

# Baseball Pitcher 4-week Short Interval Program

## High School/College

Phase	Step	Criteria for Progression
<b>Week 1 30-60' Phase, 50% effort</b>	Day 1	20 throws at 30' 20 throws at 45' 10 throws at 30'
	Day 2	REST
	Day 3	20 throws at 30' 30 throws at 45' 10 throws at 30'
	Day 4	REST
	Day 5	10 throws at 30' 10 throws at 45' 20 throws at 60' 10 throws at 90'
	Day 6	REST
	Day 7	REST
<b>Week 2 – 60-75' Phase, 50% effort</b>	Day 1	10 throws at 30' 10 throws at 45' 30 throws at 60' 10 throws at 30'
	Day 2	REST
	Day 3	10 throws at 45' 10 throws at 60' 20 throws at 75' 10 throws at 45'
	Day 4	REST
	Day 5	10 throws at 45' 10 throws at 60' 30 throws at 75' 10 throws at 45'
	Day 6	REST
	Day 7	REST

<b>Week 3 - 90-105' Phase, 75% effort</b>	<b>Day 1</b>	<b>10 throws at 45'</b> <b>10 throws at 60'</b> <b>10 throws at 75'</b> <b>15 throws at 90'</b> <b>10 throws at 60'</b>
	<b>Day 2</b>	<b>REST</b>
	<b>Day 3</b>	<b>10 throws at 45'</b> <b>10 throws at 60'</b> <b>10 throws at 75'</b> <b>25 throws at 90'</b> <b>10 throws at 60'</b>
	<b>Day 4</b>	<b>REST</b>
	<b>Day 5</b>	<b>15 throws at 60'</b> <b>15 throws at 75-90'</b> <b>15 throws at 105'</b> <b>10 throws at 60'</b> <b>25-30 throws up to 75'</b>
	<b>Day 6</b>	<b>REST</b>
	<b>Day 7</b>	
<b>Week 4 - 105-120' Phase , 75% effort</b>	<b>Day 1</b>	<b>15 throws at 60'</b> <b>15 throws at 75-90'</b> <b>25 throws at 105'</b> <b>10 throws at 60'</b>
	<b>Day 2</b>	<b>REST or light throws up to 75'</b>
	<b>Day 3</b>	<b>15 throws at 60'</b> <b>10 throws at 75-90'</b> <b>15 throws at 120'</b> <b>10 throws at 60'</b>
	<b>Day 4</b>	<b>REST or light catch up to 75'</b>
	<b>Day 5</b>	<b>10 throws at 60'</b> <b>10 throws at 75-90'</b> <b>25 throws at 120'</b> <b>10 throws at 60'</b>
	<b>Day 6</b>	<b>Light catch up to 75'</b>
	<b>Day 7</b>	<b>REST</b>

**\*\*Rest 3-5 minutes between sets**

**\*\*Pitchers progress to mound program following this program. Position players return to unrestricted throwing.**

Guidelines:

1. Warm-up prior to throwing with jogging or other activities to develop a light sweat
2. Perform any prescribed mobility/flexibility exercises as prescribed by your physical therapist/athletic trainer.
3. Recommend crow hop with all phases
4. Once the last step is completed without pain, the athlete is ready to be released to unrestricted throwing.

**Soreness Rules**

If no soreness, advance one step every throwing day.
If sore during warm-up but soreness is gone within the first 15 throws, repeat the previous workout. If shoulder becomes sore during this workout, stop and take 2 days off. Upon return to throwing, drop down one step.
If sore more than 1 hour after throwing, or the next day, take 1 day off and repeat the most recent throwing program workout.
If sore during warm-up and soreness continues through the first 15 throws, stop throwing and take 2 days off. Upon return to throwing, drop down one step.

Axe, M., Hurd, W., Snyder-Mackler, L. Data-Based Interval Throwing Programs for Baseball Players. Sports Health. 2009; 1(2): 145-153. Program adapted from TMI Sports Medicine.