

## Junior (Pony, age 13-14) League 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 rest 5 min	27	30
	Back up 10 feet	37	30
2	Home plate to halfway to pitcher's mound rest 5 min	27	30
	Back up 10 feet rest 5 min	37	20
	Repeat	37	30
3	Home plate to last position (10 feet back from halfway to mound) rest 5 min	37	30
	Home plate to the pitching rubber	54	30
4	Home plate to 10 feet back from halfway to mound rest 5 min	37	30
	Home plate to the pitching rubber rest 5 min	54	20
	Home plate to the pitching rubber	54	30
5	Home plate to 10 feet back from halfway to mound rest 5 min	37	30
	Home plate to first base	80	30
6	Home plate to 10 feet back from halfway to mound rest 5 min	37	30
	Home plate to first base rest 5 min	80	20
	Home plate to first base	80	30
7	Home plate to pitching rubber	54	5
	Home plate to first base	80	5
	Home plate to second base rest 5 min	113	20
	Repeat		
8	Home plate to pitching rubber	54	5
	Home plate to first base	80	5
	Home plate to second base rest 5 min	113	10
	Home plate to pitching rubber	54	5
	Home plate to first base	80	5
	Home plate to second base rest 5 min Repeat	113	20