

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.

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 3: A. Warm-up throwing B. 60' (25 throws) C. Rest 5–10 min D. Warm-up throwing E. 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 7: A. Warm-up throwing B. 120' (25 throws) C. Rest 5–10 min D. Warm-up throwing E. 120' (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 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 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 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 11: A. Warm-up throwing B. 180' (25 throws) C. Rest 5–10 min D. Warm-up throwing E. 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 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 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 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.

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.