

## Optimized Interval Throwing Program



The purpose of the interval throwing program (ITP) is to progressively load the tissues of the throwing arm and build strength to safely and effectively return to baseball. Prior to beginning the ITP, you must receive clearance from your physician. Baseline requirements also include pain free range of motion, appropriate elbow and shoulder strength, and endurance of the affected site, as well as the entire body. It is highly recommended that graded progression plyometrics are performed prior to starting this program.

### *What to Expect*

During the recovery process, you may experience soreness or a dull, diffuse aching sensation in the muscles or tendon. If you experience sharp pain, stop all throwing activity until the pain ceases and see your healthcare provider. Do not throw through pain (know the difference between pain and soreness). Contact your sports medicine provider if your pain or discomfort lasts longer than a few days.

As you build distance and intensity, you should think about your entire body working harder and consider the job of your throwing arm to keep up with your body. Toward the end of the mound work, you should think about your arm working to finish the throw.

We recommend undergoing a throwing assessment once you are throwing a distance of 120 ft or getting to the mound progression. This will allow you to start to work on mechanics and ensure that you are throwing properly during the remainder of the ITP. After completing the ITP, you will need to continue to build strength and throwing capacity with your coaches as you progress to in-game competition.

### *Recommendations throughout the program:*

- Prior to throwing, it is recommended that you complete a full body dynamic warm-up, including arm specific exercises.
- Do not throw maximum effort. The purpose of this program is to build volume so you can throw with 100% effort towards the second half of the mound progression. Similar to playing catch, throw to get the ball to the prescribed distance on a line that is comfortable to you.
- Use momentum (crow-hop or shuffle) when progressing to greater distances.
- Throws are prescribed as distance x # throws (i.e. 30 ft x 15 throws).
- 15 seconds between throws is recommended in order to reduce fatigue. Use a timer and keep yourself accountable.
- Extra rest days can be taken but do not jump ahead without consulting your sports medicine team.
- Use a radar gun or Pulse sensor when possible to objectively track workload.
- The slow start is intentionally designed to allow you to get comfortable to throwing again and build into higher, more season-like volume by the end. Be patient.
