

Week 1-2	Step 1 Warm-up throws 45 ft (25 throws) Rest 10 min Warm-up throws 45 ft (25 throws)	Step 2 Warm-up throws 45 ft (25 throws) Rest 10 min Warm-up throws Rest 10 min Warm-up throws 45 ft (25 throws)	No throwing	Step 3 Warm-up throws 60 ft (25 throws) Rest 10 min Warm-up throws	Step 4 Warm-up throws 60 ft (25 throws) Rest 10 min Warm-up throws 60 ft (25 throws) Rest 10 min Warm-up throws 60 ft (25 throws)
Week 3	Step 5 Warm-up throws 75 ft (25 throws) Rest 10 min Warm-up throws 75 ft (25 throws)	Step 6 Warm-up throws 75 ft (25 throws) Rest 10 min Warm-up throws 75 ft (25 throws)	No throwing	Step 7 Warm-up throws 75 ft (25 throws) Rest 10 min Warm-up throws 75 ft (25 throws) Rest 10 min Warm-up throws 75 ft (25 throws)	Step 8 Warm-up throws 75 ft (25 throws) Rest 10 min Warm-up throws 75 ft (25 throws)
Week 4	Step 9 Warm-up throws 90 ft (25 throws) Rest 10 min Warm-up throws 90 ft (25 throws)	Step 10 Warm-up throws 90 ft (25 throws) Rest 10 min Warm-up throws 90 ft (25 throws)	No throwing	Step 11 Warm-up throws 90 ft (25 throws) Rest 10 min Warm-up throws 90 ft (25 throws) Rest 10 min Warm-up throws 90 ft (25 throws)	Step 12 Warm-up throws 90 ft (25 throws) Rest 10 min Warm-up throws 90 ft (25 throws) Rest 10 min Warm-up throws 90 ft (25 throws)
Week 5-6	Step 13 Warm-up throws 100 ft (25 throws) Rest 10 min Warm-up throws 100 ft (25 throws)	Step 14 Warm-up throws 100 ft (25 throws) Rest 10 min Warm-up throws 100 ft (25 throws)	No throwing	Step 15 Warm-up throws 100 ft (25 throws) Rest 10 min Warm-up throws 100 ft (25 throws) Rest 10 min Warm-up throws 100 ft (25 throws)	Step 16 Warm-up throws 100 ft (25 throws) Rest 10 min Warm-up throws 100 ft (25 throws) Rest 10 min Warm-up throws 100 ft (25 throws)

After above program completed, may resume normal play and throwing.

Questions

The CORE Institute is dedicated to your outcome. If any questions or concerns arise, please call The CORE Institute at 1.866.974.2673.

Adapted from:

Reinhold, M. M., et al, (2002). Interval Sports Programs: Guidelines for Baseball, Tennis, and Golf. *Journal of Orthopaedic & Sports Physical Therapy*, 293-298.