



ADULT BASEBALL OUTFIELDER INTERVAL THROWING PROGRAM

Each phase is designed to increase endurance and strength throughout the progression. Every athlete progresses at different rates; therefore the "soreness rule" is used to prevent oversteering the soft tissue during progression.

1. Each step should be performed 2-3 times with one day rest between each session.
2. If no soreness, advance one step every 2-3 throwing days.
3. If sore during warm-up but soreness is gone within the first 15 throws, repeat the previous workout. If shoulder becomes sore during this workout, stop and take two days off. Upon return to throwing, drop down one step.
4. If sore more than one hour after throwing or the next day, take one day off and repeat the most recent throwing program workout.
5. 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.

It is recommended to be properly warmed up prior to the start of a work-out. A suggested work-out format includes: 10 minute dynamic warm-up (jogging, biking, etc), complete shoulder stretches, and carry out designated throws for the appropriate step, complete peri-scapular strengthening exercises (high rep with low weight), repeat shoulder stretches, and finish with ice. Ice should be applied to the shoulder for 15-20 minutes following each step. Early supervision of the progression by an athletic trainer or rehabilitation professional is recommended.

If you are using this program as a return to throwing program due to an injury or surgery, you are to begin at Phase 1 and progress through each phase

If you are using this program to prepare for your upcoming season without a recent injury or surgery, you may complete Steps 2, 4, and 6.

Return to Throwing

- All long tosses begin with a crow-hop

Step 1

- Warm up tosses to 50 ft
- Catch 10 fly balls, throw to cutoff at 50 ft (50% effort)
- 1-2 minutes rest
- Repeat 3 times
- 15 long tosses to 65 ft

Step 2

- Warm up tosses at 75 ft
- Catch 10 fly balls, throw to cutoff at 75 ft (50% effort)
- 1-2 minutes rest between catches
- Repeat 3 times
- 15 long tosses to 90 ft

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Step 3

- Warm up tosses to 90 ft
- Catch 10 fly balls, throw to cutoff at 90 ft (50% effort)
- 1-2 minutes rest
- Repeat 3 times
- 15 long tosses to 120 ft

Step 4

- Warm up tosses to 120 ft
- Catch 10 fly balls, throw to cutoff at 120 ft (50% effort)
- 1-2 minutes rest
- Repeat 5 times
- 5 long tosses to 100 ft
- 10 long tosses to 125 ft
- 5 long tosses to 150 ft

Step 5

- Warm up tosses to 150 ft
- Catch 10 fly balls, throw to cutoff at 150 ft (75% effort)
- Repeat 5 times
- Catch 10 fly balls; throw to cutoff at 150 ft (75%)
- 1-2 minutes rest
- Repeat 3 times
- 5 long tosses to 100 ft
- 15 long tosses to 125 ft
- 10 long tosses to 150 ft
- 5 long tosses to 175 ft

Step 6

- Warm up tosses to 225 ft
- Catch 10 fly balls; throw to each base at 200 ft (75%)
- 1-2 minutes rest
- Repeat 5 times
- 5 long tosses to 150 ft
- 5 long tosses to 175 ft
- 5 long tosses to 200 ft
- 3 long tosses to 225 ft
- 3 long tosses to 250 ft

Step 7

- Simulated Game
- Warm up tosses to 250 ft
- Catch 10 fly balls; throw to each base at 250 ft (100%)
- 1-2 minutes of rest
- Repeat 5 times
- 5 long tosses to 175 ft
- 5 long tosses to 200 ft
- 5 long tosses to 225 ft
- 3 long tosses to 250 ft
- 3 long tosses to 300 ft