

Interval Throwing Program

This program should be performed every-other day. Most athletes alternate days throwing and hitting. 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.

	45' Phase	60' Phase	90' Phase	120' Phase
FLAT GROUND – ALL THROWS SHOULD BE “ARCS”, NONE SHOULD BE “FLAT” OR PARALLEL TO THE GROUND	Step 1:	Step 3:	Step 5:	Step 7:
	A. Warm-up throwing	A. Warm-up throwing	A. Warm-up throwing	A. Warm-up throwing
	B. 45' (25 throws)	B. 60' (25 throws)	B. 90' (25 throws)	B. 120' (25 throws)
	C. Rest 5–10 min	C. Rest 5–10 min	C. Rest 5–10 min	C. Rest 5–10 min
	D. Warm-up throwing	D. Warm-up throwing	D. Warm-up throwing	D. Warm-up throwing
	E. 45' (25 throws)	E. 60' (25 throws)	E. 90' (25 throws)	E. 120' (25 throws)
	Step 2:	Step 4:	Step 6:	Step 8:
	A. Warm-up throwing	A. Warm-up throwing	A. Warm-up throwing	A. Warm-up throwing
	B. 45' (25 throws)	B. 60' (25 throws)	B. 90' (25 throws)	B. 120' (25 throws)
	C. Rest 5–10 min	C. Rest 5–10 min	C. Rest 5–10 min	C. Rest 5–10 min
	D. Warm-up throwing	D. Warm-up throwing	D. Warm-up throwing	D. Warm-up throwing
	E. 45' (25 throws)	E. 60' (25 throws)	E. 90' (25 throws)	E. 120' (25 throws)
	F. Rest 5–10 min	F. Rest 5–10 min	F. Rest 5–10 min	F. Rest 5–10 min
	G. Warm-up throwing	G. Warm-up throwing	G. Warm-up throwing	G. Warm-up throwing
H. 45' (25 throws)	H. 60' (25 throws)	H. 90' (25 throws)	H. 120' (25 throws)	
	150' Phase	180' Phase		
	Step 9:	Step 11:	Step 13:	
	A. Warm-up throwing	A. Warm-up throwing	A. Warm-up throwing	
	B. 150' (25 throws)	B. 180' (25 throws)	B. 180' (25 throws)	
	C. Rest 5–10 min	C. Rest 5–10 min	C. Rest 5–10 min	
	D. Warm-up throwing	D. Warm-up throwing	D. Warm-up throwing	
	E. 150' (25 throws)	E. 180' (25 throws)	E. 180' (25 throws)	
	Step 10:	Step 12:	Step 14:	
	A. Warm-up throwing	A. Warm-up throwing	Begin throwing	
	B. 150' (25 throws)	B. 180' (25 throws)	off the mound	
	C. Rest 5–10 min	C. Rest 5–10 min	or return to	
	D. Warm-up throwing	D. Warm-up throwing	respective	
	E. 150' (25 throws)	E. 180' (25 throws)	position.	
	F. Rest 5–10 min	F. Rest 5–10 min		
	G. Warm-up throwing	G. Warm-up throwing		
	H. 150' (25 throws)	H. 180' (25 throws)		

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

MOUND

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.

HITTING

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.