

TABLE 7-3. INTERVAL THROWING PROGRAM FOR BASEBALL PLAYERS: PHASE I**45 ft Phase**

- Step 1: A. Warm-up throwing
 B. 45 ft (25 throws)
 C. Rest 5–10 min
 D. Warm-up throwing
 E. 45 ft (25 throws)
- Step 2: A. Warm-up throwing
 B. 45 ft (25 throws)
 C. Rest 5–10 min
 D. Warm-up throwing
 E. 45 ft (25 throws)
 F. Rest 5–10 min
 G. Warm-up throwing
 H. 45 ft (25 throws)

60 ft Phase

- Step 3: A. Warm-up throwing
 B. 60 ft (25 throws)
 C. Rest 5–10 min
 D. Warm-up throwing
 E. 60 ft (25 throws)
- Step 4: A. Warm-up throwing
 B. 60 ft (25 throws)
 C. Rest 5–10 min
 D. Warm-up throwing
 E. 60 ft (25 throws)
 F. Rest 5–10 min
 G. Warm-up throwing
 H. 60 ft (25 throws)

90 ft Phase

- Step 5: A. Warm-up throwing
 B. 90 ft (25 throws)
 C. Rest 5–10 min
 D. Warm-up throwing
 E. 90 ft (25 throws)
- Step 6: A. Warm-up throwing
 B. 90 ft (25 throws)
 C. Rest 5–10 min
 D. Warm-up throwing
 E. 90 ft (25 throws)
 F. Rest 5–10 min
 G. Warm-up throwing
 H. 90 ft (25 throws)

120 ft Phase

- Step 7: A. Warm-up throwing
 B. 120 ft (25 throws)
 C. Rest 5–10 min
 D. Warm-up throwing
 E. 120 ft (25 throws)

- Step 8: A. Warm-up throwing
 B. 120 ft (25 throws)
 C. Rest 5–10 min
 D. Warm-up throwing
 E. 120 ft (25 throws)
 F. Rest 5–10 min
 G. Warm-up throwing
 H. 120 ft (25 throws)

150 ft Phase

- Step 9: A. Warm-up throwing
 B. 150 ft (25 throws)
 C. Rest 5–10 min
 D. Warm-up throwing
 E. 150 ft (25 throws)
- Step 10: A. Warm-up throwing
 B. 150 ft (25 throws)
 C. Rest 5–10 min
 D. Warm-up throwing
 E. 150 ft (25 throws)
 F. Rest 5–10 min
 G. Warm-up throwing
 H. 150 ft (25 throws)

180 ft Phase

- Step 11: A. Warm-up throwing
 B. 180 ft (25 throws)
 C. Rest 5–10 min
 D. Warm-up throwing
 E. 180 ft (25 throws)
- Step 12: A. Warm-up throwing
 B. 180 ft (25 throws)
 C. Rest 5–10 min
 D. Warm-up throwing
 E. 180 ft (25 throws)
 F. Rest 5–10 min
 G. Warm-up throwing
 H. 180 ft (25 throws)
- Step 13: A. Warm-up throwing
 B. 180 ft (25 throws)
 C. Rest 5–10 min
 D. Warm-up throwing
 E. 180 ft (25 throws)
 F. Rest 5–10 min
 G. Warm-up throwing
 H. 180 ft (20 throws)
 I. Rest 5–10 min
 J. Warm-up throwing
 K. 15 Throws progressing from 120 ft → 90 ft
- Step 14: Return to respective position or progress to step 14.

All throws should be on an arc with a crow-hop
Warm-up throws consist of 10–20 throws at
approximately 30 ft

Throwing program should be performed every other day,
3 times per week unless otherwise specified by a
physician or rehabilitation specialist.

Perform each step _____ times before progressing to next
step.

Flat Ground Throwing for Baseball Pitchers

- Step 14:
 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 15:

- 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)

Progress to Phase II—Throwing Off the Mound

45 ft = 13.7 m; 60 ft = 18.3 m; 90 ft = 27.4 m; 120 ft = 36.6 m; 150 ft
 = 45.7 m; 180 ft = 54.8 m.