

**Phase 1**

Distance: 20 feet  
Number of throws per set: 15, 15, 20  
Rest between throws/sets: 12 seconds/six to eight minutes  
Intensity: 50% maximum, light tosses

**Phase 2**

Distance: 30 feet  
Number of throws per set: 15, 15, 20  
Rest between throws/sets: 12 seconds/six to eight minutes  
Intensity: 50% maximum, light tosses

**Phase 3**

Distance: 40 feet  
Number of throws per set: 15, 20, 20  
Rest between throws/sets: 12 seconds/six to eight minutes  
Intensity: 75% maximum, light tosses

**Phase 4**

Distance: 46 feet  
Number of throws per set: 20, 20, 25  
Rest between throws/sets: 12 seconds/six to eight minutes  
Intensity: 75% maximum, light tosses

**Phase 5 Long**

Distance: 90 feet (80% of target distance)  
Number of throws per set: 15, 15, 15  
Intensity: 50% maximum

**Phase 6**

Distance: 46 feet  
Number of throws per set: 20, 20, 25  
Rest between throws/sets: 12 seconds/six to eight minutes  
Intensity 3/4 speed

**Phase 7 Long**

Distance: 120 feet (100% of target distance)  
Number of throws per set: 20, 20, 20  
Intensity: Full as tolerated

**Phase 8**

Distance: 60 feet, 6 inches  
Number of throws per set: 25, 30, 30  
Rest between throws/sets: 12 seconds/six to eight minutes  
Intensity: Full speed

Adapted from Axe, MJ et al, AJSM 1996, 24(5):594-602.

- “Target Distance” refers to a percentage of the maximum distance that the player may accurately throw a ball. Percentages of the maximum distance thrown when healthy are used for rehab and conditioning purposes to avoid excessive strain. The ball must also be thrown within a specified target area of 20 to 30 feet wide; the distance is set according to the phase of the program. We believe that a target distance of 120 feet for adolescents and 180 feet for adults is an appropriate target distance to begin with.
- Phases should be completed and repeated before moving forward at each level.
- Note: At no time should pain occur during the throwing program. Athletes that experience pain should stop immediately and begin the program again at the previous pain or consult their coach, trainer, or physician for evaluation.