



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 if 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

<p>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</p>	<p>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</p>
<p>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</p>	<p>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</p>
<p>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.</p>	<p>After successful completion of Step 4 without pain, formal progression to pitching is appropriate as outlined below.</p>



Fastball Only Phase

<p>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</p>	<p>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</p>
<p>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</p>	<p>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</p>
<p>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</p>	<p>Step 12 Warm-up throwing 45 throws off mound 75% maximum effort 5 minute rest 45 throws in batting practice Warm down throwing</p>
<p>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.</p>	



Breaking balls

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