



BRANDON  
PLANT CITY  
TAMPA  
APOLLO BEACH

**INTERVAL THROWING PROGRAM FOR BASEBALL PLAYERS: PHASE I**

<b>45' Phase</b> Step 1: A) Warm-up Throwing B) 45' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 45' (25 Throws) 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)	<b>60' Phase</b> Step 3: A) Warm-up Throwing B) 60'(25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 60' (25Throws) 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)	<b>90' Phase</b> Step 5: A) Warm-up Throwing B) 90' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 90' (25 Throws) 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)	<b>120' Phase</b> Step 7: A) Warm-up Throwing B) 120' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 120' (25 Throws) 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) *FOR PITCHERS, STOP HERE AND SEE BELOW		
<b>150' Phase</b> Step 9: A) Warm-up Throwing B) 150' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 150' (25 Throws) 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)	<b>180' Phase</b> Step 11: A) Warm-up Throwing B) 180' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 180' (25 Throws) 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) 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' Step 14: Return to respective position or progress to step 14 below.		<b>All throws should be on an arc with a crow-hop</b>  <b>Warm-up throws consist of 10-20 throws at approximately 30 feet</b>  <b>Throwing Program should be performed every other day, 3 times per week unless otherwise specified by your physician or rehabilitation specialist.</b>  <b>Perform each step _____ times before progressing to next step.</b>		
<p style="text-align: center;"><b>*Flat Ground Throwing for Baseball Pitchers*</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;">                     Step 9:                      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)                 </td> <td style="width: 50%; border: none;">                     Step 10:                      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)                 </td> </tr> </table> <p style="text-align: center;"><b>Progress to Phase II – Throwing Off the Mound</b></p>				Step 9: 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)	Step 10: 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)
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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