

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.

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