



INTERVAL THROWING PROGRAM

The interval throwing program is designed to gradually recondition the throwing athlete after injury or surgery through graduating tolerance to distance and force. The athlete is expected to continue performing their strength and conditioning exercises as previously directed.

Mild generalized soreness in the back of your shoulder is expected as the body adapts to the program progression. Stop the throwing program if you experience sharp pain or significant increase of pain.

It is important that the athlete maintain proper form throughout the throwing program. A rest day should be incorporated between the throwing sessions to limit the stresses on your arm. As the athlete returns to the mound, they should work with the coach on pitching mechanics/technique if possible.

<u>Phase I – Return to throwing</u> All throws are at 50% effort	
Step 1 (twice)	15 Throws at 30'
	-rest 5-7 minutes
	15 Throws at 30'
	-rest 5-7 minutes
	20 Long tosses to 60'
Step 2 (twice)	15 Throws at 45'
	-rest 5-7 minutes
	15 Throws at 45'
	-rest 5-7 minutes

	20 Long tosses to 90'
Step 3 (twice)	15 Throws at 45'
	-rest 5-7 minutes
	15 Throws at 45'
	-rest 5-7 minutes
	20 Long tosses to 90'
Phase II – Return to Pitching *for high school & college pitchers, steps 6, 7, and 8 can be done from 60'6"	
Step 4 (three times)	15 throws at 45'
	-rest 5-7 minutes
	15 fastballs from mound (50%)
	-rest 5-7 minutes
	15 fastballs from mound (50%)
	-rest 5-7 minutes
	20 Long tosses to 105'
Step 5 (three times)	15 throws at 45'
	-rest 5-7 minutes
	15 fastballs from mound (50%)
	-rest 5-7 minutes
	15 fastballs from mound (50%)
	-rest 5-7 minutes

	15 Fastballs from mound (50%)
	-rest 5-7 minutes
	20 Long tosses to 120'
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Step 6 (Three times)	15 throws at 45'
	-rest 5-7 minutes
	20 fastballs from mound (50%)
	-rest 5-7 minutes
	20 fastballs from mound (50%)
	-rest 5-7 minutes
	20 Fastballs from mound (50%)
	-rest 5-7 minutes
	20 Long tosses to 160'
Step 7 (twice)	15 throws at 45'
	-rest 5-7 minutes
	20 fastballs from mound (50%)
	-rest 5-7 minutes
	20 fastballs from mound (75%)
	-rest 5-7 minutes
	20 Fastballs from mound (75%)
	-rest 5-7 minutes
	20 Fastballs from mound (75%)

	-rest 5-7 minutes
	20 Long tosses to 160'
Step 8 (Twice)	15 throws at 45'
	-rest 5-7 minutes
	20 fastballs from mound (75%)
	-rest 5-7 minutes
	25 fastballs from mound (75%)
	-rest 5-7 minutes
	20 Fastballs from mound (75%)
	-rest 5-7 minutes
	10 Fastballs from mound (100%)
Simulated Game	
10 minutes warm up of 50 pitches with gradually increasing velocity	
3 innings	
20 pitches per inning, including 10 - 15 fastballs, 5 offspeed	
6 minute rest between innings	