



Interval Throwing Program

Softball 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.



Phase 1: Early Throwing

- All throws are to tolerance to a maximum of 50% effort
- All long tosses begin with a crow-hop

<p>Step 1 Warm up toss at 30 ft 10 throws at 30 ft Rest 8 min 10 throws at 30 ft 10 long tosses to 45 ft</p>	<p>Step 2 Warm up toss to 45 ft 10 throws at 45 ft Rest 8 min 10 throws at 45 ft 10 long tosses to 60 ft</p>
<p>Step 3 Warm up toss to 60 ft 10 throws at 60 ft Rest 8 min 10 throws at 60 ft 10 long tosses to 75 ft</p>	<p>Step 4 Warm up toss to 75 ft 10 throws at 75 ft Rest 8 min 10 throws at 75 ft 10 long tosses to 90 ft</p>
<p>Step 5 Warm up toss to 90 ft 10 throws at 90 ft Rest 8 min 10 throws at 90 ft 10 long tosses to 105 ft</p>	<p>Step 6 Warm up toss to 105 ft 10 throws at 105 ft Rest for 8 min 10 throws at 60 ft 10 long tosses to 120 ft</p>

Phase II: Initiation of Pitching

- All pitches are fast balls (no off-speed pitches)
- All long tosses being with a crow-hop

<p>Step 1 Warm up toss to 120 ft 10 throws at 60 ft 10 pitches at 20 ft Rest 8 min 10 throws at 60 ft 5 pitches at 20 ft 10 long tosses to 120 ft</p>	<p>Step 2 Warm up toss to 120 ft 10 throws at 60 ft 10 pitches at 35 ft Rest 8 min 10 throws at 60 ft 10 pitches at 35 ft 10 long tosses to 120 ft</p>
<p>Step 3 Warm up toss to 120 ft 10 throws at 60 ft 10 pitches at 46 ft Rest 8 min 10 throws at 60 ft 10 pitches at 46 ft 15 long tosses to 120 ft</p>	<p>Step 4 Warm up toss to 120 ft 10 throws at 60 ft 10 pitches at 46 ft Rest 8 min 10 pitches at 46 ft Rest 8 min 10 throws at 60 ft 10 pitches at 46 ft 15 long tosses to 120 ft</p>

Phase III: Intensified Pitching



<p>Step 1 Warm-up throws to 120 feet 2 throws at each base (75%) 15 pitches (50%)* 15 pitches (50%)* 1 throw to each base (75%) 15 pitches (50%)* 20 long tosses to 120 ft</p>	<p>Step 2 Warm-up throws to 120 feet 2 throws at each base (75%) 15 pitches (50%)* 15 pitches (50%)* 15 pitches (50%)* 1 throw to each base (75%) 15 pitches (50%)* 20 long tosses to 120 ft</p>
<p>Step 3 Warm-up throws to 120 feet 2 throws at each base (75%) 15 pitches (50%)* 15 pitches (75%)* 15 pitches (75%)* 1 throw to each base (75%) 15 pitches (50%)* 20 long tosses to 120 ft</p>	<p>Step 4 Warm-up throws to 120 feet 2 throws at each base (75%) 15 pitches (50%)* 15 pitches (75%)* 15 pitches (75%)* 20 pitches (50%)* 1 throw to each base (75%) 15 pitches (50%)* 20 long tosses to 120 ft</p>
<p>Step 5 Warm-up throws to 120 feet 2 throws at each base (75%) 15 pitches (75%)* 15 pitches (75%)* 15 pitches (75%)* 15 pitches (50%)* 1 throw to each base (75%)* 15 pitches (75%)* 20 long tosses to 120 ft</p>	<p>Step 6 Warm-up throws to 120 feet 2 throws at each base (75%) 15 pitches (75%)* 15 pitches (75%)* 15 pitches (75%)* 15 pitches (50%)* 1 throw to each base (75%) 15 pitches (50%)* 20 long tosses to 120 ft</p>

-Pitch set 11-15 consist of 1 fastball to 1 off-speed pitch at the effort level specified

<p>Step 7 Warm-up throws to 120 feet 1 throws at each base (100%)</p>	<p>Step 8 Warm-up throws to 120 feet 1 throws at each base (100%)</p>
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15 pitches (100%)* 20 pitches (75%)* 15 pitches (100%)* 20 pitches (75%)* 1 throw to each base (75%)* 20 pitches (75%)* 20 long tosses to 120 ft	15 pitches (100%)* 20 pitches (75%)* 15 pitches (100%)* 15 pitches (100%)* 20 pitches (75%)* 1 throw to each base (100%)* 15 pitches (75%)* 20 long tosses to 120 ft
Step 9 Warm-up throws to 120 feet 1 throws at each base (100%) 20 pitches (100%)* 15 pitches (100%)* 20 pitches (100%)* 15 pitches (100%)* 20 pitches (100%)* 1 throw to each base (100%)* 15 pitches (100%)* 20 long tosses to 120 ft	Step 10 Warm-up throws to 120 feet 1 throws at each base (100%) 20 pitches (100%)* 15 pitches (100%)* 20 pitches (100%)* 15 pitches (100%)* 20 pitches (100%)* 15 pitches (100%)* 1 throw to each base (100%)* 15 pitches (100%)* 20 long tosses to 120 ft
Step 11 Batting practice Warm-up throws to 120 feet 100-120 pitches 1 throw to each base per 25 pitches 20 long tosses to 120 ft	Step 12 Simulated game Warm-up throws to 120 feet 7 innings 18-20 pitches/inning 8 min rest between innings Pre injury pitch mix

-Pitch sets 16-21 consist of a percentage of pitches that match the pre-injury pitch mix specific to the athlete at the effort level specified