

Short Duration (21-Day) Interval Throwing Program

Day 1: 45 ft. (30 throws)
60 ft. (30 throws)

Day 2: 45 ft. (45 throws)
60 ft. (45 throws)

Day 3: 60 ft. (125 throws)

Day 4: 60 ft. (85 throws)
90 ft. (30 throws)
60 ft. (20 throws)

Day 5: Rest

Day 6: 60 ft. (100 throws)
90 ft. (30 throws)
60 ft. (20 throws)

Day 7: 60 ft. (50 throws)
90 ft. (50 throws)
60 ft. (50 throws)

Day 8: 60 ft. (50 throws)
90 ft. (50 throws)
120 ft. (25 throws)
60 ft. (20 throws)

Day 9: Rest

Day 10: 60 ft. (50 throws)
90 ft. (20 throws)
120 ft. (50 throws)
60 ft. (20 throws)

Day 11: 60 ft. (50 throws)
90 ft. (20 throws)
120 ft. (60 throws)
60 ft. (20 throws)

Day 12: Rest

Day 13: 60 ft. (100 throws)
Bullpen pitching (fastballs only):
25 pitches @ 75% effort

Day 14: 45 ft. (50 throws)
90 ft. (30 throws)
120 ft. (20 throws)
45 ft. (50 throws)

Day 15: 60 ft. (100 throws)
Bullpen pitching (fastballs & change-ups):
35 pitches @ 80% effort

Day 16: Rest

Day 17: 60 ft. (100 throws)
Bullpen pitching (all pitches):
45 pitches @ 100%

Day 18: 45 ft. (50 throws)
90 ft. (30 throws)
120 ft. (20 throws)
45 ft. (50 throws)

Day 19: Simulated game (25 pitches)

Day 20: 45 ft. (50 throws)
90 ft. (30 throws)
120 ft. (20 throws)
45 ft. (50 throws)

Day 21: Game (25-35 pitches)
45 feet = 13.7 meters
60 feet = 18.3 meters
90 feet = 27.4 meters
120 feet = 36.6 meters