

**Athletic Rehab Institute
Interval Throwing Program
Stage One**

45ft. PHASE

- Step 1: A) Warm-up tosses
B) 45ft. (25 throws)
C) Rest 10 minutes
D) 10 Warm-up throwing
E) 45ft. (25 throws)
- Step 2: A) 10 Warm-up tosses
B) 45ft (25 throws)
C) Rest 10 minutes
D) 10 Warm-up tosses
E) 45ft (25 throws)
F) Rest 10 minutes
G) Warm-up throwing
H) 45ft (25 throws)

60ft PHASE

- Step 3: A) Warm-up tosses
B) 60ft (25 throws)
C) Rest 10 minutes
D) Warm-up tosses
E) 60ft (25 throws)
- Step 4: A) Warm-up tosses
B) 60ft (25 throws)
C) Rest 10 minutes
D) Warm-up tosses
E) 60ft (25 throws)
F) Rest 10 minutes
G) Warm-up throwing
H) 60ft (25 throws)

90ft PHASE

- Step 5: A) Warm-up tosses
B) 90ft (25 throws)
C) Rest 10 minutes
D) 90ft (25 throws)
- Step 6: A) Warm-up tosses
B) 90ft (25 throws)
C) Rest 10 minutes
D) 90ft (25 throws)
E) Rest 10 minutes
F) 90ft (25 throws)

120ft PHASE

- Step 7: A) Warm-up tosses
B) 120ft (25 throws)
C) Rest 10 minutes
D) 120ft (25 throws)
- Step 8: A) Warm-up tosses
B) 120ft (25 throws)
C) Rest 10 minutes
D) 120ft (25 throws)
E) Rest 10 minutes
F) 120ft (25 throws)

150ft PHASE

- Step 9: A) Warm-up tosses
B) 150ft (25 throws)
C) Rest 10 minutes
D) 150ft (25 throws)
- Step 10: A) Warm-up tosses
B) 150ft (25 throws)
C) Rest 10 minutes
D) 150ft (25 throws)
E) Rest 10 minutes
F) 150ft (25 throws)

180ft PHASE

- Step 11: A) Warm-up tosses
B) 180ft (25 throws)
C) Rest 10 minutes
D) 180ft (25 throws)
- Step 12: A) Warm-up tosses
B) 180ft (25 throws)
C) Rest 10 minutes
D) 180ft (25 throws)
E) Rest 10 minutes
F) 180ft (25 throws)

**Begin throwing off the mound or return to
respective position*