



## Short Duration (21-Day) Interval Throwing Program

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**Day 1:** 45 ft. (30 throws)  
60 ft. (30 throws)

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**Day 2:** 45 ft. (45 throws)  
60 ft. (45 throws)

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**Day 3:** 60 ft. (125 throws)

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**Day 4:** 60 ft. (85 throws)  
90 ft. (30 throws)  
60 ft. (20 throws)

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**Day 5:** Rest

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**Day 6:** 60 ft. (100 throws)  
90 ft. (30 throws)  
60 ft. (20 throws)

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**Day 7:** 60 ft. (50 throws)  
90 ft. (50 throws)  
60 ft. (50 throws)

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**Day 8:** 60 ft. (50 throws)  
90 ft. (50 throws)  
120 ft. (25 throws)  
60 ft. (20 throws)

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**Day 9:** Rest

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**Day 10:** 60 ft. (50 throws)  
90 ft. (20 throws)  
120 ft. (50 throws)  
60 ft. (20 throws)

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**Day 11:** 60 ft. (50 throws)  
90 ft. (20 throws)  
120 ft. (60 throws)  
60 ft. (20 throws)

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**Day 12:** Rest

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**Day 13:** 60 ft. (100 throws)  
Bullpen pitching (fastballs only):  
25 pitches @ 75% effort

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**Day 14:** 45 ft. (50 throws)  
90 ft. (30 throws)  
120 ft. (20 throws)  
45 ft. (50 throws)

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**Day 15:** 60 ft. (100 throws)  
Bullpen pitching (fastballs & change-ups):  
35 pitches @ 80% effort

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**Day 16:** Rest

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**Day 17:** 60 ft. (100 throws)  
Bullpen pitching (all pitches):  
45 pitches @ 100%

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**Day 18:** 45 ft. (50 throws)  
90 ft. (30 throws)  
120 ft. (20 throws)  
45 ft. (50 throws)

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**Day 19:** Simulated game (25 pitches)

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**Day 20:** 45 ft. (50 throws)  
90 ft. (30 throws)  
120 ft. (20 throws)  
45 ft. (50 throws)

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**Day 21:** Game (25-35 pitches)

45 feet = 13.7 meters  
60 feet = 18.3 meters  
90 feet = 27.4 meters  
120 feet = 36.6 meters