

Appendix 1A. Interval Throwing Program for 8-12 Year Old Athletes.

Phase I	<i>Short Toss*</i> 15 throws at 20' 15 throws at 20' 20 throws at 20' Intensity to tolerance	<i>Long Toss*</i> 10 minute rest between short & long toss 65% Target Distance 25 throws Intensity to tolerance
Phase II	<i>Short Toss*</i> 15 throws at 30' 15 throws at 30' 20 throws at 30' Intensity to tolerance	<i>Long Toss*</i> 10 minute rest between short & long toss 70% Target Distance 25 throws Intensity to tolerance
Phase III	<i>Short Toss*</i> 15 throws at 40' 15 throws at 40' 20 throws at 40' Intensity to tolerance	<i>Long Toss*</i> 10 minute rest between short & long toss 75% Target Distance 25 throws Intensity to tolerance
Phase IV	<i>Short Toss*</i> 15 throws at 46' 20 throws at 46' 20 throws at 46' Intensity up to 1/2 speed	<i>Long Toss*</i> 10 minute rest between short & long toss 80% Target Distance 25 throws Intensity to tolerance
Phase V	<i>Short Toss*</i> 15 throws at 46' 20 throws at 46' 20 throws at 46' Intensity up to 3/4 speed	<i>Long Toss*</i> 10 minute rest between short & long toss 85% Target Distance 25 throws Intensity to tolerance
Phase VI	<i>Short Toss*</i> 20 throws at 46' 20 throws at 46' 20 throws at 46' Mound, full speed	<i>Long Toss*</i> 10 minute rest between short & long toss 90% Target Distance 25 throws Intensity to tolerance
Phase VII	<i>Short Toss*</i> 20 throws at 46' 20 throws at 46' 25 throws at 46' Mound, full speed; breaking ball 3:1	<i>Long Toss*</i> 10 minute rest between short & long toss 95% Target Distance 25 throws Intensity to tolerance
Phase VIII	<i>Short Toss*</i> 20 throws at 46' 20 throws at 46' 25 throws at 46' Mound, full speed; breaking ball 3:1	<i>Long Toss*</i> 10 minute rest between short & long toss 100% Target Distance 25 throws Intensity to tolerance
Phase IX	Simulated Game	

*12 second rest between throws & 6-8 minutes rest between sets.

-From age and velocity the target distance is defined and an individualized Interval Throwing Program is designed.

-Target distances recommended are rounded to the nearest 10 feet.

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Appendix 1B. Interval Throwing Program Target Distance, Velocity/Age.

Age and target distance (feet)

Velocity (mph)	9	10	11	12
35	69.4	80.4	OR	OR
35.5	70.9	81.9	OR	OR
36	72.3	83.2	83.0	OR
36.5	73.8	84.4	84.4	77.0
37	75.3	85.7	85.8	78.6
37.5	78.4	88.2	88.6	81.9
38	78.4	88.2	88.6	81.9
38.5	79.9	89.5	90.1	83.6
39	81.5	90.8	91.5	85.3
39.5	83.0	92.1	93.0	86.9
40	84.6	93.4	94.5	88.7
40.5	86.2	94.7	96.0	90.4
41	87.7	96.1	97.5	92.2
41.5	89.3	97.4	99.0	93.9
42	90.9	98.8	100.5	95.6
42.5	92.5	100.2	102.1	97.4
43	94.2	101.6	103.6	99.2
43.5	95.8	103.0	105.2	101.0
44	97.4	104.4	106.8	102.8
44.5	99.1	105.9	108.4	104.6
45	100.7	107.3	110.0	106.4
45.5	102.4	108.8	111.6	108.2
46	104.1	110.2	113.3	110.0
46.5	105.8	111.7	114.9	111.9
47	107.5	113.2	116.6	113.7
47.5	109.2	114.7	118.3	115.6
48	110.9	116.2	120.0	117.4
48.5	112.6	117.8	121.7	119.3
49	114.3	119.3	123.4	121.3
49.5	116.1	120.9	125.2	123.2
50	117.8	122.5	126.9	125.1
50.5	119.6	124.1	128.7	127.0
51	121.4	125.7	130.5	128.9
51.5	123.24	127.3	132.3	130.9
52	124.9	128.9	134.1	132.8
52.5	126.7	130.5	135.9	134.8
53	128.6	132.2	137.8	136.8
53.5	130.4	133.9	139.6	138.7
54	132.2	135.5	141.5	140.7
54.5	OR	137.2	143.4	142.7
55	OR	138.9	145.3	144.7
55.5	OR	140.7	147.2	146.8
56	OR	142.4	149.1	148.8
56.5	OR	144.1	151.0	150.8
57	OR	145.9	153.0	152.9
57.5	OR	147.6	154.9	155.0
58	OR	OR	156.9	157.0
58.5	OR	OR	158.9	159.0
59	OR	OR	160.9	161.2
59.5	OR	OR	162.9	163.3
60	OR	OR	164.9	165.4
60.5	OR	OR	167.0	167.5
61	OR	OR	OR	169.7
61.5	OR	OR	OR	171.8
62	OR	OR	OR	174.0
62.5	OR	OR	OR	176.1
63	OR	OR	OR	178.3
63.5	OR	OR	OR	180.5
64	OR	OR	OR	182.7
64.5	OR	OR	OR	184.9
65	OR	OR	OR	OR

OR=Out of range

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