

INTERVAL PITCHERS THROWING PROGRAM

**Upon completion of Stage One*

**ALL THROWING OFF THE MOUND SHOULD
BE DONE IN THE PRESENCE OF YOUR PITCHING
COACH TO STRESS PROPER THROWING MECHANICS*

PHASE 1: Fastball Only

- Step 1: Interval Throwing
15 throws off mound 50%
- Step 2: Interval Throwing
30 throws off mound 50%
- Step 3: Interval Throwing
45 throws off mound 50%
- Step 4: Interval Throwing
60 throws off mound 50%
- 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%

*If available, use speed gun to aid in effort control

PHASE 2: Fastball Only

- Step 9: 45 throws off mound 75%
20 throws in batting practice
- Step 10: 45 throws off mound 75%
30 throws in batting practice
- Step 11: 45 throws off mound 75%
40 throws in batting practice

PHASE 3

- Step 12: 30 throws off mound 75% warm-up
15 throws off mound 50% 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
- 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 workout