

Table 4a: INTERVAL THROWING PROGRAM FOR BASEBALL PITCHERS: PHASE I

45' Phase	60' Phase	90' Phase	120' Phase
<p><u>Step 1:</u></p> <ul style="list-style-type: none"> A) Warm-up Throwing B) 45' (25 Throws) C) Rest 3-5 min. D) Warm-up Throwing E) 45' (25 Throws) <p><u>Step 2:</u></p> <ul style="list-style-type: none"> A) Warm-up Throwing B) 45' (25 Throws) C) Rest 3-5 min. D) Warm-up Throwing E) 45' (25 Throws) F) Rest 3-5 min. G) Warm-up Throwing H) 45' (25 Throws) 	<p><u>Step 3:</u></p> <ul style="list-style-type: none"> A) Warm-up Throwing B) 60'(25 Throws) C) Rest 3-5 min. D) Warm-up Throwing E) 60' (25Throws) <p><u>Step 4:</u></p> <ul style="list-style-type: none"> A) Warm-up Throwing B) 60' (25 Throws) C) Rest 3-5 min. D) Warm-up Throwing E) 60' (25 Throws) F) Rest 3-5 min. G) Warm-up Throwing H) 60' (25 Throws) 	<p><u>Step 5:</u></p> <ul style="list-style-type: none"> A) 60' (10 throws) B) 90' (20 throws) C) Rest 3-5 min. D) 60' (10 throws) E) 90' (20 Throws) <p><u>Step 6:</u></p> <ul style="list-style-type: none"> A) 60' (7 throws) B) 90' (18Throws) C) Rest 3-5 min. D) 60' (7 throws) E) 90' (18 Throws) F) Rest 3-5 min. G) 60' (7 throws) H) 90' (18 Throws) 	<p><u>Step 7:</u></p> <ul style="list-style-type: none"> A) 60' (5-7 throws) B) 90' (5-7 throws) C) 120' (15 Throws) D) Rest 3-5 min. E) 60' (5-7 throws) F) 90' (5-7 throws) G) 120' (15 Throws) <p><u>Step 8:</u></p> <ul style="list-style-type: none"> A) 60' (5 throws) B) 90' (10 throws) C) 120' (15 Throws) D) Rest 3-5 min. E) 60' (5 throws) F) 90' (10 throws) G) 120' (15 Throws) H) Rest 3-5 min. I) 60' (5 throws) J) 90' (10 throws) K) 120' (15 Throws)
<p><u>Step 9:</u></p> <ul style="list-style-type: none"> A) Throw 60 ft. (10-15 throws) B) Throw 90 ft. (10 throws) C) Throw 120 ft. (10 throws) D) Throw 60 ft. (flat ground) using pitching mechanics 		<p><u>Step 10:</u></p> <ul style="list-style-type: none"> A) Throw 60 ft. (10-15 throws) B) Throw 90 ft. (10 throws) C) Throw 120 ft. (10 throws) D) Throw 60 ft. (flat ground) using pitching mechanics (20-30 throws) E) Rest 3-5 min. F) Throw 60-90 ft. (10-15 throws) G) Throw 60 ft. (flat ground) using pitching mechanics (20 throws) 	
<p>Throwing program should be performed every other day, with one day of rest between steps, unless otherwise specified by your physician</p> <p style="text-align: center;">Perform each step 2 times before progressing to the next step.</p>			

Table 4b: Interval Throwing Program: Phase II – Throwing Off the Mound

<p>STAGE ONE: FASTBALLS ONLY SHOULD BE Step 1: Interval Throwing PITCHING 15 Throws off mound 50%* TO Step 2: Interval Throwing 30 Throws off mound 50% Step 3: Interval Throwing 45 Throws off mound 50%</p>	}	<p>ALL THROWING OFF THE MOUND DONE IN THE PRESENCE OF YOUR COACH OR SPORT BIOMECHANIST STRESS PROPER THROWING MECHANICS (Use speed gun to aid in effort control)</p>
<p><i>Use Interval Throwing 120ft (36.6m) Phase as warm-up</i></p>		
<p>Step 4: Interval Throwing 60 Throws off mound 50% Step 5: Interval Throwing 70 Throws off mound 50% Step 6: 45 Throws off mound 50% 30 Throws off mound 75% Step 7: 30 Throws off mound 50% 45 Throws off mound 75% Step 8: 10 Throws off mound 50% 65 Throws off mound 75%</p>		
<p>STAGE TWO: FASTBALLS ONLY Step 9: 60 Throws off mound 75% 15 Throws in Batting Practice Step 10: 50-60 Throws off mound 75% 30 Throws in Batting Practice Step 11: 45-50 Throws off mound 75% 45 Throws in Batting Practice</p>		
<p>STAGE THREE Step 12: 30 Throws off mound 75% warm-up 15 Throws off mound 50% BEGIN BREAKING BALLS 45-60 Throws in Batting Practice (fastball only) Step 13: 30 Throws off mound 75% 30 Breaking Balls 75% 30 Throws in Batting Practice</p>		

Step 14: 30 throws off mound 75%
60-90 Throws in Batting Practice (Gradually increase breaking balls)

Step 15: SIMULATED GAME: PROGRESSING BY 15 THROWS PER WORKOUT (Pitch
Count)

* Percentage effort