

INTERVAL THROWING PROGRAM

NAME: \_\_\_\_\_ INITIATION DATE: \_\_\_\_\_ POSITION ADJUSTMENT SESSION DATE: \_\_\_\_\_

POSITION:     STARTER     RELIEVER     OUTFIELDER     INFIELDER     CATCHER     \_\_\_\_\_

SESSION	DATE	THROWING	COMMENTS
1		45' X 20 60' X 10	
2		45' X 25 60' X 15	
3		45' X 25 60' X 20 60' X 10	
4		45' X 25 60' X 25 60' X 20	
5		45' X 25 60' X 25 60' X 25	
6		45' X 20 60' X 15 75' X 10	
7		45' X 25 60' X 20 75' X 15	
8		45' X 25 60' X 25 75' X 20	
9		45' X 25 60' X 25 75' X 25	
10		60' X 20 75' X 15 90' X 10	
11		60' X 25 75' X 20 90' X 15	
12		60' X 25 75' X 25 90' X 20	
13		60' X 25 75' X 25 90' X 25	
14		75' X 20 90' X 15 105' X 10	
15		75' X 25 90' X 20 105' X 15	
16		75' X 25 90' X 25 105' X 20	
17		75' X 25 90' X 25 105' X 25	

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SESSION	DATE	THROWING	COMMENTS
18		90' X 20 105' X 15 120' X 10  105' X ____ 90' X ____ 60' X ____	
19		90' X 25 105' X 20 120' X 15 105' X ____ 90' X ____ 60' X ____	
20		90' X 25 105' X 25 120' X 20  105' X ____ 90' X ____ 60' X ____	
21		90' X 25 105' X 25 120' X 25  105' X ____ 90' X ____ 60' X ____	
22		105' X 20 120' X 15 135' X 10  120' X ____ 105' X ____ 90' X ____ 60' X ____	
23		105' X 25 120' X 20 135' X 15  120' X ____ 105' X ____ 90' X ____ 60' X ____	
24		105' X 25 120' X 25 135' X 20  120' X ____ 105' X ____ 90' X ____ 60' X ____	

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SESSION	DATE	THROWING	COMMENTS
25		105' X 25 120' X 25 135' X 25  120' X ____ 105' X ____ 90' X ____ 60' X ____	
26		120' X 20 135' X 15 150' X 10/ ____	<p style="text-align: center;">AT 150' 5 DIRECT THROWS/5 ONE BOUNCE</p> 120'X ____; 105' X ____; 90'X____; 75'X____; 60'X__ W/ WIND UP 120'X ____; 105' X ____; 90'X____; 75'X____; 60'X__ W/ WIND UP 120'X ____; 105' X ____; 90'X____; 75'X____; 60'X__ W/ WIND UP 120'X ____; 105' X ____; 90'X____; 75'X____; 60'X__ W/ WIND UP
27		120' X 20 135' X 20 150' X 15/ ____	<p style="text-align: center;">AT 150' 8 DIRECT THROWS/7 ONE BOUNCE</p> 120'X ____; 105' X ____; 90'X____; 75'X____; 60'X__ W/ WIND UP 120'X ____; 105' X ____; 90'X____; 75'X____; 60'X__ W/ WIND UP 120'X ____; 105' X ____; 90'X____; 75'X____; 60'X__ W/ WIND UP 120'X ____; 105' X ____; 90'X____; 75'X____; 60'X__ W/ WIND UP
28		120' X 25/ ____ 135' X 25/ ____ 150' X 25/ ____	<p style="text-align: center;">AT 150' 15 DIRECT THROWS/10 ONE BOUNCE</p> 120'X ____; 105' X ____; 90'X____; 75'X____; 60'X__ W/ WIND UP 120'X ____; 105' X ____; 90'X____; 75'X____; 60'X__ W/ WIND UP 120'X ____; 105' X ____; 90'X____; 75'X____; 60'X__ W/ WIND UP 120'X ____; 105' X ____; 90'X____; 75'X____; 60'X__ W/ WIND UP
29		SHOULDER PROGRAM CONDITIONING	
30		60' X ____ 90' X ____ 120' X ____ 90' X ____ 60' X ____  NEXT TO MOUND X ____  MOUND X ____	
31		SHOULDER PROGRAM CONDITIONING	

