## Interval Throwing Program for Baseball Players: Phase I

<table>
<thead>
<tr>
<th>45' Phase</th>
<th>60' Phase</th>
<th>90' Phase</th>
<th>120' Phase</th>
</tr>
</thead>
</table>
| **Step 1**:  
A) Warm-up Throwing  
B) 45' (25 Throws)  
C) Rest 5-10 min.  
D) Warm-up Throwing  
E) 45' (25 Throws)  |
| **Step 2**:  
A) Warm-up Throwing  
B) 45' (25 Throws)  
C) Rest 5-10 min.  
D) Warm-up Throwing  
E) 45' (25 Throws)  |
| **Step 3**:  
A) Warm-up Throwing  
B) 60' (25 Throws)  
C) Rest 5-10 min.  
D) Warm-up Throwing  
E) 60' (25 Throws)  |
| **Step 4**:  
A) Warm-up Throwing  
B) 60' (25 Throws)  
C) Rest 5-10 min.  
D) Warm-up Throwing  
E) 60' (25 Throws)  |
| **Step 5**:  
A) Warm-up Throwing  
B) 90' (25 Throws)  
C) Rest 5-10 min.  
D) Warm-up Throwing  
E) 90' (25 Throws)  |
| **Step 6**:  
A) Warm-up Throwing  
B) 90' (25 Throws)  
C) Rest 5-10 min.  
D) Warm-up Throwing  
E) 90' (25 Throws)  |
| **Step 7**:  
A) Warm-up Throwing  
B) 120' (25 Throws)  
C) Rest 5-10 min.  
D) Warm-up Throwing  
E) 120' (25 Throws)  |
| **Step 8**:  
A) Warm-up Throwing  
B) 120' (25 Throws)  
C) Rest 5-10 min.  
D) Warm-up Throwing  
E) 120' (25 Throws)  |
| **Step 9**:  
A) Warm-up Throwing  
B) 150' (25 Throws)  
C) Rest 5-10 min.  
D) Warm-up Throwing  
E) 150' (25 Throws)  |
| **Step 10**:  
A) Warm-up Throwing  
B) 150' (25 Throws)  
C) Rest 5-10 min.  
D) Warm-up Throwing  
E) 150' (25 Throws)  |
| **Step 11**:  
A) Warm-up Throwing  
B) 180' (25 Throws)  
C) Rest 5-10 min.  
D) Warm-up Throwing  
E) 180' (25 Throws)  |
| **Step 12**:  
A) Warm-up Throwing  
B) 180' (25 Throws)  
C) Rest 5-10 min.  
D) Warm-up Throwing  
E) 180' (25 Throws)  |
| **Step 13**:  
A) Warm-up Throwing  
B) 180' (25 Throws)  
C) Rest 5-10 min.  
D) Warm-up Throwing  
E) 180' (25 Throws)  |
| **Step 14**:  
A) Warm-up Throwing  
B) 180' (25 Throws)  
C) Rest 5-10 min.  
D) Warm-up Throwing  
E) 180' (25 Throws)  |

### Flat Ground Throwing for Baseball Pitchers

- **Step 14:**
  A) Warm-up Throwing
  B) Throw 60 ft. (10-15 throws)
  C) Throw 90 ft. (10 throws)
  D) Throw 120 ft. (10 throws)
  E) Throw 60 ft. (flat ground) using pitching mechanics (20-30 throws)

- **Step 15:**
  A) Warm-up Throwing
  B) Throw 60 ft. (10-15 throws)
  C) Throw 90 ft. (10 throws)
  D) Throw 120 ft. (10 throws)
  E) Throw 60 ft. (flat ground) using pitching mechanics (20-30 throws)
  F) Throw 60-90 ft. (10-15 throws)
  G) Throw 60 ft. (flat ground) using pitching mechanics (20 throws)

### Progress to Phase II – Throwing Off the Mound

- 45 feet = 13.7 meters
- 60 feet = 18.3 meters
- 90 feet = 27.4 meters
- 120 feet = 36.6 meters
- 150 feet = 45.7 meters
- 180 feet = 54.8 meters