- Fastballs are prescribed for the entirety of the program; however, the last 5 weeks of the program you can start to throw other pitch types. In that first session, replace 5 fastball with the pitch of your choice. With each subsequent mound session you can replace an additional 5 fastballs with other pitch types.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
15 ft x 10 30 ft x 10	REST	15 ft x 10 30 ft x 15	REST	15 ft x 10 30 ft x 20	REST	REST
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
15 ft x 10 30 ft x 20 15 ft x 5	REST	15 ft x 15 30 ft x 20 15 ft x 5	REST	15 ft x 15 30 ft x 25 15 ft x 5	REST	REST
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
15 ft x 15 30 ft x 25 45 ft x 5	REST	15 ft x 15 30 ft x 25 45 ft x 10	REST	15 ft x 15 30 ft x 25 45 ft x 15	REST	REST
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
15 ft x 10 30 ft x 20 45 ft x 20 30 ft x 5	REST	15 ft x 10 30 ft x 20 45 ft x 20 30 ft x 5	REST	15 ft x 10 30 ft x 20 45 ft x 25 30 ft x 5	REST	REST
Day 29	Day 30	Day 31	Day 32	Day 33	Day 34	Day 35
15 ft x 5 30 ft x 20 45 ft x 25 60 ft x 10 45 ft x 5	REST	15 ft x 5 30 ft x 20 45 ft x 25 60 ft x 15 45 ft x 5	REST	15 ft x 5 30 ft x 20 45 ft x 25 60 ft x 15 45 ft x 5	REST	REST
Day 36	Day 37	Day 38	Day 39	Day 40	Day 41	Day 42
15 ft x 5 30 ft x 20 45 ft x 25 60 ft x 20 45 ft x 5	REST	15 ft x 5 30 ft x 10 45 ft x 10 60 ft x 15 Rest 30 ft x 5, 45 ft x 10, 60 ft x 10	REST	15 ft x 5 30 ft x 10 45 ft x 15 60 ft x 15 Rest 30 ft x 5, 45 ft x 10, 60 ft x 10	REST	REST
Day 43	Day 44	Day 45	Day 46	Day 47	Day 48	Day 49
15 ft x 5 30 ft x 10 45 ft x 15 60 ft x 15 Rest 15 ft x 5, 30 ft x 5, 45 ft x 5, 60 ft x 15	REST	15 ft x 5 30 ft x 10 45 ft x 10 60 ft x 20 Rest 15 ft x 5, 30 ft x 5, 45 ft x 5, 60 ft x 15	REST	15 ft x 5 30 ft x 10 45 ft x 10 60 ft x 20 Rest 15 ft x 5, 30 ft x 5, 45 ft x 5, 60 ft x 15	REST	REST
Day 50	Day 51	Day 52	Day 53	Day 54	Day 55	Day 56
15 ft x 5 30 ft x 10 45 ft x 10 60 ft x 10 75 ft x 5 Rest 15 ft x 5, 30 ft x 5, 45 ft x 10, 60 ft x 15	REST	15 ft x 5 30 ft x 10 45 ft x 10 60 ft x 10 75 ft x 5 Rest 15 ft x 5, 30 ft x 5, 45 ft x 10, 60 ft x 15	REST	15 ft x 5 30 ft x 10 45 ft x 10 60 ft x 10 75 ft x 10 Rest 15 ft x 5, 30 ft x 10, 45 ft x 10, 60 ft x 15	REST	REST
Day 57	Day 58	Day 59	Day 60	Day 61	Day 62	Day 63
15 ft x 5 30 ft x 10 45 ft x 10 60 ft x 10 75 ft x 10 Rest 15 ft x 5, 30 ft x 5, 45 ft x 5, 60 ft x 5, 75 ft x 5	REST	15 ft x 5 30 ft x 10 45 ft x 10 60 ft x 20 75 ft x 5 Rest 15 ft x 5, 30 ft x 5, 45 ft x 5, 60 ft x 5, 75 ft x 5	REST	15 ft x 5 30 ft x 10 45 ft x 10 60 ft x 20 75 ft x 10 Rest 15 ft x 5, 30 ft x 5, 45 ft x 5, 60 ft x 5, 75 ft x 10	REST	REST

