

Baseball Infielder Interval Throwing Program

Program	Step	Criteria for Progression
Infielder	Step 1	Warm up long tosses to 60 ft 20 throws at 30 ft Field Practice (50%) <ul style="list-style-type: none"> • 5 throws at 30 ft • 10 throws at 45 ft • 10 throws at 60 ft • 20 long tosses to 60 ft
	Step 2	Warm up tosses to 75 ft 20 throws at 45 ft Field Practice (50%) <ul style="list-style-type: none"> • 5 throws at 45 ft • 10 throws at 60 ft • 10 throws at 75 ft • 20 tosses to 75 ft
	Step 3	Warm up tosses to 90 ft 10 throws at 45 ft (50%) 10 throws at 60 ft (50%) Field Practice (75%) <ul style="list-style-type: none"> • 5 throws at 45 ft • 10 throws at 60 ft • 10 throws at 90 ft
	Step 4	Warm up long tosses to 120 ft 20 throws at 60 ft (50%) Field Practice (75%) <ul style="list-style-type: none"> • 5 throws at 60 ft • 10 throws at 90 ft • 10 throws at 120 ft • 20 long tosses at 120 ft

	Step 5	Warm-up tosses to 150 ft 20 throws at 60 ft (75%) Field Practice (75%) <ul style="list-style-type: none"> • 5 throws at 90 ft • 10 throws at 90 ft • 5 throws at 120 ft • 5 throws at 150 ft • 5 throws at 150 ft • 20 tosses to 150 ft
	Step 6	Simulated Game Warm-up tosses to 180 ft 20 throws at 60 ft (50%) Field Practice (100%) <ul style="list-style-type: none"> • 5 throws at 90 ft • 5 throws at 120 ft • 5 throws at 180 ft • 20 throws to 150 ft

Soreness Rules

<p>Each step should be performed 2-3 times with one day rest between each session</p>
<p>If no soreness, advance one step every 2-3 throwing days</p>
<p>If sore during warm-up but soreness is gone within first 15 throws, repeat the previous workout. If shoulder becomes sore during tis workout, stop and take two days off. Upon return, drop down one step</p>
<p>If sore more than one hour after throwing or the next day, take one day off and repeat the most recent throwing program workout</p>
<p>If sore during warm-up and soreness continues through the first 15 throws stop throwing and take two days off. Upon return to throwing, drop down to previous workout</p>

Axe M et al. Data-Based Interval Throwing Programs for Baseball Players. Sports Health. 2009;1:145-153.