

Adult Six - Week Interval Throwing Program for Position Players E. Edward Khalfayan, M.D.

Week	Day	Throws @ Feet	Total Throws
1	1	20 @ 45	20
	3	30 @ 45	30
	5	20 @ 45ft, 10 @ 60	30
2	8	20 @ 45ft, 20 @ 60	40
	10	20 @ 45ft, 20 @ 60	40
	12	10 @ 45, 20 @ 60, 10 @ 75	40
3	15	10 @ 45, 20 @ 60, 20 @ 75	50
	17	10 @ 45, 20 @ 60, 20 @ 75	50
	19	10 @ 45, 10 @ 60, 20 @ 75, 10 @ 90	50
4	22	10 @ 45, 10 @ 60, 20 @ 75, 20 @ 90	60
	24	10 @ 45, 10 @ 60, 20 @ 75, 20 @ 90	60
	26	10 @ 45, 10 @ 60, 10 @ 75, 20 @ 90, 10 @ 105	60
5	29	10 @ 45, 10 @ 60, 10 @ 75, 20 @ 90, 20 @ 105	70
	31	10 @ 45, 10 @ 60, 10 @ 75, 20 @ 90, 20 @ 105	70
	33	10 @ 45, 10 @ 60, 10 @ 75, 10 @ 90, 20 @ 105, 10 @ 120	70
6	36	10 @ 45, 10 @ 60, 10 @ 75, 10 @ 90, 20 @ 105, 20 @ 120	80
	37	10 @ 45, 10 @ 60, 10 @ 75, 10 @ 90, 20 @ 105, 10 @ 120, 10 @ 135	80
	38	10 @ 45, 10 @ 60, 10 @ 75, 10 @ 90, 20 @ 105, 10 @ 120, 10 @ 135	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.