Phase **WEEK 9: 105' Phase** Day 1: 15 throws at 45-60 feet Day 1: 10 throws at 45 feet 10 throws at 60 feet 15 throws at 75-90 feet 10 throws at 75 feet 15 throws at 105 feet 15 throws at 90 feet 10 throws at 60 feet 10 throws at 60 feet Day 2: Light catch to 75ft or Rest Day Day 2: **REST** Day 3: 15 throws at 45-60 feet 15 throws at 75-90 feet Day 3: 10 throws at 45 feet 10 throws at 60 feet 20 throws at 105 feet 10 throws at 75 feet 10 throws at 60 feet 20 throws at 90 feet 10 throws at 60 feet Day 4: Light catch to 75ft or Rest Day Day 4: REST Day 5: 15 throws at 45-60 feet 15 throws at 75-90 feet 25 throws at 105 feet Day 5: 10 throws at 45 feet 10 throws at 60 feet 10 throws at 60 feet 10 throws at 75 feet 25 throws at 90 feet Day 6: Light catch to 75ft 10 throws at 60 feet Day7: REST Day 6: **REST** Day 7: **REST** WEEK 8: 90-105' Phase WEEK 10: 105-120' Phase Day 1: 10 throws at 45 feet Day 1: 15 throws at 45-60 feet 15 throws at 75-90 feet 10 throws at 60 feet 10 throws at 75 feet 30 throws at 105 feet 10 throws at 60 feet 30 throws at 90 feet 10 throws at 60 feet Day 2: Light catch to 75ft or Rest Day Day 2: **REST** Day 3: 15 throws at 45-60 feet Day 3: 10 throws at 45 feet 15 throws at 75-90 feet 30 throws at 105 feet 10 throws at 60 feet 10 throws at 75 feet 10 throws at 60 feet 35 throws at 90 feet 10 throws at 60 feet Day 4: Light catch to 75ft or Rest Day Day 4: REST Day 5: 15 throws at 45-60 feet 15 throws at 75-90 feet Day 5: 15 throws at 45-60 feet 10 throws at 105 feet

10 throws at 120 feet

10 throws at 60 feet

Day 6: Light catch to 75ft

Day7: **REST**

15 throws at 75-90 feet

10 throws at 105 feet

10 throws at 60 feet

Day 6: light catch up to 60 feet

Day7: **REST**

WEEK 11: 120'	Phase	WEEK 12: 120'	Phase
Day 1:	15 throws at 45-60 feet	Day 1:	15 throws at 45-60 feet
•	15 throws at 75-90 feet	•	15 throws at 75-90 feet
	10 throws at 105 feet		10 throws at 105 feet
	15 throws at 120 feet		30 throws at 120 feet
	10 throws at 60 feet		10 throws at 60 feet
Day 2:	Light catch to 75ft or Rest Day	Day 2:	Light catch to 75ft or Rest Day
Day 3:	15 throws at 45-60 feet	Day 3:	15 throws at 45-60 feet
	15 throws at 75-90 feet		15 throws at 75-90 feet
	10 throws at 105 feet		10 throws at 105 feet
	20 throws at 120 feet		30 throws at 120 feet
•	10 throws at 60 feet		10 throws at 60 feet
Day 4:	Light catch to 75ft or Rest Day	Day 4:	Light catch to 75ft or Rest Day
Day 5:	15 throws at 45-60 feet	Day 5:	15 throws at 45-60 feet
•	15 throws at 75-90 feet	·	15 throws at 75-90 feet
	10 throws at 105 feet		10 throws at 105 feet
	25 throws at 120 feet		30 throws at 120 feet
	10 throws at 60 feet		10 throws at 60 feet flat ground
Day 6:	Light catch to 75ft	Day 6:	Light catch to 75ft
Day7:	REST	Day7:	REST