

Softball Phase I Interval Throwing Program

<p style="text-align: center;"><u>30' Phase</u></p> <p>Step 1: A) Warm-up Throwing B) 30' (25 Throws) C) Rest 15 min. D) Warm-up Throwing E) 30' (25 Throws)</p> <p>Step 2: A) Warm-up Throwing B) 30' (25 Throws) C) Rest 10 min. D) Warm-up Throwing E) 30' (25 Throws) F) Rest 10 min. G) Warm-up Throwing H) 30' (25 Throws)</p>	<p style="text-align: center;"><u>45' Phase</u></p> <p>Step 3: A) Warm-up Throwing B) 45' (25 Throws) C) Rest 15 min. D) Warm-up Throwing E) 45' (25Throws)</p> <p>Step 4: A) Warm-up Throwing B) 45' (25 Throws) C) Rest 10 min. D) Warm-up Throwing E) 45' (25 Throws) F) Rest 10 min. G) Warm-up Throwing H) 45' (25 Throws)</p>
<p style="text-align: center;"><u>60' Phase</u></p> <p>Step 5: A) Warm-up Throwing B) 60' (25 Throws) C) Rest 15 min. D) Warm-up Throwing E) 60' (25 Throws)</p> <p>Step 6: A) Warm-up Throwing B) 60' (25 Throws) C) Rest 10 min. D) Warm-up Throwing E) 60' (25 Throws) F) Rest 10 min. G) Warm-up Throwing H) 60' (25 Throws)</p>	<p style="text-align: center;"><u>90' Phase</u></p> <p>Step 7: A) Warm-up Throwing B) 90' (25 Throws) C) Rest 15 min. D) Warm-up Throwing E) 90' (25 Throws)</p> <p>Step 8: A) Warm-up Throwing B) 90' (20 Throws) C) Rest 10 min. D) Warm-up Throwing E) 60' (20 Throws) F) Rest 10 min. G) Warm-up Throwing H) 45' (20 Throws) I) Rest 10 min. J) Warm-up Throwing K) 45' (15 Throws)</p>

30 feet = 9.1 meters
45 feet = 13.7 meters
60 feet = 18.3 meters
90 feet = 27.4 meters