

ASMI Little League Interval Throwing Program

*****Warm-up and stretch prior to throwing**

30' Phase

- Step 1: A) Warm-up throwing
B) 30' (25 throws)
C) Rest 15 minutes
D) Warm-up throwing
E) 30' (25 throws)

- Step 2: A) Warm-up throwing
B) 30' (25 throws)
C) Rest 10 minutes
D) Warm-up throwing
E) 30' (25 throws)
F) Rest 10 minutes
G) Warm-up throwing
H) 30' (25 throws)

45' Phase

- Step 3: A) Warm-up throwing
B) 45' (25 throws)
C) Rest 15 minutes
D) Warm-up throws
E) 45' (25 throws)

- Step 4: A) Warm-up throwing
B) 45' (25 throws)
C) Rest 10 minutes
D) Warm-up throwing
E) 45' (25 throws)
F) Rest 10 minutes
G) Warm-up throwing
H) 45' (25 throws)

60' Phase

- Step 5: A) Warm-up throwing
B) 60' (25 throws)
C) Rest 15 minutes
D) Warm-up throwing
E) 60' (25 throws)

- Step 6: A) Warm-up throwing
B) 60' (25 throws)
C) Rest 10 minutes
D) Warm-up throwing
E) 60' (25 throws)
F) Rest 10 minutes
G) Warm-up throwing
H) 60' (25 throws)

90' Phase

- Step 7: A) Warm-up throwing
B) 90' (25 throws)
C) Rest 15 minutes
D) Warm-up throws
E) 90' (25 throws)

- Step 8: A) Warm-up throwing
B) 90' (25 throws)
C) Rest 10 minutes
D) Warm-up throwing
E) 90' (25 throws)
F) Rest 10 minutes
G) Warm-up throwing
H) 90' (25 throws)

*****Program is to be done every other day**