



# Interval Throwing Program

## Phase I:

### 45' Phase

- Step 1:
- A. Warm-up throwing
  - B. 45' (25 throws)
  - C. Rest 15 minutes
  - D. Warm-up throwing
  - E. 45' (25 throws)
- Step 2:
- A. Warm-up throwing
  - B. 45' (25 throws)
  - C. Rest 10 minutes
  - D. Warm-up throwing
  - E. 45' (25 throws)
  - F. Rest 10 minutes
  - G. Warm-up throwing
  - H. 45' (25 throws)

### 60' Phase

- Step 3:
- A. Warm-up throwing
  - B. 60' (25 throws)
  - C. Rest 15 minutes
  - D. Warm-up throwing
  - E. 60' (25 throws)
- Step 4:
- A. Warm-up throwing
  - B. 60' (25 throws)
  - C. Rest 10 minutes
  - D. Warm-up throwing
  - E. 60' (25 throws)
  - F. Rest 10 minutes
  - G. Warm-up throwing
  - H. 60' (25 throws)

### 90' Phase

- Step 5:
- A. Warm-up throwing
  - B. 90' (25 throws)
  - C. Rest 15 minutes
  - D. Warm-up throwing
  - E. 90' (25 throws)
- Step 6:
- A. Warm-up throwing
  - B. 90' (25 throws)
  - C. Rest 10 minutes
  - D. Warm-up throwing
  - E. 90' (25 throws)
  - F. Rest 10 minutes
  - G. Warm-up throwing
  - H. 90' (25 throws)

### 120' Phase

- Step 7:
- A. Warm-up throwing
  - B. 120' (25 throws)
  - C. Rest 15 minutes
  - D. Warm-up throwing
  - E. 120' (25 throws)

Step 8:

- A. Warm-up throwing
- B. 120' (25 throws)
- C. Rest 10 minutes
- D. Warm-up throwing
- E. 120' (25 throws)
- F. Rest 10 minutes
- G. Warm-up throwing
- H. 120' (25 throws)

### 150' Phase

Step 9:

- A. Warm-up throwing
- B. 150' (25 throws)
- C. Rest 15 minutes
- D. Warm-up throwing
- E. 150' (25 throws)

Step 10:

- A. Warm-up throwing
- B. 150' (25 throws)
- C. Rest 10 minutes
- D. Warm-up throwing
- E. 150' (25 throws)
- F. Rest 10 minutes
- G. Warm-up throwing
- H. 150' (25 throws)

### 180' Phase

Step 11:

- A. Warm-up throwing
- B. 180' (25 throws)
- C. Rest 15 minutes
- D. Warm-up throwing
- E. 180' (25 throws)

Step 12:

- A. Warm-up throwing
- B. 180' (25 throws)
- C. Rest 10 minutes
- D. Warm-up throwing
- E. 180' (25 throws)
- F. Rest 10 minutes
- G. Warm-up throwing
- H. 180' (25 throws)

Step 13:

- A. Warm-up throwing
- B. 180' (25 throws)
- C. Rest 10 minutes
- D. Warm-up throwing
- E. 180' (25 throws)
- F. Rest 10 minutes
- G. Warm-up throwing
- H. 180' (25 throws)

Step 14:

Begin throwing off the mound or return to respective position.

## Phase II:

### Stage One: Fastball Only

- Step 1: Interval Throwing  
15 Throws off mound 50%
- Step 2: Interval Throwing  
30 Throws
- Step 3: Interval Throwing  
45 Throws off mound 50%
- Step 4: Interval Throwing  
60 Throws
- Step 5: Interval Throwing  
30 Throws off mound 75%
- Step 6: 30 Throws off mound 75%  
45 Throws off mound 50%
- Step 7: 45 Throws off mound 75%  
15 Throws off mound 50%
- Step 8: 60 Throws off mound 75%

### Stage Two: Fastball Only

- Step 9: 45 Throws off mound 75%  
15 Throws in batting practice
- Step 10: 45 Throws off mound 75%  
30 Throws in batting practice
- Step 11: 45 Throws off mound 75%  
45 Throws in batting practice

### Stage Three

- Step 12: 30 Throws off mound 75% warm-up  
15 Throws off mound 50% Breaking Balls  
45-60 Throws in batting practice (fastball)
- Step 13: 30 Throws off mound 75%  
30 Breaking balls 75%  
30 Throws in batting practice
- Step 14: 30 Throws off mound 75%  
60-90 Throws in batting practice--25%  
breaking balls
- Step 15: SIMULATED GAME: PROGRESSING BY  
15 THROWS PER WORK-OUT (use  
interval throwing to 120' Phase as  
warmup) ALL THROWING OFF THE MOUND  
SHOULD BE DONE IN THE PRESENCE OF  
YOUR PITCHING COACH TO STRES PROPER  
THROWING MECHANICS. (Use speed  
gun to aid in effort control.)