

Phase I

- a. Warm up
- b. 15 throws arched – 45 feet
- c. 15 minutes rest
- d. 15 throws arched – 45 feet
- e. Cool down

Phase II

- a. Warm up
- b. 20 throws arched – 60 feet
- c. 15 minute rest
- d. 20 throws arched – 60 feet
- e. Cool down

Phase III

- a. Warm up
- b. 20 throws arched – 90 feet
- c. 15 minute rest
- d. 20 throws on a line – 45 feet
- e. 15 minute rest
- f. 20 throws arched – 90 feet
- g. Cool down

Phase IV

- a. Warm up
- b. 20 throws arched – 120 feet
- c. 15 minute rest
- d. 15 throws on a line – 60 feet
- e. 15 minute rest
- f. 20 throws arched – 120 feet
- g. Cool down

Phase V Long

- a. Warm up
- b. 20 throws arched – 180 feet
- c. 15 minute rest
- d. 25 throws arched – 180 feet
- e. 15 minute rest
- f. 20 throws arched – 180 feet
- g. Cool down

Phase VI

- a. Warm up
- b. 15 throws arched – 120 feet
- c. 15 minute rest
- d. 15 throws on a line – 90 feet
- e. 15 minute rest
- f. 15 throws on a line – 90 feet
- g. 15 minute rest
- h. 15 throws arched – 120 feet
- i. Cool down

Phase VII

Return to regular work-out regimen.

1. Each phase should be completed before progressing to next level.
2. Long throws represent target distance for eventual long throw workouts. We recommend 180 feet as that distance to begin with for adult rehab interval programs. Actual long throw distance is the maximum distance thrown when healthy to a specified target area 20 feet wide.