

## AND SPORTS MEDICINE

CHRISTOPHER R. SFORZO, M.D. CHRISTOPHER L. DILLINGHAM, M.D.

941.378.5100 • fossm.com

## Short Duration (21 Day) Interval Throwing Program

Day 1: 45 ft. (30 throws)	Day 12: Rest
60 ft. (30 throws)	
	Day 13: 60 ft. (100 throws)
Day 2: 45 ft. (45 throws)	Bullpen pitching (fastballs only)
60 ft. (45 throws)	25 pitches @ 75% effort
Day 3: 60 ft. (125 throws)	<b>Day 14:</b> 45 ft. (50 throws)
	90 ft. (30 throws)
Day 4: 60 ft. (85 throws)	120 ft. (20 throws)
90 ft. (30 throws)	45 ft. (50 throws)
60 ft. (20 throws)	
*##***	Day 15: 60 ft. (100 throws)
Day 5: Rest	Bullpen pitching (fastballs &
	change-ups)
Day 6: 60 ft. (100 throws)	35 pitches @ 100%
90 ft. (30 throws)	
60 ft. (20 throws)	Day 16: Rest
Day 7: 60 ft. (50 throws)	Day 17: 60 ft. (100 throws)
90 ft. (50 throws)	Bullpen pitching (all pitches)
60 ft. (50 throws)	45 pitches @ 100%
Day 8: 60 ft. (50 throws)	Day 18: 45 ft. (50 throws)
90 ft. (50 throws)	90 ft. (30 throws)
120 ft. (25 throws)	120 ft. (20 throws)
60 ft. (20 throws)	45 ft. (50 throws)
Day 9: Rest	Day 19: Simulated game (25 pitches)
Day 10: 60 ft. (50 throws)	Day 20: 45 ft. (50 throws)
90 ft. (20 throws)	90 ft. (30 throws)
120 ft. (50 throws)	120 ft. (20 throws)
60 ft. (20 throws)	45 ft. (50 throws)
<b>Day 11:</b> 60 ft. (50 throws)	Day 21: Game (25-30 pitches)
90 ft. (20 throws)	
120 ft. (60 throws)	45 feet = 13.7 meters
60 ft. (20 throws)	60 feet = 18.3 meters
	90 feet = 27.4 meters
	120 feet = 36.6 meters



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