

- e. 180 ft. (25 throws)
- f. Rest 10 minutes
- g. Warm-up throwing
- h. 180 ft. (25 throws)

- Step 13:
- a. Warm-up throwing
 - b. 180 ft. (25 throws)
 - c. Rest 10 minutes
 - d. Warm-up throwing
 - e. 180 ft. (25 throws)
 - f. Rest 10 minutes
 - g. Warm-up throwing
 - h. 180 ft. (25 throws)

Step 14: Begin throwing off the pitcher's mound (see Interval Throwing Program, Phase II) or return to practice at your position.

Off-season Throwing Program

Following an off-season throwing program is recommended instead of total rest during the off-season. Continuing to throw at a sub-maximum level will help you avoid the total de-conditioning of your throwing mechanics, muscle timing, and coordination.

Continue to throw at a frequency of two times a week, following the following outline:

- a. Warm-up throwing
- f. 45 ft. (25 throws)
- g. 60 ft. (20 throws)
- h. 90 ft. (15 throws)
- i. 120 ft. (10 throws)

1. J Orthop Sports Phys Ther, Volume 32, Number 6, June 2002, pages 293-298.