

8-Week Interval Baseball Throwing Program

This interval throwing program is designed to provide a **safe, structured, and progressive return to overhand throwing** following injury, surgery, or a period of rest and deconditioning. The goal is to restore throwing mechanics, arm endurance, and confidence while minimizing the risk of reinjury.

This program reflects the principles used in our sports medicine practice to guide athletes back to competition through a **criteria-based, symptom-guided progression**. Athletes should advance only when each phase is completed **completely pain-free**, with no increase in soreness, stiffness, or loss of motion the following day.

Warm-Up

- Begin each session with light aerobic activity (jogging, cycling, jump rope, etc.) to increase blood flow and tissue temperature. Once a light sweat is achieved, proceed to stretching.

Stretching

- Full-body stretching is emphasized to optimize mobility and reduce injury risk. Efficient pitching requires coordinated motion from the legs, core, and upper extremity—not the arm alone.

Throwing Mechanics

- Proper throwing mechanics are key to preventing reinjury and maximizing performance. If possible, throw under the supervision of a qualified coach, instructor, physical therapist, or athletic trainer. Now is the time to perfect mechanics.

Throwing Progression

- Warm-up throws should begin at **30–45 feet**, then advance to whatever distance the thrower feels they need to reach be fully warmed up (to a maximum of 120 feet) before beginning the mound portion of each phase.
- **Allow at least 48 hours** between throwing days unless otherwise specified.
- Progression is **individualized**—there is no mandatory timeline.
- Advancement occurs only when the current step is completed **without pain or abnormal fatigue**.
- It is OK to go through this program slower than what is planned if your arm needs additional time to recover. However, regardless of how you feel, you cannot progress through the program faster than planned. Trying to advance too quickly will likely ultimately delay your recovery and return to play.

Once the final phase is completed successfully, the position players may return to unrestricted overhand throwing. Pitchers should then transition to a structured interval mound program as directed.



WEEK 1: 45' Phase Day 1: ☐ 20 throws at 30 feet ☐ 15 throws at 45 feet ☐ 10 throws at 30 feet Day 2: REST Day 3: ☐ 20 throws at 30 feet ☐ 20 throws at 45 feet ☐ 10 throws at 30 feet Day 4: REST Day 5: ☐ 20 throws at 30 feet ☐ 25 throws at 45 feet ☐ 10 throws at 30 feet Day 6: REST Day 7: REST	WEEK 2: 45-60' Phase Day 1: ☐ 20 throws at 30 feet ☐ 30 throws at 45 feet ☐ 10 throws at 30 feet Day 2: REST Day 3: ☐ 10 throws at 30 feet ☐ 10 throws at 45 feet ☐ 15 throws at 60 feet ☐ 10 throws at 30 feet Day 4: REST Day 5: ☐ 10 throws at 30 feet ☐ 10 throws at 45 feet ☐ 20 throws at 60 feet ☐ 10 throws at 30 feet Day 6: REST Day 7: REST	WEEK 3: 60-75' Phase Day 1: ☐ 10 throws at 30 feet ☐ 10 throws at 45 feet ☐ 25 throws at 60 feet ☐ 10 throws at 30 feet Day 2: REST Day 3: ☐ 10 throws at 30 feet ☐ 10 throws at 45 feet ☐ 30 throws at 60 feet ☐ 10 throws at 30 feet Day 4: REST Day 5: ☐ 10 throws at 45 feet ☐ 10 throws at 60 feet ☐ 15 throws at 75 feet ☐ 10 throws at 45 feet Day 6: REST Day 7: REST
WEEK 4: 75' Phase Day 1: ☐ 10 throws at 45 feet ☐ 10 throws at 60 feet ☐ 20 throws at 75 feet ☐ 10 throws at 45 feet Day 2: REST Day 3: ☐ 10 throws at 45 feet ☐ 10 throws at 60 feet ☐ 25 throws at 75 feet ☐ 10 throws at 45 feet Day 4: REST Day 5: ☐ 10 throws at 45 feet ☐ 10 throws at 60 feet ☐ 30 throws at 75 feet ☐ 10 throws at 45 feet Day 6: REST Day 7: REST	WEEK 5: 90' Phase Day 1: ☐ 10 throws at 45 feet ☐ 10 throws at 60 feet ☐ 10 throws at 75 feet ☐ 15 throws at 90 feet ☐ 10 throws at 60 feet Day 2: REST Day 3: ☐ 10 throws at 45 feet ☐ 10 throws at 60 feet ☐ 10 throws at 75 feet ☐ 20 throws at 90 feet ☐ 10 throws at 60 feet Day 4: REST Day 5: ☐ 10 throws at 45 feet ☐ 10 throws at 60 feet ☐ 10 throws at 75 feet ☐ 25 throws at 90 feet ☐ 10 throws at 60 feet Day 6: REST Day 7: REST	WEEK 6: 90-105' Phase Day 1: ☐ 10 throws at 45 feet ☐ 10 throws at 60 feet ☐ 10 throws at 75 feet ☐ 30 throws at 90 feet ☐ 10 throws at 60 feet Day 2: REST Day 3: ☐ 15 throws at 45-60 feet ☐ 15 throws at 75-90 feet ☐ 15 throws at 105 feet ☐ 10 throws at 60 feet Day 4: REST Day 5: ☐ 15 throws at 45-60 feet ☐ 15 throws at 75-90 feet ☐ 20 throws at 105 feet ☐ 10 throws at 60 feet Day 6: Light catch to 75ft or Rest Day Day 7: REST
WEEK 7: 105- 120' Phase Day 1: ☐ 15 throws at 45-60 feet ☐ 15 throws at 75-90 feet ☐ 25 throws at 105 feet ☐ 10 throws at 60 feet Day 2: Light catch to 75ft or Rest Day Day 3: ☐ 15 throws at 45-60 feet ☐ 15 throws at 75-90 feet ☐ 30 throws at 105 feet ☐ 10 throws at 60 feet Day 4: Light catch to 75ft or Rest Day Day 5: ☐ 15 throws at 45-60 feet ☐ 15 throws at 75-90 feet ☐ 10 throws at 105 feet ☐ 15 throws at 120 feet ☐ 10 throws at 60 feet Day 6: Light catch up to 75 ft Day 7: REST	WEEK 8: 120' Phase Day 1: ☐ 15 throws at 45-60 feet ☐ 15 throws at 75-90 feet ☐ 10 throws at 105 feet ☐ 20 throws at 120 feet ☐ 10 throws at 60 feet Day 2: Light catch to 75ft or Rest Day Day 3: ☐ 15 throws at 45-60 feet ☐ 15 throws at 75-90 feet ☐ 10 throws at 105 feet ☐ 25 throws at 120 feet ☐ 10 throws at 60 feet Day 4: Light catch to 75ft or Rest Day Day 5: ☐ 15 throws at 45-60 feet ☐ 15 throws at 75-90 feet ☐ 10 throws at 105 feet ☐ 30 throws at 120 feet ☐ 10 throws at 60 feet Day 6: Light catch up to 75 ft Day 7: REST	*Pitchers progress to interval mound program *Position players return to unrestricted overhand throwing