

Girls Softball Interval Throwing Program - High School

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 5-10 min	20	30
	Back up 5 feet	25	30
2	Home plate to halfway to pitcher's mound rest 5-10 min	20	30
	Back up 5 feet rest 5-10 min	25	20
	Repeat	25	30
3	Home plate to last position (5 feet back from halfway to mound) rest 5-10 min	25	30
	Home plate to the pitching rubber	40	30
4	Home plate to 5 feet back from halfway to mound rest 5-10 min	25	30
	Home plate to the pitching rubber rest 5-10 min	40	20
	Repeat	40	30
5	Home plate to 5 feet back from halfway to mound rest 5-10 min	25	30
	Home plate to first base	60	30
6	Home plate to 5 feet back from halfway to mound rest 5-10 min	25	30
	Home plate to first base rest 5-10 min	60	20
	Repeat	60	30
7	Home plate to pitching rubber	40	5
	Home plate to first base	60	5
	Home plate to 15 feet short of second base rest 5-10 min	70	20
	Repeat	70	20
8	Home plate to pitching rubber	40	5
	Home plate to first base	60	5
	Home plate to 15 feet short of second base rest 5-10 min	70	10
	Home plate to pitching rubber	40	5
	Home plate to first base	60	5
	Home plate to 15 feet short of second base	70	20

	rest 5-10 min Repeat		
9	Home plate to pitching rubber	40	5
	Home plate to 10 ft behind first base	70	5
	Home plate to 10ft behind second base	95	20
	rest 5-10 min Repeat	70	20
	Home plate to pitching rubber	40	5
10	Home plate to 10 ft behind first base	70	5
	Home plate to 10ft behind second base	95	10
	rest 5-10 min Home plate to pitching rubber	40	5
	Home plate to 10 ft behind first base	70	5
	Home plate to 10ft behind second base	95	20
	rest 5-10 min Repeat		