

Interval Throwing Progressions

- Throwing will be performed every other day
- Each stage should last approximately one week
- If pain occurs during any stage, return to previous stage
- Continue pre and post exercises on throwing days, allow time for recovery
- Distances may be adjusted for younger athletes

Basic Interval Progression

Stage 1: 45 feet

- Warm-up throwing
- 45-ft (25 throws)
- Rest 15 min
- Warm-up throwing
- 45-ft (25 throws)

Stage 2: 60 feet

- Warm-up throwing
- 60-ft (25 throws)
- Rest 15 min
- Warm-up throwing
- 60-ft (25 throws)

Stage 3: 90 feet

- Warm-up throwing
- 90-ft (25 throws)
- Rest 15 min
- Warm-up throwing
- 90-ft (25 throws)

Stage 4: 120 feet

- Warm-up throwing
- 120-ft (25 throws)
- Rest 15 min
- Warm-up throws
- 120-ft (25 throws)

Note: Perform each stage at 50%, 75%, & 100% intensity

Detroit Tiger Interval Progression

Stage 1: 60 feet (50-75%)

- 60-ft 1x15 throws
- Day 2/3 60-ft 2x15 throws
Day 4/5 60-ft 3x15 throws

Stage 2: 60 feet (On ARC)

- 60-ft 3x15 throws
5 min break

90 feet (50-75%)

- 90-ft 1x15 throws
- Day 9/10 90-ft 2x15 throws
Day 11/12 90-ft 3x15 throws

Stage 3: (On ARC)

- Day 14/15 a) 60-ft 3x15
Day 15/16 b) 90-ft 3x15

120 feet (50-75%)

- 120-ft 1x15 throws
- Day 17/18 120-ft 2x15 throws
Day 19/20 120-ft 3x15 throws

Stage 4: 60 or 90 feet (On Line)

- Day 21-23 a) 60-ft 3x15 or
90-ft 3x15
Day 24-27 b) 120-ft 3x15

Can begin off-speed work after 120-ft
Progress to 150 feet for catchers

Note:

After 120-ft or stage 3, begin 60-ft or 90-ft online and increase intensity (80-100%)

Mound progression: 15, 30, 45, and 60-ft

Allow more time for recovery when beginning from the mound