Day 64	Day 65	Day 66	Day 67	Day 68	Day 69	Day 70
15 ft x 5, 30 ft x 10, 45 ft x 10, 60 ft x 20, 75 ft x 10, 90 ft x 5 Rest 15 ft x 5, 30 ft x 5, 45 ft x 5, 60 ft x 5, 75 ft x 5	REST	15 ft x 5, 30 ft x 10, 45 ft x 10, 60 ft x 20, 75 ft x 10, 90 ft x 5 Rest 15 ft x 5, 30 ft x 5, 45 ft x 5, 60 ft x 5, 75 ft x 10	REST	15 ft x 5, 30 ft x 10, 45 ft x 10, 60 ft x 20, 75 ft x 10, 90 ft x 10 Rest 15 ft x 5, 30 ft x 5, 45 ft x 5, 60 ft x 5, 75 ft x 5	REST	REST
Day 71	Day 72	Day 73	Day 74	Day 75	Day 76	Day 77
15 ft x 5, 30 ft x 10, 45 ft x 10, 60 ft x 20, 75 ft x 10, 90 ft x 15 Rest 15 ft x 5, 30 ft x 5, 45 ft x 5, 60 ft x 5, 75 ft x 5	REST	15 ft x 5, 30 ft x 10, 45 ft x 10, 60 ft x 20, 75 ft x 10, 90 ft x 10 Rest 15 ft x 5, 30 ft x 5, 45 ft x 5, 60 ft x 5, 75 ft x 5	REST	15 ft x 5, 30 ft x 10, 45 ft x 10, 60 ft x 20, 75 ft x 10, 90 ft x 15 Rest 15 ft x 5, 30 ft x 5, 45 ft x 5, 60 ft x 5, 75 ft x 5	REST	REST
Day 78	Day 79	Day 80	Day 81	Day 82	Day 83	Day 84
15 ft x 5, 30 ft x 5, 45 ft x 5, 60 ft x 15, 75 ft x 15, 90 ft x 20 Flat-ground 50 ft x 10	15 ft x 5 30 ft x 5 45 ft x 5 60 ft x 10	15 ft x 5, 30 ft x 10 45 ft x 10 60 ft x 15 75 ft x 15 90 ft x 20	REST	15 ft x 5, 30 ft x 5, 45 ft x 5, 60 ft x 15, 75 ft x 15, 90 ft x 20 Flat-ground 50 ft x 15	REST	REST
Day 85	Day 86	Day 87	Day 88	Day 89	Day 90	Day 91
15 ft x 5, 30 ft x 5, 45 ft x 5, 60 ft x 5, 75 ft x 5, 90 ft x 5, 50 ft x 5 Mound Fastballs - 10 Rest 30 ft x 5, 45 ft x 5, 55 ft x 5 Mound Fastballs - 10	15 ft x 5 30 ft x 5 45 ft x 5 60 ft x 10	15 ft x 5, 30 ft x 10 45 ft x 10 60 ft x 15 75 ft x 15 90 ft x 20	REST	15 ft x 5, 30 ft x 5, 45 ft x 5, 60 ft x 5, 75 ft x 5, 90 ft x 5, 50 ft x 5 Mound Fastballs - 15 Rest 30 ft x 5, 45 ft x 5, 55 ft x 5 Mound Fastballs - 10	REST	REST
Day 92	Day 93	Day 94	Day 95	Day 96	Day 97	Day 98
15 ft x 5, 30 ft x 5, 45 ft x 5, 60 ft x 5, 75 ft x 5, 90 ft x 5, 50 ft x 5 Mound Fastballs - 15 Rest 30 ft x 5, 45 ft x 5, 55 ft x 5 Mound Fastballs - 10	15 ft x 5 30 ft x 5 45 ft x 5 60 ft x 10	15 ft x 5, 30 ft x 10 45 ft x 10 60 ft x 15 75 ft x 15 90 ft x 20	REST	15 ft x 5, 30 ft x 5, 45 ft x 5, 60 ft x 5, 75 ft x 5, 90 ft x 5, 50 ft x 5 Mound Fastballs - 15 Rest 30 ft x 5, 45 ft x 5, 55 ft x 5 Mound Fastballs - 15	REST	REST
Day 99	Day 100	Day 101	Day 102	Day 103	Day 104	Day 105
15 ft x 5, 30 ft x 5, 45 ft x 5, 60 ft x 5, 75 ft x 5, 90 ft x 5, 50 ft x 5 Mound Fastballs - 15 Rest 30 ft x 5, 45 ft x 5, 55 ft x 5 Mound Fastballs - 15	15 ft x 5 30 ft x 5 45 ft x 5 60 ft x 10	15 ft x 5, 30 ft x 10 45 ft x 10 60 ft x 15 75 ft x 15 90 ft x 20		15 ft x 5, 30 ft x 5, 45 ft x 5, 60 ft x 5, 75 ft x 5, 90 ft x 5, 50 ft x 5 Mound Fastballs - 20 Rest 30 ft x 5, 45 ft x 5, 55 ft x 5 Mound Fastballs - 15	REST	REST
Day 106	Day 107	Day 108	Day 109	Day 110	Day 111	Day 112
15 ft x 5, 30 ft x 5, 45 ft x 5, 60 ft x 5, 75 ft x 5, 90 ft x 5, 50 ft x 5 Mound Fastballs - 20 Rest 30 ft x 5, 45 ft x 5, 55 ft x 5 Mound Fastballs - 15	15 ft x 5 30 ft x 5 45 ft x 5 60 ft x 10	15 ft x 5, 30 ft x 10 45 ft x 10 60 ft x 15 75 ft x 15 90 ft x 20	REST	15 ft x 5, 30 ft x 5, 45 ft x 5, 60 ft x 5, 75 ft x 5, 90 ft x 5, 50 ft x 5 Mound Fastballs - 20 Rest 30 ft x 5, 45 ft x 5, 55 ft x 5 Mound Fastballs - 20	15 ft x 5 30 ft x 10 45 ft x 10 60 ft x 10 75 ft x 5	REST

