

Interval Throwing Program Football

The interval throwing program is designed so that the athlete can achieve his or her individual level of throwing safely and without pain or complication. The ITP should be supplemented with a weight training program and a flexibility program to maintain the athlete in top physical condition. Weight training should be done on a throwing day and should emphasize high repetition with low weight as a maintenance program for the athlete. The athlete should be throwing every other day and using the day between for flexibility and rest. This program has been set up to minimize the risk for re-injury and emphasize pre-throwing warm-up, stretching, proper body mechanics, and the importance of weight training with the throwing athlete.

Baseline requirements of throwing include:

1. Clearance by the athlete's physician
2. Pain-free ROM
3. Adequate muscle power
4. Adequate muscle resistance to fatigue

Guidelines

1. Allow one day of rest between throwing sessions
2. Perform interval throwing program before engaging in strengthening routine
3. The athlete must complete two or three sessions at each step without complications before advancing

The athlete should warm-up by jogging, biking, or jumping rope to increase blood flow and increase muscular flexibility. Following warm-up, stretching should be performed. Emphasis should be placed on proper throwing and body mechanics. The athlete should begin with warm-up throws.

During the recovery process the athlete may experience soreness and possibly a dull, aching sensation in the muscles and tendons. If the athlete experiences sharp pain, particularly in the joint, stop all throwing activity until the pain ceases and call the athlete's physician if the pain continues.

It is essential that the thrower complete each individual phase with the proper throwing and body mechanics and without an increase in pain. Once the phase has been completed, the athlete then progresses to the next phase. This sets up a progression that an individual goal is achieved prior to advancement instead of advancing at a specified time. The program is based on an individual thrower, and because all throwers will vary, there is no time for completion of the program. This progression greatly decreases the chance for re-injury and greatly increases the most adequate and safest route to return to competition.

Phase I 10 yds

Step I

Warm-up throwing
10 yds 25 throws
Rest for 15 minutes
Warm-up throwing
10 yds 25 throws

Step II

Warm up throwing
10 yds 25 throws
Rest for 10 minutes
Warm-up throwing
10 yds 25 throws
Rest for 10 minutes
Warm-up throwing
10 yds 25 throws

Phase II 20 yds

Step I

Warm up throwing
20 yds 25 throws
Rest for 15 minutes
Warm-up throwing
20 yds 25 throws

Step II

Warm-up throwing
20 yds 25 throws
Rest for 10 minutes
Warm up throwing
20 yds 25 throws
Rest for 10 minutes
Warm up throwing
20 yds 25 throws

Phase III 30 yds

Step I

Warm-up throwing
30 yds 15 throws
Rest for 15 minutes
Warm-up throwing
30 yds 15 throws

Step II

Warm-up throwing

30 yds 15 throws

Rest for 10 minutes

Warm-up throwing

30 yds 15 throws

Rest for 10 minutes

Warm-up throwing

30 yds 15 throws

Phase III 40 yds

Step I

Warm-up throwing

40 yds 15 throws

Rest for 15 minutes

Warm-up throwing

40 yds 15 throws

Step II

Warm-up throwing

40 yds 15 throws

Rest 10 minutes

Warm-up throwing

40 yds 15 throws

Rest 10 minutes

Warm-up throwing

40 yds 15 throws

Phase IV 50 yds

Step I

Warm-up throwing

50 yds 10 throws

Rest for 15 minutes

Warm-up throwing

50 yds 10 throws

Step II

Warm-up throwing

50 yds 10 throws

Rest for 10 minutes

Warm-up throwing

50 yds 10 throws

Rest for 10 minutes

Warm-up throwing

50 yds 10 throws

Phase V Deep Passes

Step I

Warm-up throwing

Deep route 10 throws

Rest for 15 minutes

Warm-up throwing

Deep route 10 throws

Step II

Warm-up throwing

Deep route 10 throws

Rest for 10 minutes

Warm-up throwing

Deep route 10 throws

Rest for 10 minutes

Warm-up throwing

Deep route 10 throws