



Paul Kiritsis, MD
kneeandshouldersurgery.com

Interval Throwing Program Phase I: Long Toss Program

45-foot Stage

- Step 1: a. Warm-up throwing
b. 45 ft. (25 throws)
c. Rest 15 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. 45 ft. (25 throws)
e. Warm-up throwing
f. Rest 10 minutes
g. Warm-up throwing
h. 45 ft. (25 throws)

60-foot Stage

- Step 3: 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-foot Stage

- Step 5: a. Warm-up throwing
b. 90 ft. (25 throws)
c. Rest 15 minutes
d. Warm-up throwing
e. 90 ft. (25 throws)

- Step 6: a. Warm-up throwing
b. 90 ft. (25 throws)
c. Rest 10 minutes
d. 90 ft. (25 throws)
e. Warm-up throwing
f. Rest 10 minutes
g. Warm-up throwing
h. 90 ft. (25 throws)

120-foot Stage

- Step 7: a. Warm up throwing
b. 120 ft. (25 throws)
c. Rest 15 minutes
d. Warm-up throwing
e. 120 ft. (25 throws)

- Step 8: 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)

Always do a full body warm-up and stretch before throwing. Stretch again to cool down when finished throwing.

150 ft. Stage

- Step 9:
- a. Warm-up throwing
 - b. 150 ft. (25 throws)
 - c. Rest 15 minutes
 - d. Warm-up throwing
 - e. 150 ft. (25 throws)
 - f. Rest 10 minutes
 - g. Warm-up throwing
 - h. 150 ft. (25 throws)

- Step 10:
- 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. stage

- Step 11:
- a. Warm-up throwing
 - b. 180 ft (25 throws)
 - c. Rest 15 minutes
 - d. Warm-up throwing
 - e. 180 ft. (25 throws)

- Step 12 :
- 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)

- Step 13:
- 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)

- Step 14: Begin throwing off the pitcher's mound (see Interval Throwing Program, Phase II) or return to practice at your position.