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# Interval Throwing Program

Player progresses as he is able to complete each step with proper mechanics and good tolerance. 2-4 sessions per step should be completed. The goal of this program is to establish strength and muscular endurance while maintaining proper throwing mechanics. The program should be performed every other day with a rest day between workouts.

	<u>Distance</u>	<u># of Throws</u>	<u>Total Throws</u>
<u>Step 1</u>	45' .....	25	25
<u>Step 2</u>	45' .....	25 (2 sets)	50
<u>Step 3</u>	45' .....	15	50
	60' .....	20	
	45' .....	15	
<u>Step 4</u>	45' .....	10	60
	60' .....	20	
	90' .....	10	
	60' .....	10	
	45' .....	10	
<u>Step 5</u>	45' .....	10	65
	60' .....	15	
	90' .....	20	
	60' .....	10	
	45' .....	10	
<u>Step 6</u>	45' .....	10	75
	60' .....	15	
	90' .....	20	
	120' .....	15	
	60' .....	15	
<u>Step 7</u>	60' .....	15	75
	90' .....	15	
	120' .....	15	
	150' .....	15	
	60' .....	15	
<u>Step 8</u>	60' .....	10	75
	90' .....	15	
	120' .....	15	
	150' .....	10	
	180' .....	10	
	60' .....	15	