

Quarterback Interval Throwing Program

- Program performed with a rest day between and ice after each level*
- Weekly videotaping of throwing is helpful to assess maintenance of delivery and form
- Each throw should be with the feet and shoulders squared with weight on balls of feet
- A warm-up period of jogging followed by full body stretching is expected prior to begin throwing

Progression to advance to next level stage of program requires no medial elbow/shoulder pain/stiffness and maintenance of strength/form during final set

50% Effort Phase

- Level 1
 - Warm up throws at 5-10 yds
 - 10 yrd throws **x10**
 - 2 sets total and rest for 10 minutes between
- Level 2
 - Warm up throws at 5-10 yds
 - 10 yrd throws x10
 - 3 sets total and rest for 10 minutes between

75% Effort Phase

- Level 1
 - Warm up throws at 10-20 yds
 - 20 yrd throws **x10**
 - 2 sets total and rest for 10 minutes between
- Level 2
 - Warm up throws at 10-20 yds
 - 20 yrd throws **x10**
 - 3 sets total and rest for 10 minutes between

100% Effort Phase

- Level 1
 - Warm up throws at 10-30 yds
 - 30 yrd throws **x10 at 75% effort**
 - 2 sets total and rest for 10 minutes between
- Level 2
 - Warm up throws at 10-30 yds

- 30 yrd throws **x10 at 100% effort**
- 3 sets total and rest for 10 minutes between
- Can mix in right and left sided hitches

Dynamic Phase

- Level 1
 - Warm up throws at 10-30 yds
 - 30 yrd throws **x10 at 100% effort**
 - 2 sets total and rest for 10 minutes between
- Level 2
 - Warm up throws at 10-30 yds
 - 30 yrd throws **x10 at 100% effort**
 - Mix in right and left sided hitches
 - 4 sets total and rest for 10 minutes between

40 yrd Phase

- Level 1
 - Warm up throws at 10-40 yds
 - 40 yrd throws **x10 at 100% effort**
 - 2 sets total and rest for 10 minutes between
- Level 2
 - Warm up throws at 10-40 yds
 - 40 yrd throws **x10 at 100% effort**
 - Mix in right and left sided hitches
 - 2 sets total and rest for 10 minutes between
 - 30 yrd throws **x10 at 100% effort**
 - Mix in right and left sided hitches
 - 20 yrd throws **x10 at 100% effort**
 - Mix in right and left sided hitches

Game Simulation

- These should be under center 3-7 step dropbacks, working up through route tree
- Level 1
 - 10 yrd throws **x10**
 - 20 yrd throws **x10**
 - 30 yrd throws **x10**
 - 40 yrd throws **x10**
 - Rest for 10 minutes between
- Level 2
 - 10 yrd throws **x10**
 - 20 yrd throws **x10**
 - 30 yrd throws **x10**
 - 40 yrd throws **x10**
 - 50 yrd throws **x10**
 - Rest for 10 minutes between

- Level 3 (should incorporate roll outs with these
 - 10 yrd throws **x10**
 - 20 yrd throws **x10**
 - 30 yrd throws **x10**
 - 40 yrd throws **x10**
 - 50 yrd throws **x10**
 - 60 yrd and fly route throws **x10**
 - Rest for 10 minutes between