

DR. SAFRAN'S **SOFTBALL INTERVAL THROWING PROGRAM**

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

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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