

Interval Throwing Program: Phase II

Starting Throwing Off the Pitcher's Mound	
Stage 1: Fastball Only	Stage 2: Fastball Only
Step 1: a) Interval Throwing b) throws off mound 50%	Step 9: a) 45 throws off mound 75 % b) 15 throws in Batting Practice
Step 2: a) Interval Throwing b) 30 throws off mound 50%	Step 10: a) 45 throws off mound 75 % b) 30 throws in Batting Practice
Step 3: a) Interval Throwing b) 45 throws off mound 50%	Step 11: a) 45 throws off mound 75 % b) 45 throws in Batting Practice
Step 4: a) Interval Throwing b) 60 throws off mound 50%	
Step 5: a) Interval Throwing b) 30 throws off mound 70%	Stage 3:
Step 6: a) 30 throws off mound at 75% b) 45 throws off mound at 50%	Step 12: a) 30 throws off mound 75 % warm up b) 15 throws in off mound breaking ball c) 45-60 throws in batting practice fastball only
Step 7: a) 45 throws off mound at 75% b) 15 throws off mound at 50%	Step 13: a) 30 throws off mound 75 % b) 30 breaking balls 75% c) 30 throws in batting practice
Step 8: a) 60 throws off mound at 75%	Step 14: a) 30 throws off mound 75% b) 60-90 throws in batting practice a. 25% breaking balls
	Step 15: Simulated Game progressing by 15 throws per workout. Use interval to 120ft phase as warm-up. All throwing off the mound should be done in the presence of the pitching coach to stress proper throwing mechanics

- Always do a full body warm up and stretch all muscle groups before throwing.
- Do 10 throws at each distance of 45, 60, 90 and 120 as the Interval throwing component in steps 1-5 and to warm-up before steps 6-15.
- Cool-down by stretching all muscle groups when finished throwing.