



SHORT DURATION (21-DAY) INTERVAL THROWING PROGRAM

Day 1: 45 ft. (30 throws) 60 ft. (30 throws)	Day 12: Rest
Day 2: 45 ft. (45 throws) 60 ft. (45 throws)	Day 13: 60 ft. (100 throws) Bullpen pitching (fastballs only): 25 pitches @ 75% effort
Day 3: 60 ft. (125 throws)	Day 14: 45 ft. (50 throws) 90 ft. (30 throws) 120 ft. (20 throws) 45 ft. (50 throws)
Day 4: 60 ft. (85 throws) 90 ft. (30 throws) 60 ft. (20 throws)	Day 15: 60 ft. (100 throws) Bullpen pitching (fastballs & change-ups): 35 pitches @ 80% effort
Day 5: Rest	Day 16: Rest
Day 6: 60 ft. (100 throws) 90 ft. (30 throws) 60 ft. (20 throws)	Day 17: 60 ft. (100 throws) Bullpen pitching (all pitches): 45 pitches @ 100%
Day 7: 60 ft. (50 throws) 90 ft. (50 throws) 60 ft. (50 throws)	Day 18: 45 ft. (50 throws) 90 ft. (30 throws) 120 ft. (20 throws) 45 ft. (50 throws)
Day 8: 60 ft. (50 throws) 90 ft. (50 throws) 120 ft. (25 throws) 60 ft. (20 throws)	Day 19: Simulated game (25 pitches)
Day 9: Rest	Day 20: 45 ft. (50 throws) 90 ft. (30 throws) 120 ft. (20 throws) 45 ft. (50 throws)
Day 10: 60 ft. (50 throws) 90 ft. (20 throws) 120 ft. (50 throws) 60 ft. (20 throws)	Day 21: Game (25-35 pitches)
Day 11: 60 ft. (50 throws) 90 ft. (20 throws) 120 ft. (60 throws) 60 ft. (20 throws)	