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INTERVAL THROWING PROGRAM

This interval-throwing program is designed to allow you to work several times a day at a submaximal level, never trying to fatigue the arm, but to get a light workout several times a day. This will enable the arm to gradually become stronger and more conditioned to the act of throwing. The program should begin with an application of moist heat followed by icing of the involved extremity.

Even though you could throw at a more intense level, that is not the idea of this program. It is the slow build-up and conditioning of the arm that will allow you to progress and not reinjure yourself. Throw 2 days followed by a day of rest. Expect some soreness. Progress may not be in a straight line upward. There will be advances and regressions. Ease off when you hurt and don't advance a phase until you are completely comfortable at your present phase.

Your long toss may start with throws that will just toll to your partner and graduate to one hop and then the fly.

(P) stands for pitchers and (F) stands for fielders or everyone else.

1st PHASE

- Short Toss: 50 throws in 5 minutes of 30 feet at $\frac{1}{2}$ speed
- Rest: 15 to 30 minutes
- Long Toss: 25 throws in 5 minutes of 90 feet or less at your own intensity

2nd PHASE

- Short Toss: 50 throws in 5 minutes of 60 feet working up to $\frac{1}{2}$ speed
- Rest: 15 to 30 minutes
- Long Toss: 25 throws in 5 minutes of 120 feet at your own intensity

3rd PHASE

- Short Toss: 50 throws in 5 minutes of 60 feet working up to $\frac{3}{4}$ speed
- Rest: 15 to 30 minutes
- Long Toss: 25 throws in 5 minutes of 150 feet at your own intensity

4th PHASE

- Short Toss: 50 throws in 5 minutes
- (P) of 60 feet working up to $\frac{3}{4}$ speed on the mound
- (F) of 90 feet at $\frac{1}{2}$ speed
- Rest: 15 to 30 minutes
- Long Toss: 25 throws in 5 minutes of 180 feet at your own intensity

5th PHASE

- Short Toss: 50 throws in 5 minutes
- (P) of 60 feet at $\frac{1}{2}$ to $\frac{3}{4}$ speed on the mound with a breaking ball
- (F) of 90 feet at $\frac{3}{4}$ speed
- Rest: 15 to 30 minutes
- Long Toss: 25 throws in 5 minutes of 210 feet at your own intensity

6th PHASE

- Short Toss: 50 throws in 5 minutes
- (P) of 60 feet at $\frac{3}{4}$ speed working up to full speed on the mound with a breaking ball
- (F) of 120 feet at $\frac{1}{2}$ speed
- Rest: 15 to 30 minutes
- Long Toss: 25 throws in 5 minutes of 250 feet at your own intensity

7th PHASE

- Short Toss: 50 throws in 5 minute
- (P) of 60 feet at $\frac{3}{4}$ to full speed on the mound with

any pitch of your choice

- (F) of 120 feet at $\frac{3}{4}$ working up to full speed
- Rest: 15 to 30 minutes
- Long Toss: 25 throws in 5 minutes of 250 feet at your own intensity