

## High School Interval Throwing Program

1. Only one stage is to be done per day, and you must rest one day between sessions.
2. After one stage is completed with no pain at all, repeat that stage once. Then, after the day of rest, you may proceed to the next stage.
3. Always warm up with non-throwing light exercise for at least 5 minutes before throwing.
4. Aching in the muscles is ok, but if you experience any pain in the shoulder or elbow joints, quit for the day.
5. Then at your next session you must return to the previous stage. So, if you had pain in stage 5, go back to stage 4 the next day.

| Stage                                       | Distance to Throw   | Actual Distance (ft) | Throws |
|---|---|----------------------|--------|
| 1   | Home plate to halfway to pitcher's mound  | 30                   | 30     |
|   | rest 5-10 min<br>Back up 15 feet  | 45                   | 30     |
| 2   | Home plate to halfway to pitcher's mound  | 30                   | 30     |
|   | rest 5-10 min   |                      |        |
|   | Back up 15 feet   | 45                   | 20     |
|   | rest 5-10 min<br>Same distance  | 45                   | 30     |
| 3   | Home plate to last position (15 feet back from halfway to mound)                | 45                   | 30     |
|   | rest 5-10 min<br>Home plate to the pitching rubber                              | 60                   | 30     |
| 4   | Home plate to 15 feet back from halfway to mound                                | 45                   | 30     |
|   | rest 5-10 min   |                      |        |
|   | Home plate to the pitching rubber   | 60                   | 20     |
|   | rest 5-10 min<br>Same distance  | 60                   | 30     |
| 5   | Home plate to 15 feet back from halfway to mound                                | 45                   | 5      |
|   | Home plate to the pitching rubber   | 60                   | 5      |
|   | Home plate to first base  | 90                   | 20     |
|   | rest 5-10 min   |                      |        |
|   | Repeat  |                      |        |
| 6   | Same as stage 5, but do each 5 / 5 / 20 set 3 times, with rest between sets     |                      |        |
| 7   | Home plate to 15 feet back from halfway to mound                                | 45                   | 5      |
|   | Home plate to pitching rubber   | 60                   | 5      |
|   | Home plate to first base  | 90                   | 5      |
|   | Home plate to second base   | 125                  | 20     |
|   | rest 5-10 min<br>Repeat   |                      |        |
| 8   | Same as stage 7, but do each 5 / 5 / 5 / 20 set 3 times, with rest between sets |                      |        |
| 9   | Home plate to pitching rubber   | 60                   | 5      |
|   | Home plate to first base  | 90                   | 5      |
|   | Home plate to second base   | 125                  | 5      |
|   | Home plate to 25 feet back from second base                                     | 150                  | 20     |
|   | rest 5-10 min   |                      |        |
|   | Home plate to pitching rubber   | 60                   | 10     |
|   | Home plate to first base  | 90                   | 10     |
| Home plate to 25 feet back from second base | 150   | 25                   |        |
| 10  | Same as stage 9, but do one more 10 / 10 / 25 set after another rest            |                      |        |
| 11  | Home plate to pitching rubber   | 60                   | 5      |
|   | Home plate to first base  | 90                   | 5      |
|   | Home plate to second base   | 125                  | 5      |
|   | Home plate to 55 feet back from second base                                     | 180                  | 25     |
|   | rest 5-10 min<br>Repeat   |                      |        |
| 12  | Same as stage 11, but do one more 5 / 5 / 5 / 25 set after another rest         |                      |        |