



Interval Throwing Program

Phase I:

45' Phase

- Step 1:
- A. Warm-up throwing
 - B. 45' (25 throws)
 - C. Rest 15 minutes
 - D. Warm-up throwing
 - E. 45' (25 throws)
- Step 2:
- A. Warm-up throwing
 - B. 45' (25 throws)
 - C. Rest 10 minutes
 - D. Warm-up throwing
 - E. 45' (25 throws)
 - F. Rest 10 minutes
 - G. Warm-up throwing
 - H. 45' (25 throws)

60' Phase

- Step 3:
- A. Warm-up throwing
 - B. 60' (25 throws)
 - C. Rest 15 minutes
 - D. Warm-up throwing
 - E. 60' (25 throws)
- Step 4:
- A. Warm-up throwing
 - B. 60' (25 throws)
 - C. Rest 10 minutes
 - D. Warm-up throwing
 - E. 60' (25 throws)
 - F. Rest 10 minutes
 - G. Warm-up throwing
 - H. 60' (25 throws)

90' Phase

- Step 5:
- A. Warm-up throwing
 - B. 90' (25 throws)
 - C. Rest 15 minutes
 - D. Warm-up throwing
 - E. 90' (25 throws)
- Step 6:
- A. Warm-up throwing
 - B. 90' (25 throws)
 - C. Rest 10 minutes
 - D. Warm-up throwing
 - E. 90' (25 throws)
 - F. Rest 10 minutes
 - G. Warm-up throwing
 - H. 90' (25 throws)

120' Phase

- Step 7:
- A. Warm-up throwing
 - B. 120' (25 throws)
 - C. Rest 15 minutes
 - D. Warm-up throwing
 - E. 120' (25 throws)

Step 8:

- A. Warm-up throwing
- B. 120' (25 throws)
- C. Rest 10 minutes
- D. Warm-up throwing
- E. 120' (25 throws)
- F. Rest 10 minutes
- G. Warm-up throwing
- H. 120' (25 throws)

150' Phase

Step 9:

- A. Warm-up throwing
- B. 150' (25 throws)
- C. Rest 15 minutes
- D. Warm-up throwing
- E. 150' (25 throws)

Step 10:

- A. Warm-up throwing
- B. 150' (25 throws)
- C. Rest 10 minutes
- D. Warm-up throwing
- E. 150' (25 throws)
- F. Rest 10 minutes
- G. Warm-up throwing
- H. 150' (25 throws)

180' Phase

Step 11:

- A. Warm-up throwing
- B. 180' (25 throws)
- C. Rest 15 minutes
- D. Warm-up throwing
- E. 180' (25 throws)

Step 12:

- A. Warm-up throwing
- B. 180' (25 throws)
- C. Rest 10 minutes
- D. Warm-up throwing
- E. 180' (25 throws)
- F. Rest 10 minutes
- G. Warm-up throwing
- H. 180' (25 throws)

Step 13:

- A. Warm-up throwing
- B. 180' (25 throws)
- C. Rest 10 minutes
- D. Warm-up throwing
- E. 180' (25 throws)
- F. Rest 10 minutes
- G. Warm-up throwing
- H. 180' (25 throws)

Step 14:

Begin throwing off the mound or return to respective position.

Phase II:

Stage One: Fastball Only

- Step 1: Interval Throwing
15 Throws off mound 50%
- Step 2: Interval Throwing
30 Throws
- Step 3: Interval Throwing
45 Throws off mound 50%
- Step 4: Interval Throwing
60 Throws
- Step 5: Interval Throwing
30 Throws off mound 75%
- Step 6: 30 Throws off mound 75%
45 Throws off mound 50%
- Step 7: 45 Throws off mound 75%
15 Throws off mound 50%
- Step 8: 60 Throws off mound 75%

Stage Two: Fastball Only

- Step 9: 45 Throws off mound 75%
15 Throws in batting practice
- Step 10: 45 Throws off mound 75%
30 Throws in batting practice
- Step 11: 45 Throws off mound 75%
45 Throws in batting practice

Stage Three

- Step 12: 30 Throws off mound 75% warm-up
15 Throws off mound 50% Breaking Balls
45-60 Throws in batting practice (fastball)
- Step 13: 30 Throws off mound 75%
30 Breaking balls 75%
30 Throws in batting practice
- Step 14: 30 Throws off mound 75%
60-90 Throws in batting practice--25%
breaking balls
- Step 15: SIMULATED GAME: PROGRESSING BY
15 THROWS PER WORK-OUT (use
interval throwing to 120' Phase as
warmup) ALL THROWING OFF THE MOUND
SHOULD BE DONE IN THE PRESENCE OF
YOUR PITCHING COACH TO STRES PROPER
THROWING MECHANICS. (Use speed
gun to aid in effort control.)