

FLAT GROUND – ALL THROWS SHOULD BE “ARCS”, NONE SHOULD BE “FLAT” OR PARALLEL TO THE GROUND

### Interval Throwing Program

This program should be performed every-other day. Go through each step before progressing. Adapted from the American Sports Medicine Institute in Birmingham, AL.

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

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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)

MOUND

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Each phase below should take one week.

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.

HITTING