***Interval Throwing Program***

***Adolescent Baseball Pitcher***

**Interval Throwing Program Guidelines:**

* Progression through program is different for each individual.
* Initially the program should be done every other day.
* Each level or step should be fully completed at least once before advancing.
* If returning from an injury or surgery follow soreness rules (below) carefully.

**Soreness Rules:**

* Do not throw if sore or in pain *before* throwing.
* Stop throwing is soreness or pain occur while throwing.
* If sore on the morning after a throwing workout, it is ok to throw but do not advance level or strenuousness of workout.
* If sore two (2) days after throwing workout, take a day off and back down one level or step in program.
* If sore or in pain four (4) days after a throwing workout, contact your provider.

**Return to Throwing**

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| **Step 1**  Warm up   * 25 throws at 45 ft * 50% maximum effort   Rest for 5 min’   * 25 throws at 45 ft * 50% maximum effort   Warm down | **Step 2**  Warm up   * 25 throws at 60 ft * 50% maximum effort   Rest for 5 min’   * 25 throws at 60 ft * 75% maximum effort   Warm down |
| **Step 3**  Warm up throwing at 45 feet   * 25 throws at 90 ft * 75% maximum effort   Rest for 5 min’   * 25 throws at 90 ft * 75% maximum effort   Warm down throwing | **Step 4**  Warm up throwing at 45 feet   * 25 throws off the mound * 50% maximum effort   Rest for 5 min’   * 25 throws off the mound * 75% maximum effort   Warm down throwing at 45 feet |
| **After completion of Step 3 without pain, the athlete is ready to progress to throwing off the mound (Step 4). If the athlete has increase in symptoms, the throwing program should be backed off and re-advanced as tolerated by the soreness rules stated above.** | **After successful completion of Step 4 without pain, formal progression to pitching is appropriate as outlined below.** |

**Fastball Only Phase**

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| **Step 5**  Warm-up throws at 45 feet  15 throws off the mound   * 50% maximum effort   5 minute rest  20 long tosses up to 120 ft  Warm down throwing | **Step 8**  Warm-up throws at 45 feet  20 throws off the mound   * 75% maximum effort   5 minute rest  25 throws off the mound   * 75% maximum effort   Warm down throwing |
| **Step 9**  Warm-up throws at 45 feet  30 throws off the mound   * 100% maximum effort   5 minute rest  20 long tosses up to 120 ft  Warm down throwing | **Step 10**  Warm-up tosses  20 throws off the mound   * 100% maximum effort   5 minute rest  25 throws off the mound   * 100% maximum effort   Warm down throwing |
| **Step 11**  Warm-up throwing at 60 feet  20 throws off the mound   * 75% maximum effort   5 minute rest  25 throws off the mound   * 75% maximum effort   5 minute rest  30 throws in batting practice  Warm down throwing | **Step 12**  Warm-up throwing  45 throws off mound  75% maximum effort  5 minute rest  45 throws in batting practice  Warm down throwing |
| **After completion of Step 12 without pain, the athlete is ready to progress to throwing breaking pitches. If the athlete has increase in symptoms, the throwing program should be backed off and re-advanced as tolerated by the soreness rules stated above.** |  |

**Breaking balls**

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| **Step 13**  Warm up throwing at 90 feet  30 throws off mound   * 75% maximum effort, Fastballs only   5 minute rest  15 throws off mound   * 50% maximum effort breaking balls   5 minute rest  30 throws in batting practice, fastballs only  Warm down throwing |
| **Step 14**  Warm up throwing at 90 feet  30 throws off mound   * 75% maximum effort, Fastballs only   5 minute rest  15 throws off mound   * 75% maximum effort breaking balls   5 minute rest  30 throws in batting practice, Alternate fastballs and breaking balls  Warm down throwing |
| **Step 15**  Warm up throwing at 90 feet  30 throws off mound  75% maximum effort  5 minute rest  60-70 throws in batting practice  100% maximum effort, 25% breaking balls  Warm down throwing |
| **Step 16**  Simulated game |
| **Step 17**  Return to regular work-out regimen |