

INTERVAL THROWING PROGRAM – ADULT BASEBALL PITCHER

General notes: Each phase is designed to increase endurance and strength throughout the progression. Every athlete progresses at different rates; therefore the “soreness rule” is used to prevent oversteering the soft tissue during progression.

1. Each step should be performed 2-3 times with one day rest between each session
2. If no soreness, advance 1 step every 2-3 throwing days.
3. If sore during warm-up but soreness is gone within the first 15 throws, repeat the previous workout. If shoulder becomes sore during this workout, stop and take 2 days off. Upon return to throwing, drop down 1 step.
4. If sore more than 1 hour after throwing or the next day, take 1 day off and repeat the most recent throwing program workout
5. If sore during warm-up and soreness continues through the first 15 throws stop throwing and take 2 days off. Upon return to throwing, drop down to previous workout.

It is recommended to be properly warmed up prior to the start of a work-out. A suggested work-out format includes: 10 minute dynamic warm-up (jogging, biking, etc), complete shoulder stretches, and carry out designated throws for the appropriate step, complete peri-scapular strengthening exercises (high rep with low weight), repeat shoulder stretches, and finish with ice. Ice should be applied to the shoulder for 15-20 minutes following each step. Early supervision of the progression by an athletic trainer or rehabilitation professional is recommended.

If you are using this program as a return to throwing program due to an injury or surgery, you are to begin at phase one and progress through each phase.

If you are using this program as a preseason tool to prepare for your upcoming season without a recent injury or surgery, you may complete Steps 2 and 4 in phase 1 prior to progressing to phase 2.

PHASE I: RETURN TO THROWING

Steps 1-5 all throws are at 50% effort.

Step 1	Step 2	Step 3:	Step 4	Step 5
Warm up throwing 25 throws at 45 ft Rest for 15 minutes Warm up throwing 25 throws at 45 ft	Warm up throwing 25 throws at 60 ft Rest for 15 minutes Warm up throwing 25 throws at 60 ft	Warm-up throwing 25 throws at 90 ft Rest for 15 minutes Warm-up throwing 25 throws at 90 feet	Warm up throwing 25 throws off the mound Rest for 15 minutes Warm up throwing 25 throws off the mound	Warm up throwing 25 throws at 120 ft Rest for 15 minutes Warm up throwing 25 throws at 120 ft

****After completion of the interval throwing program and the athlete can throw 120', 50 times without pain, the athlete is ready to progress to throwing off the mound. If the athlete has increase in symptoms, the throwing program should be backed off and re-advanced as tolerated by the soreness rules stated above**



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PHASE II: RETURN TO PITCHING

Step 1

Warm up throwing
20 fast ball (50%)*
15 fastballs (50%)*
15 fastballs (50%)*
25 long tosses to 105 ft

Step 2

Warm up throwing
15 fastballs (50%)*
20 fastballs (50%)*
20 fastballs (50%)*
15 fastballs (50%)*
25 long tosses to 120 ft

PHASE III: INTENSIFIED PITCHING

Step 1

Warm-up tosses to 120 ft
20 fastballs (75%)*
20 fastballs (50%)*
20 fastballs (75%)*
20 fastballs (100%)*
25 long tosses to 120 ft

Step 2

Warm-up tosses to 120 ft
25 fastballs (75%)*
25 fastballs (75%)*
25 fastballs (75%)*
20 fastballs (75%)*
25 long tosses to 120 ft

Step 3

Warm-up tosses to 120 ft
20 throws at 60 ft (75%)*
15 throws at 80 ft (75%)

Step 4

Warm-up tosses to 120 ft
20 fastballs (50%)*
5 off speed pitches (50%)
20 fastballs (75%)*
5 off speed pitches (50%)
20 long tosses to 120 ft

Step 5

Warm-up tosses to 120 ft
20 fastballs (75%)
5 off speed pitches (75%)*
25 long tosses to 120 ft
20 fastballs (75%)
4 throws to 1st base (75%)*
15 fastballs (100%)
5 off speed pitches (100%)*
10 fastballs (100%)
5 off speed pitches (100%)
4 throws to 1st base (75%)*
25 long tosses to 120 ft

Step 6

Batting practice
100-110 pitches
10 throws to 1st base
Bunts and comebacks

Step 7

Simulated game
(1) 10 minute warm-up of 50-80 pitches with gradually increasing velocity
(2) 5 innings (9 minutes rest between innings)
(3) 22-27 pitches per inning, including 15-20 fastballs

***6 minute rest between each set**

Axe M et al. Data-Based Interval Throwing Programs for Baseball Players. Sports Health: A Multidisciplinary Approach. 2009;1:145-153

Information taken from an article written by Dr. Walter Lower; Interval-Throwing Program: Baseball Players