



Interval Throwing Program for Baseball Players: Phase I

45' Phase	60' Phase	90' Phase	120' Phase
Step 1: A) Warm-up Throwing B) 45' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 45' (25 Throws) Step 2: A) Warm-up Throwing B) 45' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 45' (25 Throws) F) Rest 5-10 min. G) Warm-up Throwing H) 45' (25 Throws)	Step 3: A) Warm-up Throwing B) 60'(25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 60' (25Throws) Step 4: A) Warm-up Throwing B) 60' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 60' (25 Throws) F) Rest 5-10 min. G) Warm-up Throwing H) 60' (25 Throws)	Step 5: A) Warm-up Throwing B) 90' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 90' (25 Throws) Step 6: A) Warm-up Throwing B) 90' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 90' (25 Throws) F) Rest 5-10 min. G) Warm-up Throwing H) 90' (25 Throws)	Step 7: A) Warm-up Throwing B) 120' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 120' (25 Throws) Step 8: A) Warm-up Throwing B) 120' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 120' (25 Throws) F) Rest 5-10 min. G) Warm-up throwing H) 120' (25 Throws)
150' Phase Step 9: A) Warm-up Throwing B) 150' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 150' (25 Throws) Step 10: A) Warm-up Throwing B) 150' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 150' (25 Throws) F) Rest 5-10 min. G) Warm-up Throwing H) 150' (25 Throws)	180' Phase Step 11: A) Warm-up Throwing B) 180' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 180' (25 Throws) Step 12: A) Warm-up Throwing B) 180' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 180' (25 Throws) F) Rest 5-10 min. G) Warm-up Throwing H) 180' (25 Throws)		Step 13: A) Warm-up Throwing B) 180' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 180' (25 Throws) F) Rest 5-10 min. G) Warm-up Throwing H) 180' (20 Throws) I) Rest 5-10 min. J) Warm-up Throwing K) 15 throws progressing from 120 → 90' Step 14: Return to respective position or progress to step 14 below.
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 feet = 13.7 meters
- 60 feet = 18.3 meters
- 90 feet = 27.4 meters
- 120 feet = 36.6 meters
- 150 feet = 45.7 meters
- 180 feet = 54.8 meters