

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

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

Day 2: **REST**

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

Day 4: **REST**

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

Day 6: **REST**

Day 7: **REST**

WEEK 2: 45-60' Phase

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

Day 2: **REST**

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

Day 4: **REST**

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

Day 6: **REST**

Day 7: **REST**



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WEEK 3: 60' Phase

Day 1: 10 throws at 30 feet
10 throws at 45 feet
15 throws at 60 feet
10 throws at 30 feet

Day 2: **REST**

Day 3: 10 throws at 30 feet
10 throws at 45 feet
20 throws at 60 feet
10 throws at 30 feet

Day 4: **REST**

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

Day 6: **REST**

Day 7: **REST**

WEEK 5: 60-75' Phase

Day 1: 10 throws at 45 feet
10 throws at 60 feet
15 throws at 75 feet
10 throws at 45 feet

Day 2: **REST**

Day 3: 10 throws at 45 feet
10 throws at 60 feet
20 throws at 75 feet
10 throws at 45 feet

Day 4: **REST**

Day 5: 10 throws at 45 feet
10 throws at 60 feet
25 throws at 75 feet
10 throws at 45 feet

Day 6: **REST**

Day 7: **REST**

WEEK 4: 60-75' Phase

Day 1: 10 throws at 30 feet
10 throws at 45 feet
30 throws at 60 feet
10 throws at 30 feet

Day 2: **REST**

Day 3: 10 throws at 30 feet
10 throws at 45 feet
35 throws at 60 feet
10 throws at 30 feet

Day 4: **REST**

Day 5: 10 throws at 45 feet
10 throws at 60 feet
10 throws at 75 feet
10 throws at 45 feet

Day 6: **REST**

Day 7: **REST**

WEEK 6: 75-90' Phase

Day 1: 10 throws at 45 feet
10 throws at 60 feet
30 throws at 75 feet
10 throws at 45 feet

Day 2: **REST**

Day 3: 10 throws at 45 feet
10 throws at 60 feet
35 throws at 75 feet
10 throws at 45 feet

Day 4: **REST**

Day 5: 10 throws at 45 feet
10 throws at 60 feet
10 throws at 75 feet
10 throws at 90 feet
10 throws at 60 feet

Day 6: **REST**

Day 7: **REST**



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WEEK 7: 90' Phase

Day 1: 10 throws at 45 feet
10 throws at 60 feet
10 throws at 75 feet
15 throws at 90 feet
10 throws at 60 feet

Day 2: **REST**

Day 3: 10 throws at 45 feet
10 throws at 60 feet
10 throws at 75 feet
20 throws at 90 feet
10 throws at 60 feet

Day 4: **REST**

Day 5: 10 throws at 45 feet
10 throws at 60 feet
10 throws at 75 feet
25 throws at 90 feet
10 throws at 60 feet

Day 6: **REST**

Day 7: **REST**

WEEK 8: 90-105' Phase

Day 1: 10 throws at 45 feet
10 throws at 60 feet
10 throws at 75 feet
30 throws at 90 feet
10 throws at 60 feet

Day 2: **REST**

Day 3: 10 throws at 45 feet
10 throws at 60 feet
10 throws at 75 feet
35 throws at 90 feet
10 throws at 60 feet

Day 4: **REST**

Day 5: 15 throws at 45-60 feet
15 throws at 75-90 feet
10 throws at 105 feet
10 throws at 60 feet

Day 6: light catch up to 60 feet

Day 7: **REST**

WEEK 9: 105' Phase

Day 1: 15 throws at 45-60 feet
15 throws at 75-90 feet
15 throws at 105 feet
10 throws at 60 feet

Day 2: Light catch to 75ft or Rest Day

Day 3: 15 throws at 45-60 feet
15 throws at 75-90 feet
20 throws at 105 feet
10 throws at 60 feet

Day 4: Light catch to 75ft or Rest Day

Day 5: 15 throws at 45-60 feet
15 throws at 75-90 feet
25 throws at 105 feet
10 throws at 60 feet

Day 6: Light catch to 75ft

Day 7: **REST**

WEEK 10: 105-120' Phase

Day 1: 15 throws at 45-60 feet
15 throws at 75-90 feet
30 throws at 105 feet
10 throws at 60 feet

Day 2: Light catch to 75ft or Rest Day

Day 3: 15 throws at 45-60 feet
15 throws at 75-90 feet
30 throws at 105 feet
10 throws at 60 feet

Day 4: Light catch to 75ft or Rest Day

Day 5: 15 throws at 45-60 feet
15 throws at 75-90 feet
10 throws at 105 feet
10 throws at 120 feet
10 throws at 60 feet

Day 6: Light catch to 75ft

Day 7: **REST**



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WEEK 11: 120' Phase

- Day 1: 15 throws at 45-60 feet
15 throws at 75-90 feet
10 throws at 105 feet
15 throws at 120 feet
10 throws at 60 feet
- Day 2: Light catch to 75ft or Rest Day
- Day 3: 15 throws at 45-60 feet
15 throws at 75-90 feet
10 throws at 105 feet
20 throws at 120 feet
10 throws at 60 feet
- Day 4: Light catch to 75ft or Rest Day
- Day 5: 15 throws at 45-60 feet
15 throws at 75-90 feet
10 throws at 105 feet
25 throws at 120 feet
10 throws at 60 feet
- Day 6: Light catch to 75ft
- Day7: **REST**

WEEK 12: 120' Phase

- Day 1: 15 throws at 45-60 feet
15 throws at 75-90 feet
10 throws at 105 feet
30 throws at 120 feet
10 throws at 60 feet
- Day 2: Light catch to 75ft or Rest Day
- Day 3: 15 throws at 45-60 feet
15 throws at 75-90 feet
10 throws at 105 feet
30 throws at 120 feet
10 throws at 60 feet
- Day 4: Light catch to 75ft or Rest Day
- Day 5: 15 throws at 45-60 feet
15 throws at 75-90 feet
10 throws at 105 feet
30 throws at 120 feet
10 throws at 60 foot flat ground
- Day 6: Light catch to 75ft
- Day7: **REST**



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