

# Youth Six - Week Interval Throwing Program for Position Players

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Week	Day	Throws @ Feet	Total Throws
1	1	20 @ 25	20
	3	30 @ 25	30
	5	20 @ 25, 10 @ 40	30
2	8	20 @ 25, 20 @ 40	40
	10	20 @ 25, 20 @ 40	40
	12	10 @ 25, 20 @ 40, 10 @ 55	40
3	15	10 @ 25, 20 @ 40, 20 @ 55	50
	17	10 @ 25, 20 @ 40, 10 @ 55	50
	19	10 @ 25, 10 @ 40, 20 @ 55, 10 @ 70	50
4	22	10 @ 25, 10 @ 40, 20 @ 55, 20 @ 70	60
	24	10 @ 25, 10 @ 40, 20 @ 55, 10 @ 70	60
	26	10 @ 25, 10 @ 40, 10 @ 55, 20 @ 70, 10 @ 85	60
5	29	10 @ 25, 10 @ 40, 10 @ 55, 20 @ 70, 20 @ 85	70
	31	10 @ 25, 10 @ 40, 10 @ 55, 20 @ 70, 20 @ 85	70
	33	10 @ 25, 10 @ 40, 10 @ 55, 10 @ 70, 20 @ 85, 10 @ 100	70
6	36	10 @ 25, 10 @ 40, 10 @ 55, 10 @ 70, 20 @ 85, 20 @ 100	80
	37	10 @ 25, 10 @ 40, 10 @ 55, 10 @ 70, 20 @ 85, 10 @ 100, 10 @ 115	80
	38	10 @ 25, 10 @ 40, 10 @ 55, 10 @ 70, 20 @ 85, 10 @ 100, 10 @ 115	80

Before each throwing session, warm up properly:

- Throwers 10 program
- 10 – 15 minutes of light jog or bike
- Wear long sleeves if the weather is cold

After each session, cool down

- 5 – 10 minutes of light jog or bike
- Ice elbow and shoulder for 15 minutes

This program is a guide – the distances and number of throws may be adjusted as needed

Progress to each step after completing the preceding step entirely with the following restrictions:

1. If you do not have any soreness, advance to the next step.
2. If you develop soreness during warm-ups but it goes away, repeat the previous workout.
3. If the soreness does not go away after warm-ups, stop, take two days off and repeat the last workout.
4. If you are sore for more than 1 hour after throwing or the next day, take 1 day off and repeat the last workout.
5. If the soreness persists, notify your doctor, athletic trainer, or physical therapist.