

Appendix. Goals and volume progression for each phase

Phase 1

Goals

- Intended to assist players in the return-to-sport process following an injury that has removed the player from overhead activity for an extended period of time
- Prepare the player to compete in 2 games without overloading the upper extremity

Volume progression

- Average progression in total stroke volume at each step is 16%

Phase 2

Goals

- Concentrate on stroke technique while building strength and endurance necessary for match play^{3,10}
- May be used as an accelerated return to play for an individual who has been out for a short period of time
- May be used by coaches working on developing a young player that is preparing for their first competition or to incrementally increase a player's endurance

Volume progression

- Average progression in total stroke volume at each step is 20%

Phase 3

Goals

- Concentrate on stroke power and endurance, and can be used by coaches and health care professionals as a progressive training tool during a competitive season

Volume progression

- Average progression in total stroke volume at each step is 36%

General guidelines for interval program

- Injured athletes should participate in and complete phase 1 and 2 before attempting phase 3 due to the step rate of progression
- Each step should begin with a 20-stroke warm-up performed at 50% of maximum effort