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Interval Throwing Program

Phase I:

45' Dhaca					
45' Phase		10/	Step 8:	A.	Warm-up throwing
Step 1:	Α.	Warm-up throwing	- 10 p	В.	120' (25 throws)
	В.	45' (25 throws)		C.	Rest 10 minutes
	C.	Rest 15 minutes		D.	Warm-up throwing
	D.	Warm-up throwing		E.	120' (25 throws)
	E.	45' (25 throws)		F.	Rest 10 minutes
Step 2:	Α.	Warm-up throwing		G.	Warm-up throwing
	В.	45' (25 throws)		Н.	120' (25 throws)
	С.	Rest 10 minutes	150' Phase		120 (20 111000)
	D.	Warm-up throwing	150 Pilase		
	E.	45' (25 throws)	Step 9:	A.	Warm-up throwing
	F.	Rest 10 minutes	•	B.	150' (25 throws)
	G.	Warm-up throwing		C.	Rest 15 minutes
	H.	45' (25 throws)		D.	Warm-up throwing
60' Phase				E.	150' (25 throws)
Step 3:	A.	Warm-up throwing	Step 10:	Α.	Warm-up throwing
	B.	60' (25 throws)	G. G. F. G.	В.	150' (25 throws)
	C.	Rest 15 minutes		C.	Rest 10 minutes
	D.	Warm-up throwing		D.	Warm-up throwing
	E.	60' (25 throws)		E.	150' (25 throws)
Step 4:	A.	Warm-up throwing		F.	Rest 10 minutes
	B.	60' (25 throws)		G.	Warm-up throwing
	C.	Rest 10 minutes		ы. Н.	150' (25 throws)
	D.	Warm-up throwing	180' Phase	• • • •	100 (20 1110110)
	E.	60' (25 throws)	100 Filase		
	F.	Rest 10 minutes	Step 11:	A.	Warm-up throwing
	G.	Warm-up throwing	•	B.	180' (25 throws)
	H.	60' (25 throws)		C.	Rest 15 minutes
90' Phase				D.	Warm-up throwing
Step 5:	A.	Warm-up throwing		E.	180' (25 throws)
	B.	90' (25 throws)	Step 12:	A.	Warm-up throwing
	C.	Rest 15 minutes		B.	180' (25 throws)
	D.	Warm-up throwing		C.	Rest 10 minutes
	E.	90' (25 throws)		D.	Warm-up throwing
Step 6:	A.	Warm-up throwing		E.	180' (25 throws)
•	B.	90' (25 throws)		F.	Rest 10 minutes
	C.	Rest 10 minutes		G.	Warm-up throwing
	D.	Warm-up throwing		H.	180' (25 throws)
	E.	90' (25 throws)			,
	F.	Rest 10 minutes	Step 13:	A.	Warm-up throwing
	G.	Warm-up throwing		B.	180' (25 throws)
	H.	90' (25 throws)		C.	Rest 10 minutes
		,		D.	Warm-up throwing
4001 DI				E.	180' (25 throws)
120' Phase				F.	Rest 10 minutes
Step 7:	Α.	Warm-up throwing			Warm-up throwing
Stop 7.	В.	120' (25 throws)			180' (25 throws)
	Б. С.	Rest 15 minutes			,
	D.	Warm-up throwing	` Step 14:	Bed	gin throwing off the mound or
	D. E.	120' (25 throws)	+		urn to respective position.
	∟.	120 (25 tillows)			

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%

3o 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.)