

CHICAGO WHITE SOX
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 _____ [] 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 _____ [] GAME 1-2 INNINGS OR 30 PITCHES	
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 _____ [] GAME TBD BY STAFF	
56		SHOULDER PROGRAM HEAVY WORKOUT CONDITIONING	

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SESSION	DATE	THROWING	COMMENTS
57			
58			
59			
60			
61			
62			
63			
64			
65			
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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.)