



Interval Throwing Program

Adult 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 throwing ❖ 25 throws at 45 ft Rest for 15 minutes Warm up throwing ❖ 25 throws at 45 ft</p>	<p>Step 2 Warm up throwing ❖ 25 throws at 60 ft Rest for 15 minutes Warm up throwing ❖ 25 throws at 60 ft</p>
<p>Step 3: Warm-up throwing ❖ 25 throws at 90 ft Rest for 15 minutes Warm-up throwing ❖ 25 throws at 90 feet</p>	<p>Step 4 Warm up throwing ❖ 25 throws off the mound Rest for 15 minutes Warm up throwing ❖ 25 throws off the mound</p>
<p>Step 5 Warm up throwing ❖ 25 throws at 120 ft Rest for 15 minutes Warm up throwing ❖ 25 throws at 120 ft</p>	

****After completion of the interval throwing program and the athlete can throw 120', 50 times without pain, the athlete is ready to progress to throwing off the mound. 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**



Return to Pitching

<p>Step 1 Warm up throwing</p> <ul style="list-style-type: none"> ❖ 20 fast ball (50%)* ❖ 15 fastballs (50%)* ❖ 15 fastballs (50%)* <p>25 long tosses to 105 ft</p>	<p>Step 2 Warm up throwing</p> <ul style="list-style-type: none"> ❖ 15 fastballs (50%)* ❖ 20 fastballs (50%)* ❖ 20 fastballs (50%)* ❖ 15 fastballs (50%)* <p>25 long tosses to 120 ft</p>
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Intensified Pitching

<p>Step 1 Warm-up tosses to 120 ft</p> <ul style="list-style-type: none"> ❖ 20 fastballs (75%)* ❖ 20 fastballs (50%)* ❖ 20 fastballs (75%)* ❖ 20 fastballs (100%)* <p>25 long tosses to 120 ft</p>	<p>Step 2 Warm-up tosses to 120 ft</p> <ul style="list-style-type: none"> ❖ 25 fastballs (75%)* ❖ 25 fastballs (75%)* ❖ 25 fastballs (75%)* ❖ 20 fastballs (75%)* <p>25 long tosses to 120 ft</p>
<p>Step 3 Warm-up tosses to 120 ft</p> <ul style="list-style-type: none"> ❖ 20 throws at 60 ft (75%)* ❖ 15 throws at 80 ft (75%)* 	<p>Step 4 Warm-up tosses to 120 ft</p> <ul style="list-style-type: none"> ❖ 20 fastballs (50%)* ❖ 5 off speed pitches (50%)* ❖ 20 fastballs (75%)* ❖ 5 off speed pitches (50) ❖ 20 long tosses to 120 ft
<p>Step 5 Warm-up tosses to 120 ft</p> <ul style="list-style-type: none"> ❖ 20 fastballs (75%) ❖ 5 off speed pitches (75%)* ❖ 25 long tosses to 120 ft ❖ 20 fastballs (75%) ❖ 4 throws to 1st base (75%)* ❖ 15 fastballs (100%) ❖ 5 off speed pitches (100%)* ❖ 10 fastballs (100%) ❖ 5 off speed pitches (100%) ❖ 4 throws to 1st base (75%)* <p>25 long tosses to 120 ft</p>	<p>Step 6 Batting practice</p> <ul style="list-style-type: none"> ❖ 100-110 pitches ❖ 10 throws to 1st base ❖ Bunts and comebacks
<p>Step 7 Simulated game</p> <ul style="list-style-type: none"> ❖ 10 minute warm-up of 50-80 pitches with gradually increasing velocity ❖ 5 innings (9 minutes rest between innings) ❖ 22-27 pitches per inning, including 15-20 fastballs 	

*6 minute rest between each set

Information taken from;

- Dr. Walter Lowe; Interval-Throwing Program: Baseball Players
- Axe M, Hurd W, Snyder-Mackler L. Date-Based Interval Throwing Program Baseball Players. *Sports Health: A Multidisciplinary Approach*. 2009;1(2):145-153