

CHICAGO WHITE SOX
INTERVAL THROWING PROGRAM

NAME: _____ INITIATION DATE: _____ POSITION ADJUSTMENT SESSION DATE: _____

POSITION: [] STARTER [] RELIEVER [] OUTFIELDER [] INFIELDER [] CATCHER [] _____

| SESSION | DATE | THROWING | COMMENTS |
|---------|------|-----------------------------------|----------|
| 1 | | 45' X 20 60' X 10 | |
| 2 | | 45' X 25 60' X 15 | |
| 3 | | 45' X 25 60' X 20 60' X 10 | |
| 4 | | 45' X 25 60' X 25 60' X 20 | |
| 5 | | 45' X 25 60' X 25 60' X 25 | |
| 6 | | 45' X 20 60' X 15 75' X 10 | |
| 7 | | 45' X 25 60' X 20 75' X 15 | |
| 8 | | 45' X 25 60' X 25 75' X 20 | |
| 9 | | 45' X 25 60' X 25 75' X 25 | |
| 10 | | 60' X 20 75' X 15 90' X 10 | |
| 11 | | 60' X 25 75' X 20 90' X 15 | |
| 12 | | 60' X 25 75' X 25 90' X 20 | |
| 13 | | 60' X 25 75' X 25 90' X 25 | |
| 14 | | 75' X 20 90' X 15 105' X 10 | |
| 15 | | 75' X 25 90' X 20 105' X 15 | |
| 16 | | 75' X 25 90' X 25 105' X 20 | |
| 17 | | 75' X 25 90' X 25 105' X 25 | |

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| SESSION | DATE | THROWING | COMMENTS |
|---------|------|---|----------|
| 18 | | 90' X 20 105' X 15 120' X 10 105' X _____ 90' X _____ 60' X _____ | |
| 19 | | 90' X 25 105' X 20 120' X 15 105' X _____ 90' X _____ 60' X _____ | |
| 20 | | 90' X 25 105' X 25 120' X 20 105' X _____ 90' X _____ 60' X _____ | |
| 21 | | 90' X 25 105' X 25 120' X 25 105' X _____ 90' X _____ 60' X _____ | |
| 22 | | 105' X 20 120' X 15 135' X 10 120' X _____ 105' X _____ 90' X _____ 60' X _____ | |
| 23 | | 105' X 25 120' X 20 135' X 15 120' X _____ 105' X _____ 90' X _____ 60' X _____ | |
| 24 | | 105' X 25 120' X 25 135' X 20 120' X _____ 105' X _____ 90' X _____ 60' X _____ | |

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|---------|------|--|--|
| 25 | | 105' X 25 120' X 25 135' X 25 120' X _____ 105' X _____ 90' X _____ 60' X _____ | |
| 26 | | 120' X 20 135' X 15 150' X 10/ _____ | AT 150' 5 DIRECT THROWS/5 ONE BOUNCE 120'X ___; 105' X ___; 90'X___; 75'X___; 60'X___ W/ WIND UP 120'X ___; 105' X ___; 90'X___; 75'X___; 60'X___ W/ WIND UP 120'X ___; 105' X ___; 90'X___; 75'X___; 60'X___ W/ WIND UP 120'X ___; 105' X ___; 90'X___; 75'X___; 60'X___ W/ WIND UP |
| 27 | | 120' X 20 135' X 20 150' X 15/ _____ | AT 150' 8 DIRECT THROWS/7 ONE BOUNCE 120'X ___; 105' X ___; 90'X___; 75'X___; 60'X___ W/ WIND UP 120'X ___; 105' X ___; 90'X___; 75'X___; 60'X___ W/ WIND UP 120'X ___; 105' X ___; 90'X___; 75'X___; 60'X___ W/ WIND UP 120'X ___; 105' X ___; 90'X___; 75'X___; 60'X___ W/ WIND UP |
| 28 | | 120' X 25/ _____ 135' X 25/ _____ 150' X 25/ _____ | AT 150' 15 DIRECT THROWS/10 ONE BOUNCE 120'X ___; 105' X ___; 90'X___; 75'X___; 60'X___ W/ WIND UP 120'X ___; 105' X ___; 90'X___; 75'X___; 60'X___ W/ WIND UP 120'X ___; 105' X ___; 90'X___; 75'X___; 60'X___ W/ WIND UP 120'X ___; 105' X ___; 90'X___; 75'X___; 60'X___ W/ WIND UP |
| 29 | | SHOULDER PROGRAM CONDITIONING | |
| 30 | | 60' X _____ 90' X _____ 120' X _____ 90' X _____ 60' X _____ NEXT TO MOUND X _____ MOUND X _____ | |
| 31 | | SHOULDER PROGRAM CONDITIONING | |

