DEPARTMENT OF ORTHOPEDIC SURGERY SPORTS MEDICINE

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Dr. SAFRAN'S SOFTBALL INTERVAL THROWING PROGRAM

30 ft Phase	45 ft Phase
Step 1: A) Warm-up Throwing	Step 3: A) Warm-up Throwing (30 ft)
B) 30 ft (25 Throws)	B) 45 ft (25 Throws)
C) Rest 10 min.	C) Rest 10 min.
D) Warm-up Throwing	D) Warm-up Throwing
E) 30 ft (25 Throws)	E) 45 ft (25Throws)
Step 2: A) Warm-up Throwing	Step 4: A) Warm-up Throwing
B) 30 ft (25 Throws)	B) 45 ft (25 Throws)
C) Rest 10 min.	C) Rest 10 min.
D) Warm-up Throwing	D) Warm-up Throwing
E) 30 ft (25 Throws)	E) 45 ft (25 Throws)
F) Rest 10 min.	F) Rest 5-10 min.
G) Warm-up Throwing	G) Warm-up Throwing
H) 30 ft (25 Throws)	H) 45 ft (25 Throws)
00 (1 P)	00 (1 D)
60 ft Phase	90 ft Phase
Step 5: A) Warm-up Throwing (30-45 ft)	Step 7: A) Warm-up Throwing (45-60 ft)
B) 60 ft (25 Throws)	B) 90 ft (25 Throws)
C) Rest 5-10 min.	C) Rest 5-10 min.
D) Warm-up Throwing	D) Warm-up Throwing
E) 60 ft (25 Throws)	E) 90 ft (25 Throws)
Step 6: A) Warm-up Throwing	Step 8: A) Warm-up Throwing
B) 60 ft (25 Throws)	B) 90 ft (20 Throws)
C) Rest 5-10 min.	C) Rest 5-10 min.
D) Warm-up Throwing	D) Warm-up Throwing
E) 60 ft (25 Throws)	E) 60 ft (20 Throws)
F) Rest 5-10 min.	F) Rest 5-10 min.
G) Warm-up Throwing	G) Warm-up Throwing
H) 60 ft (25 Throws)	H) 45 ft (20 Throws)
	I) Rest 5-10 min.
	J) Warm-up Throwing
	K) 45 ft (15 Throws)

30 feet = 9.1 meters

45 feet = 13.7 meters

60 feet = 18.3 meters

90 feet = 27.4 meters

Any Questions regarding your program please consult with your physician, physical therapist or athletic trainer.

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