



ANDREWS

Sports Medicine & Orthopaedic Center

Softball Phase I Interval Throwing Program

(position players)

<p>30' Phase</p> <p>Step 1: A) Warm-up Throwing B) 30' (25 Throws) C) Rest 15 min. D) Warm-up Throwing E) 30' (25 Throws)</p> <p>Step 2: A) Warm-up Throwing B) 30' (25 Throws) C) Rest 10 min. D) Warm-up Throwing E) 30' (25 Throws) F) Rest 10 min. G) Warm-up Throwing H) 30' (25 Throws)</p>	<p>45' Phase</p> <p>Step 3: A) Warm-up Throwing B) 45' (25 Throws) C) Rest 15 min. D) Warm-up Throwing E) 45' (25 Throws)</p> <p>Step 4: A) Warm-up Throwing B) 45' (25 Throws) C) Rest 10 min. D) Warm-up Throwing E) 45' (25 Throws) F) Rest 10 min. G) Warm-up Throwing H) 45' (25 Throws)</p>
<p>60' Phase</p> <p>Step 5: A) Warm-up Throwing B) 60' (25 Throws) C) Rest 15 min. D) Warm-up Throwing E) 60' (25 Throws)</p> <p>Step 6: A) Warm-up Throwing B) 60' (25 Throws) C) Rest 10 min. D) Warm-up Throwing E) 60' (25 Throws) F) Rest 10 min. G) Warm-up Throwing H) 60' (25 Throws)</p>	<p>90' Phase</p> <p>Step 7: A) Warm-up Throwing B) 90' (25 Throws) C) Rest 15 min. D) Warm-up Throwing E) 90' (25 Throws)</p> <p>Step 8: A) Warm-up Throwing B) 90' (20 Throws) C) Rest 10 min. D) Warm-up Throwing E) 60' (20 Throws) F) Rest 10 min. G) Warm-up Throwing H) 45' (20 Throws) I) Rest 10 min. J) Warm-up Throwing K) 45' (15 Throws)</p>

30 feet = 9.1 meters

45 feet = 13.7 meters

60 feet = 18.3 meters

90 feet = 27.4 meters