



From the office of:

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## INTERVAL THROWING PROGRAM

### **PHASE I:** Progress to next step only when prior step can be completed pain-free

#### 45-ft phase

- Step 1
- A) Warm-up throwing
  - B) 45-ft (25 throws)
  - C) Rest 5 minutes
  - D) Warm-up throwing
  - E) 45-ft (25 throws)

- Step 2
- A) Warm-up throwing
  - B) 45-ft (25 throws)
  - C) Rest 10 minutes
  - D) Warm-up throwing
  - E) 45-ft (25 throws)
  - F) Rest 10 minutes
  - G) Warm-up throwing
  - H) 45-ft (25 throws)

#### 60-ft phase

- Step 1
- A) Warm-up throwing
  - B) 60-ft (25 throws)
  - C) Rest 5 minutes
  - D) Warm-up throwing
  - E) 60-ft (25 throws)

- Step 2
- A) Warm-up throwing
  - B) 60-ft (25 throws)
  - C) Rest 10 minutes
  - D) Warm-up throwing
  - E) 60-ft (25 throws)
  - F) Rest 10 minutes
  - G) Warm-up throwing
  - H) 60-ft (25 throws)

#### 90-ft phase

- Step 1
- A) Warm-up throwing
  - B) 90-ft (25 throws)
  - C) Rest 5 minutes
  - D) Warm-up throwing
  - E) 90-ft (25 throws)

- Step 2
- A) Warm-up throwing
  - B) 90-ft (25 throws)
  - C) Rest 10 minutes
  - D) Warm-up throwing
  - E) 90-ft (25 throws)
  - F) Rest 10 minutes
  - G) Warm-up throwing
  - H) 90-ft (25 throws)

#### 120-ft phase

- Step 1
- A) Warm-up throwing
  - B) 120-ft (25 throws)
  - C) Rest 5 minutes
  - D) Warm-up throwing
  - E) 120-ft (25 throws)

- Step 2
- A) Warm-up throwing
  - B) 120-ft (25 throws)
  - C) Rest 10 minutes
  - D) Warm-up throwing
  - E) 120-ft (25 throws)
  - F) Rest 10 minutes
  - G) Warm-up throwing
  - H) 120-ft (25 throws)

#### 150-ft phase

- Step 1
- A) Warm-up throwing
  - B) 150-ft (25 throws)
  - C) Rest 5 minutes
  - D) Warm-up throwing
  - E) 150-ft (25 throws)

- Step 2
- A) Warm-up throwing
  - B) 150-ft (25 throws)
  - C) Rest 10 minutes
  - D) Warm-up throwing
  - E) 150-ft (25 throws)
  - F) Rest 10 minutes
  - G) Warm-up throwing
  - H) 150-ft (25 throws)

#### 180-ft phase

- Step 1
- A) Warm-up throwing
  - B) 180-ft (25 throws)
  - C) Rest 5 minutes
  - D) Warm-up throwing
  - E) 180-ft (25 throws)

- Step 2
- A) Warm-up throwing
  - B) 180-ft (25 throws)
  - C) Rest 10 minutes
  - D) Warm-up throwing
  - E) 180-ft (25 throws)
  - F) Rest 10 minutes
  - G) Warm-up throwing
  - H) 180-ft (25 throws)

## **PHASE II (for pitchers)**

- Use interval throwing to 120-ft Phase as a warm-up
- Throwing is performed every other day.
- Do not rush thru each stage. Quicker is not better.
- In order to move to the next step, you need to have no pain and good control.
- If pain does occur you will probably need to rest a few days and back up to the previous step.
- Pre- and Post- throwing exercises must be performed. This includes stretching your shoulder once warm.

### **Stage One: Fastball Only**

- Step 1: Interval throwing  
15 Throws off of the mound at 50%
- Step 2: Interval throwing  
30 Throws off of the mound at 50%
- Step 3: Interval throwing  
45 Throws off of the mound at 50%
- Step 4: Interval throwing  
60 Throws off of the mound at 50%
- Step 5: Interval throwing  
30 Throws off of the mound at 75%
- Step 6: 30 Throws off of the mound at 75%  
45 Throws off of the mound at 50%
- Step 7: 45 Throws off of the mound at 75%  
15 Throws off of the mound at 50%
- Step 8: 60 Throws off of the mound at 75%

### **Stage Two: Fastball Only**

- Step 9: 45 Throws off of the mound at 75%  
15 Throws in batting practice
- Step 10: 45 Throws off of the mound at 75%  
30 Throws in batting practice
- Step 11: 45 Throws off of the mound at 75%  
45 Throws in batting practice

## **Stage Three**

- Step 12: 30 Throws off of the mound at 75%  
warm-up  
15 Throws off of the mound; 50% of them breaking balls  
45-60 Throws in batting practice (fastball only)
- Step 13: 30 Throws off of the mound at 75%  
30 Breaking balls at 75%  
30 Throws in batting practice
- Step 14: 30 Throws off of the mound at 75%  
60-90 Throws in batting practice;  
25% of them breaking balls
- Step 15: Simulated game: progressing by 15  
throws per work-out