Day 113	Day 114	Day 115	Day 116	Day 117	Day 118	Day 119
15 ft x 5, 30 ft x 5, 45 ft x 5, 60 ft x 5, 75 ft x 5, 90 ft x 5, 60 ft x 5 Mound Fastballs - 25 @ 100% Rest 15 ft x 5, 30 ft x 5, 45 ft x 5 Mound Fastballs - 20 @ 100%	REST	15 ft x 5, 30 ft x 10 45 ft x 10 60 ft x 15 75 ft x 15 90 ft x 20	REST	15 ft x 5, 30 ft x 5, 45 ft x 5, 60 ft x 5, 75 ft x 5, 90 ft x 5, 60 ft x 5 Mound Fastballs - 25 @ 100% Rest 15 ft x 5, 30 ft x 5, 45 ft x 5, Mound Fastballs - 25 @ 100%	15 ft x 5 30 ft x 10 45 ft x 10 60 ft x 10 75 ft x 5	REST
Day 120	Day 121	Day 122	Day 123	Day 124	Day 125	Day 126
15 ft x 5, 30 ft x 5, 45 ft x 5, 60 ft x 5, 75 ft x 5, 90 ft x 5, 60 ft x 5 Mound Fastballs - 20 @ 100% Rest 15 ft x 5, 30 ft x 5, 45 ft x 5 Mound Fastballs - 20 @ 100% Rest 15 ft x 5, 30 ft x 5, 45 ft x 5 Mound Fastballs - 15 @ 100	REST	15 ft x 5, 30 ft x 10 45 ft x 10 60 ft x 15 75 ft x 15 90 ft x 20	REST	15 ft x 5, 30 ft x 5, 45 ft x 5, 60 ft x 5, 75 ft x 5, 90 ft x 5, 60 ft x 5 Mound Fastballs - 25 @ 100% Rest 15 ft x 5, 30 ft x 5, 45 ft x 5 Mound Fastballs - 20 @ 100% Rest 15 ft x 5, 30 ft x 5, 45 ft x 5 Mound Fastballs - 15 @ 100	15 ft x 5 30 ft x 10 45 ft x 10 60 ft x 10 75 ft x 5	REST
Day 127	Day 128	Day 129	Day 130	Day 131	Day 132	Day 133
15 ft x 5, 30 ft x 5, 45 ft x 5, 60 ft x 5, 75 ft x 5, 90 ft x 5, 60 ft x 5 Mound Fastballs - 25 @ 100% Rest 15 ft x 5, 30 ft x 5, 45 ft x 5 Mound Fastballs - 25 @ 100 Rest 15 ft x 5, 30 ft x 5, 45 ft x 5 Mound Fastballs - 15 @ 100	15 ft x 5, 30 ft x 10 45 ft x 10 60 ft x 10 75 ft x 5	15 ft x 5, 30 ft x 10, 45 ft x 10, 60 ft x 15, 75 ft x 15, 90 ft x 20	REST	15 ft x 5, 30 ft x 5, 45 ft x 5, 60 ft x 5, 75 ft x 5, 90 ft x 5, 60 ft x 5 Mound Fastballs - 25 @ 100% Rest 15 ft x 5, 30 ft x 5, 45 ft x 5 Mound Fastballs - 25 @ 100 Rest 15 ft x 5, 30 ft x 5, 45 ft x 5 Mound Fastballs - 20 @ 100	15 ft x 5 30 ft x 10 45 ft x 10 60 ft x 10 75 ft x 5	REST