Interval Throwing Program

This program should be performed every-other day. Go through each step before progressing. Note that most throwers will adapt the program based upon their symptoms and should not hesitate to repeat a step or go back a step if there is pain in excess of three out of ten after throwing. Adapted from the American Sports Medicine Institute in Birmingham, AL.

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45' Phase	60' Phase	90' Phase	120' Phase
Step 1: A. Warm-up throwing B. 45' (25 throws) C. Rest 5–10 min D. Warm-up throwing E. 45' (25 throws) Step 2: A. Warm-up throwing B. 45' (25 throws) C. Rest 5–10 min D. Warm-up throwing E. 45' (25 throws) F. Rest 5–10 min G. Warm-up throwing H. 45' (25 throws)	Step 3: A. Warm-up throwing B. 60' (25 throws) C. Rest 5–10 min D. Warm-up throwing E. 60' (25 throws) Step 4: A. Warm-up throwing B. 60' (25 throws) C. Rest 5–10 min D. Warm-up throwing E. 60' (25 throws) F. Rest 5–10 min G. Warm-up throwing H. 60' (25 throws)	Step 5: A. Warm-up throwing B. 90' (25 throws) C. Rest 5–10 min D. Warm-up throwing E. 90' (25 throws) Step 6: A. Warm-up throwing B. 90' (25 throws) C. Rest 5–10 min D. Warm-up throwing E. 90' (25 throws) F. Rest 5–10 min G. Warm-up throwing H. 90' (25 throws)	Step 7: A. Warm-up throwing B. 120' (25 throws) C. Rest 5–10 min D. Warm-up throwing E. 120' (25 throws) Step 8: A. Warm-up throwing B. 120' (25 throws) C. Rest 5–10 min D. Warm-up throwing E. 120' (25 throws) F. Rest 5–10 min G. Warm-up throwing H. 120' (25 throws)
150′ Phase	180' Phase		
Step 9: A. Warm-up throwing B. 150' (25 throws) C. Rest 5–10 min D. Warm-up throwing E. 150' (25 throws) Step 10: A. Warm-up throwing B. 150' (25 throws) C. Rest 5–10 min D. Warm-up throwing E. 150' (25 throws) F. Rest 5–10 min G. Warm-up throwing H. 150' (25 throws)	Step 11: A. Warm-up throwing B. 180' (25 throws) C. Rest 5–10 min D. Warm-up throwing E. 180' (25 throws) Step 12: A. Warm-up throwing B. 180' (25 throws) C. Rest 5–10 min D. Warm-up throwing E. 180' (25 throws) F. Rest 5–10 min G. Warm-up throwing H. 180' (25 throws)	Step 13: A. Warm-up throwing B. 180' (25 throws) C. Rest 5–10 min D. Warm-up throwing E. 180' (25 throws) Step 14: Begin throwing off the mound or return to respective position.	

Do not perform this portion of the progression unless you are a pitcher and have completed the flat-ground throwing portion of the progression.

- Step 1: Interval throwing 15 throws off mound 50% (use interval throwing to 120' phase as warm-up)
- Step 2: Interval throwing 30 throws off mound 50%
- Step 3: Interval throwing 45 throws off mound 50% (all throwing off the mound should be done in the presence of your pitching coach to stress proper throwing mechanics)
- Step 4: Interval throwing 60 throws off mound 50%
- Step 5: Interval throwing 70 throws off mound 50% (use speed gun to aid in effort control)
- Step 6: 45 throws off mound 50%; 30 throws off mound 75%
- Step 7: 30 throws off mound 50%; 45 throws off mound 75%
- Step 8: 65 throws off mound 75%; 10 throws off mound 50%
- Stage 2: Fastballs only
- Step 9: 60 throws off mound 75%; 15 throws in batting practice
- Step 10: 50 to 60 throws off mound 75%; 30 throws in batting practice
- Step 11: 45 to 50 throws off mound 75%; 45 throws in batting practice
- Stage 3
- Step 12: 30 throws off mound 75% warm-up; 15 throws off mound 50% breaking balls; 45 to 60 throws in batting practice (fastball only)
- Step 13: 30 throws off mound 75%; 30 breaking balls 75%; 30 throws in batting practice
- Step 14: 30 throws off mound 75%; 60 to 90 throws in batting practice (gradually increase breaking balls)
- Step 15: Simulated game progressing by 15 throws per workout (pitch count)

Each phase below should take one week.

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- 1: Hitting from a tee.
- 2: Hitting a soft toss thrown from the side of the pitcher.
- 3: Hitting a soft toss thrown from the front of the pitcher from behind an "L" screen.
- 4: Hitting a pitch thrown from the mound at 60 mph.
- 5: Add 5 mph to pitch speed per week until competition pitch speed is reached.