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|---------|------|---|----------|
| 32 | | 60' X _____ 90' X _____ 120' X _____ 90' X _____ 60' X _____ NEXT TO MOUND X _____ MOUND X _____ | |
| 33 | | SHOULDER PROGRAM CONDITIONING | |
| 34 | | 60' X _____ 90' X _____ 120' X _____ 90' X _____ 60' X _____ NEXT TO MOUND X _____ <input type="checkbox"/> MOUND X _____ <input type="checkbox"/> BULLPEN W/ FB & CH X _____ | |
| 35 | | SHOULDER PROGRAM CONDITIONING | |
| 36 | | 60' X _____ 90' X _____ 120' X _____ 90' X _____ 60' X _____ <input type="checkbox"/> MOUND X _____ <input type="checkbox"/> BULLPEN W/ FB & CH X _____ | |
| 37 | | SHOULDER PROGRAM CONDITIONING | |
| 38 | | 60' X _____ 90' X _____ 120' X _____ 90' X _____ 60' X _____ <input type="checkbox"/> MOUND X _____ <input type="checkbox"/> BULLPEN W/ FB & CH X _____ | |
| 39 | | SHOULDER PROGRAM CONDITIONING | |

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|---------|------|---|----------|
| 40 | | 60' X _____ 90' X _____ 120' X _____ 90' X _____ 60' X _____ <input type="checkbox"/> MOUND X _____ <input type="checkbox"/> BULLPEN W/ FB, CH, & BREAKING BALLS X _____ | |
| 41 | | SHOULDER PROGRAM CONDITIONING | |
| 42 | | 60' X _____ 90' X _____ 120' X _____ 90' X _____ 60' X _____ <input type="checkbox"/> MOUND X _____ <input type="checkbox"/> BULLPEN W/ FB, CH, & BREAKING BALLS _____ X _____ PITCHES | |
| 43 | | SHOULDER PROGRAM CONDITIONING | |
| 44 | | 60' X _____ 90' X _____ 120' X _____ 90' X _____ 60' X _____ <input type="checkbox"/> MOUND X _____ <input type="checkbox"/> BULLPEN W/ FB, CH, & BREAKING BALLS _____ X _____ PITCHES | |
| 45 | | SHOULDER PROGRAM CONDITIONING | |
| 46 | | 60' X _____ 90' X _____ 120' X _____ 90' X _____ 60' X _____ MOUND X _____ <input type="checkbox"/> SIMULATED GAME 1 INNING _____ PITCHES | |

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|---------|------|---|----------|
| 47 | | SHOULDER PROGRAM HEAVY WORKOUT CONDITIONING | |
| 48 | | SHOULDER PROGRAM LIGHT WORKOUT CONDITIONING | |
| 49 | | 60' X _____ 90' X _____ 120' X _____ 90' X _____ 60' X _____ MOUND X _____ [] SIMULATED GAME 2 INNINGS _____ PITCHES | |
| 50 | | SHOULDER PROGRAM HEAVY WORKOUT CONDITIONING | |
| 51 | | SHOULDER PROGRAM LIGHT WORKOUT CONDITIONING | |
| 52 | | 60' X _____ 90' X _____ 120' X _____ 90' X _____ 60' X _____ MOUND X _____ [] GAME 1-2 INNINGS OR 30 PITCHES | |
| 53 | | SHOULDER PROGRAM HEAVY WORKOUT CONDITIONING | |
| 54 | | SHOULDER PROGRAM LIGHT WORKOUT CONDITIONING | |
| 55 | | 60' X _____ 90' X _____ 120' X _____ 90' X _____ 60' X _____ MOUND X _____ [] GAME TBD BY STAFF | |
| 56 | | SHOULDER PROGRAM HEAVY WORKOUT CONDITIONING | |

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|---------|------|----------|----------|
| 57 | | | |
| 58 | | | |
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| 71 | | | |
| 72 | | | |

THIS SECTION HAS BEEN INTENTIONALLY LEFT BLANK IN THE EVENT THE THROWING PROGRAM NEEDS TO BE
CONTINUED FOR ANY REASON
(EXAMPLE: PLAYER IS GOING TO BE PITCH/PLAY IN GAMES ON A REHAB ASSIGNMENT.)