

**Interval Throwing Programs and Alterations  
Pitcher Short Term Interval Programs**

**Pitcher**

5 to 10 days missed (pain free with adequate strength)

\*\*\*Warm-up throwing precedes all throwing (3 minutes @ 45ft)

\*\*\*1 throws to 6 sec rest ratio

<b>Day 1</b>	3 minutes @ 45 ft (30 throws) 3 minutes @ 60 ft (30 throws)	<b>Day 11</b>	5 minutes @ 60 ft 2 minutes @ 90 ft 6 minutes @ 120 ft 2 minutes @ 60 ft
<b>Day 2</b>	5 minutes @ 45 ft (50 throws) 5 minutes @ 60 ft (50 throws)	<b>Day 12</b>	Off
<b>Day 3</b>	15 minutes @ 60 ft (150 throws)	<b>Day 13</b>	10 minutes @ 60 ft Bullpen (Mound) 25 pitches @ 75% (Fastballs Only)
<b>Day 4</b>	10 minutes @ 60 ft (100 throws) 3 minutes @ 90 ft (30 throws) 2 minutes @ 60 ft (20 throws)		
<b>Day 5</b>	Off	<b>Day 14</b>	Soft Toss Program 5 minutes @ 45 ft 3 minutes @ 90 ft 2 minutes @ 120 ft 5 minutes @ 45 ft
<b>Day 6</b>	10 Minutes @ 60 ft (100 throws) 3 minutes @ 90 ft (30 throws) 2 minutes @ 60 ft (20 throws)		
<b>Day 7</b>	5 minutes @ 60 ft (50 throws) 5 minutes @ 90 ft (50 throws) 5 minutes @ 60 ft (50 throws)	<b>Day 15</b>	10 minutes @ 60 ft Bullpen (Mound) 35 pitches @ 80% Fast balls & Change-ups Only
<b>Day 8</b>	5 minutes @ 60 ft (50 throws) 5 minutes @ 90 ft (50 throws) 3 minutes @ 120 ft (25 throws) 2 minutes @ 60 ft (20 throws)	<b>Day 16</b>	Off
<b>Day 9</b>	Off	<b>Day 17</b>	10 minutes @ 60 ft Bullpen 45 pitches All Pitches @ 100%
<b>Day 10</b>	5 minutes @ 60 ft (50 throws) 2 minutes @ 90 ft (20 throws) 6 minutes @ 120 ft (50 throws) 2 minutes @ 60 ft (20 throws)	<b>Day 18</b>	Same as Day 14
		<b>Day 19</b>	Simulated game 25 pitches
		<b>Day 20</b>	Same as Day 14
		<b>Day 21</b>	Game 25-35 pitches

