



## JONAS R. RUDZKI, MD

SPORTS MEDICINE ORTHOPAEDIC SURGEON,  
SPECIALIZING IN SHOULDER & KNEE SURGERY

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## Interval Throwing Program

3 week Cycle

Day 1: 30 throws @ 30 feet  
30 throws @ 45 feet

Day 2: 30 throws @ 45 feet  
30 throws @ 60 feet

Day 3: Rest

Day 4: 75 throws @ 60 feet

Day 5: 90 throws @ 60 feet

Day 6: Rest

Day 7: 90 throws @ 60 feet  
25 throws @ 90 feet  
15 throws @ 60 feet

Day 8: 50 throws @ 60 feet  
50 throws @ 90 feet  
50 throws @ 60 feet

Day 9: Rest

Day 10: 20 throws @ 45 feet  
30 throws @ 60 feet  
40 throws @ 90 feet  
20 throws @ 120 feet  
20 throws @ 60 feet

Day 11: 50 throws @ 60 feet  
20 throws @ 90 feet  
30 throws @ 120 feet  
20 throws @ 60 feet

Day 12: 100 throws @ 60 feet  
25 fastballs @ 75% effort  
20 throws @ 45 feet

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Day 13: Rest

Day 14: 50 throws @ 45 feet  
25 throws @ 90 feet  
25 throws @ 120 feet  
20 throws at 45 feet

Day 15: 75 throws @ 60 feet  
20 fastballs @ 75% effort  
10 change-ups @ 75% effort  
20 throws @ 45 feet

Day 16: Rest

Day 17: 75 throws @ 60 feet  
40 mixed pitches @ 90% effort  
20 throws @ 45 feet

Day 18: 30 throws @ 45 feet  
50 throws @ 90 feet  
20 throws @ 120 feet  
30 throws @ 45 feet

Day 19: 20 throws @ 90 feet  
50 mixed pitches @ 90%effort

Day 20: Simulated game - 25 pitches

Day 21: Rest

Day 22: Game - (~30 pitches)

Signature: \_\_\_\_\_

