

### 30-Day Interval Throwing Program

Day	Distance	Effort Cap
Day 1:	Up to 60ft (30 throws)	50%
Day 2:	Rest	
Day 3:	Up to 60ft (30 throws)	50%
Day 4:	Rest	
Day 5:	Up to 60ft (30 throws)	50%
Day 6:	Rest	
Day 7:	Up to 90ft (40 throws)	50%
Day 8:	Up to 60ft (30 throws)	50%
Day 9:	Rest	
Day 10:	Up to 120 ft. (45 throws)	75%
Day 11:	Rest	
Day 12:	Up to 90ft (45 throws)	50%
Day 13:	Rest	
Day 14:	Up to 60ft (40 throws)	50%
Day 15:	Rest	
Day 16:	Up to 90ft (50 throws)	60%
Day 17:	Up to 60ft (30 throws)	50%
Day 18:	Rest	
Day 19:	Up to 120ft (55 throws)	75%
Day 20:	Up to 60ft (30 throws)	50%
Day 21:	Rest	
Day 22:	Up to 200ft (50 throws)	80%
Day 23:	Rest	
Day 24:	Up to 90ft (45 throws)	60%
Day 25:	Up to 60ft (30 throws)	50%
Day 26:	Rest	
Day 27:	Up to 120ft (55 throws)	80%
Day 28:	Up to 60ft (30 throws)	
Day 29:	Rest	
Day 30:	Up to 200ft (60 throws)	90%

#### Notes:

- **Movement Pattern:** Use a “step-in”, “crow-hop” or “gather step” with all throws
- **Effort Cap:** throw at an effort no higher than this level
- **Throw:** only in the absence of pain, or if the arm feels > 5/10, 5 or lower = rest day

0 -----5-----10  
 (Can't lift my arm) (Just feels OK Pain w/Throwing) (ready to PR today)

- **STOP:** if you have pain during or after, or any loss of motion
  - Any pain or discomfort = automatic rest day, and schedule moves back a day

#### Pre-Throw:

- Stretch head to toe as needed
  - Key in on the upper back and chest!
- Arm Circles, Jog, etc
- Get the blood flowing

#### Post-Throw:

- Arm Care Exercises
  - Prone T
  - Shoulder Presses
  - Sidelying External Rotations