



Short Duration (21-Day) Interval Throwing Program

Day 1:	45 ft. (30 throws) 60 ft. (30 throws)
Day 2:	45 ft. (45 throws) 60 ft. (45 throws)
Day 3:	60 ft. (125 throws)
Day 4:	60 ft. (85 throws) 90 ft. (30 throws) 60 ft. (20 throws)
Day 5:	Rest
Day 6:	60 ft. (100 throws) 90 ft. (30 throws) 60 ft. (20 throws)
Day 7:	60 ft. (50 throws) 90 ft. (50 throws) 60 ft. (50 throws)
Day 8:	60 ft. (50 throws) 90 ft. (50 throws) 120 ft. (25 throws) 60 ft. (20 throws)
Day 9:	Rest
Day 10:	60 ft. (50 throws) 90 ft. (20 throws) 120 ft. (50 throws) 60 ft. (20 throws)
Day 11:	60 ft. (50 throws) 90 ft. (20 throws) 120 ft. (60 throws) 60 ft. (20 throws)

Day 12:	Rest
Day 13:	60 ft. (100 throws) Bullpen pitching (fastballs only): 25 pitches @ 75% effort
Day 14:	45 ft. (50 throws) 90 ft. (30 throws) 120 ft. (20 throws) 45 ft. (50 throws)
Day 15:	60 ft. (100 throws) Bullpen pitching (fastballs & change-ups): 35 pitches @ 80% effort
Day 16:	Rest
Day 17:	60 ft. (100 throws) Bullpen pitching (all pitches): 45 pitches @ 100%
Day 18:	45 ft. (50 throws) 90 ft. (30 throws) 120 ft. (20 throws) 45 ft. (50 throws)
Day 19:	Simulated game (25 pitches)
Day 20:	45 ft. (50 throws) 90 ft. (30 throws) 120 ft. (20 throws) 45 ft. (50 throws)
Day 21:	Game (25-35 pitches) 45 feet = 13.7 meters 60 feet = 18.3 meters 90 feet = 27.4 meters 120 feet = 36.6 meters