

**Jeremy Woodson, MD**  
**Board Certified Orthopedic Surgeon**

Phone: 405-230-9540 • Appointments: 405-230-9270 • Fax: 405-230-9541

[www.jeremywoodsonmd.com](http://www.jeremywoodsonmd.com)

**WOODSON INTERVAL THROWING PROGRAM FOR BASEBALL PLAYERS**  
**PHASE I: SHORT TO LONG TOSS**

<b>45'</b> (13.7 meters)		<b>60'</b> (18.3 meters)		<b>90'</b> (27.4 meters)		<b>120'</b> (36.6 meters)	
<u>STEP 1:</u> Warm up 45' (25 throws) Rest 5-10 mins 45' (25 throws)	<u>STEP 2:</u> Warm up 45' (25 throws) Rest 5-10 mins Warm up 45' (25 throws) Rest 5-10 mins Warm up 45' (25 throws)	<u>STEP 1:</u> Warm up 60' (25 throws) Rest 5-10 mins 60' (25 throws)	<u>STEP 2:</u> Warm up 60' (25 throws) Rest 5-10 mins Warm up 60' (25 throws) Rest 5-10 mins Warm up 60' (25 throws)	<u>STEP 1:</u> Warm up 90' (25 throws) Rest 5-10 mins 90' (25 throws)	<u>STEP 2:</u> Warm up 90' (25 throws) Rest 5-10 mins Warm up 90' (25 throws) Rest 5-10 mins Warm up 90' (25 throws)	<u>STEP 1:</u> Warm up 120' (25 throws) Rest 5-10 mins 120' (25 throws)	<u>STEP 2:</u> Warm up 120' (25 throws) Rest 5-10 mins Warm up 120' (25 throws) Rest 5-10 mins Warm up 120' (25 throws)
<p>All throws should be on an arc with a crow-hop            Warm up throws consist of 10-20 throws at 30'            Throwing program should be performed every other day, 3x/week unless otherwise specified by your MD            Perform each step <input type="text"/> times before progressing to next step.</p>							
<b>150'</b> (45.7 meters)		<b>180'</b> (54.8 meters)			<b>Flat Ground Throwing for Pitchers</b>		
<u>STEP 1:</u> Warm up 150' (25 throws) Rest 5-10 mins 150' (25 throws)	<u>STEP 2:</u> Warm up 150' (25 throws) Rest 5-10 mins Warm up 150' (25 throws) Rest 5-10 mins Warm up 150' (25 throws)	<u>STEP 1:</u> Warm up 180' (25 throws) Rest 5-10 mins 180' (25 throws)	<u>STEP 2:</u> Warm up 180' (25 throws) Rest 5-10 mins Warm up 180' (25 throws) Rest 5-10 mins Warm up 180' (25 throws)	<u>STEP 3:</u> Warm up 180' (25 throws) Rest 5-10 mins Warm up 180' (25 throws) Rest 5-10 mins Warm up 180' (25 throws) Rest 5-10 mins Warm up 120'-90' (15 throws progressive) Return to position or progress to flat ground throwing for pitchers	<u>STEP 1:</u> Warm up 60' (10-15 throws) 90' (10 throws) 120' (10 throws) 60' (20-30 throws) on flat ground using pitching mechanics	<u>STEP 2:</u> Warm up 60' (10-15 throws) 90' (10 throws) 120' (10 throws) 60' (20-30 throws) on flat ground using pitching mechanics 60'-90' (10-15 throws) 60' (20 throws) on flat ground using pitching mechanics	