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SESSION	DATE	THROWING	COMMENTS
32		60' X _____ 90' X _____ 120' X _____ 90' X _____ 60' X _____  NEXT TO MOUND X _____  MOUND X _____	
33		SHOULDER PROGRAM CONDITIONING	
34		60' X _____ 90' X _____ 120' X _____ 90' X _____ 60' X _____  NEXT TO MOUND X _____  <input type="checkbox"/> MOUND X _____  <input type="checkbox"/> BULLPEN W/ FB & CH X _____	
35		SHOULDER PROGRAM CONDITIONING	
36		60' X _____ 90' X _____ 120' X _____ 90' X _____ 60' X _____  <input type="checkbox"/> MOUND X _____  <input type="checkbox"/> BULLPEN W/ FB & CH X _____	
37		SHOULDER PROGRAM CONDITIONING	
38		60' X _____ 90' X _____ 120' X _____ 90' X _____ 60' X _____  <input type="checkbox"/> MOUND X _____  <input type="checkbox"/> BULLPEN W/ FB & CH X _____	
39		SHOULDER PROGRAM CONDITIONING	

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SESSION	DATE	THROWING	COMMENTS
40		60' X _____ 90' X _____ 120' X _____ 90' X _____ 60' X _____ <input type="checkbox"/> MOUND X _____  <input type="checkbox"/> BULLPEN W/ FB, CH, & BREAKING BALLS X _____	
41		SHOULDER PROGRAM CONDITIONING	
42		60' X _____ 90' X _____ 120' X _____ 90' X _____ 60' X _____ <input type="checkbox"/> MOUND X _____  <input type="checkbox"/> BULLPEN W/ FB, CH, & BREAKING BALLS _____ X _____ PITCHES	
43		SHOULDER PROGRAM CONDITIONING	
44		60' X _____ 90' X _____ 120' X _____ 90' X _____ 60' X _____ <input type="checkbox"/> MOUND X _____  <input type="checkbox"/> BULLPEN W/ FB, CH, & BREAKING BALLS _____ X _____ PITCHES	
45		SHOULDER PROGRAM CONDITIONING	
46		60' X _____ 90' X _____ 120' X _____ 90' X _____ 60' X _____ MOUND X _____  <input type="checkbox"/> SIMULATED GAME 1 INNING _____ PITCHES	

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SESSION	DATE	THROWING	COMMENTS
47		SHOULDER PROGRAM HEAVY WORKOUT CONDITIONING	
48		SHOULDER PROGRAM LIGHT WORKOUT CONDITIONING	
49		60' X _____ 90' X _____ 120' X _____ 90' X _____ 60' X _____ MOUND X _____  <input type="checkbox"/> SIMULATED GAME 2 INNINGS _____ PITCHES	
50		SHOULDER PROGRAM HEAVY WORKOUT CONDITIONING	
51		SHOULDER PROGRAM LIGHT WORKOUT CONDITIONING	
52		60' X _____ 90' X _____ 120' X _____ 90' X _____ 60' X _____ MOUND X _____  <input type="checkbox"/> <b>GAME</b> <b>1-2 INNINGS OR</b> <b>30 PITCHES</b>	
53		SHOULDER PROGRAM HEAVY WORKOUT CONDITIONING	
54		SHOULDER PROGRAM LIGHT WORKOUT CONDITIONING	
55		60' X _____ 90' X _____ 120' X _____ 90' X _____ 60' X _____ MOUND X _____  <input type="checkbox"/> <b>GAME</b> <b>TBD BY STAFF</b>	
56		SHOULDER PROGRAM HEAVY WORKOUT CONDITIONING	

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SESSION	DATE	THROWING	COMMENTS
57			
58			
59			
60			
61			
62			
63			
64			
65			
66			
67			
68			
69			
70			
71			
72			

THIS SECTION HAS BEEN INTENTIONALLY LEFT BLANK IN THE EVENT THE THROWING PROGRAM NEEDS TO BE  
CONTINUED FOR ANY REASON  
(EXAMPLE: PLAYER IS GOING TO BE PITCH/PLAY IN GAMES ON A REHAB ASSIGNMENT.)