



**Henry Ford Health Systems
Center for Athletic Medicine**

**YOUTH BASEBALL INTERVAL
THROWING PROGRAM**

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

30 feet Phase

Step 1:

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

Step 2:

- Warm-up throwing
- 30-ft (25 throws)
- Rest 10 minutes
- Warm-up throwing
- 30-ft (25 throws)
- Rest 10 minutes
- Warm-up throwing
- 30-ft (25 throws)

45 feet Phase

Step 3:

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

Step 4:

- Warm-up throwing
- 45-ft (25 throws)
- Rest 10 min
- Warm-up throwing
- 45-ft (25 throws)
- Rest 10 min
- Warm-up throwing
- 45-ft (25 throws)

60 feet Phase

Step 5:

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

Step 6:

- Warm-up throwing
- 60-ft (25 throws)
- Rest 10 min
- Warm-up throwing
- 60-ft (25 throws)
- Rest 10 min
- Warm-up throwing
- 60-ft (25 throws)

90 feet Phase

Step 7:

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

Step 8:

- Warm-up throwing
- 45-ft (25 throws)
- Rest 10 min
- Warm-up throwing
- 90-ft (25 throws)
- Rest 10 min
- Warm-up throwing
- 90-ft (25 throws)