

ADOLESCENT BASEBALL PITCHER INTERVAL THROWING PROGRAM

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 one 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 two days off. Upon return to throwing, drop down one step.
4. If sore more than one hour after throwing or the next day, take one 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 two 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 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 1-4 all throws are at 50% effort.

Step 1	Step 2	Step 3	Step 4	Step 5
<ul style="list-style-type: none">• Warm up throwing• 25 throws at 45 ft• Rest for 5 minutes• Warm up throwing• 25 throws at 45 ft	<ul style="list-style-type: none">• Warm up throwing• 25 throws at 60 ft• Rest for 5 minutes• Warm up throwing• 25 throws at 60 ft	<ul style="list-style-type: none">• Warm up throwing• 25 throws at 90 ft• Rest for 5 minutes• Warm up throwing• 25 throws at 90 ft	<ul style="list-style-type: none">• Warm up throwing• 25 throws off the mound• Rest for 5 minutes• Warm up throwing• 25 throws off the mound	<ul style="list-style-type: none">• Return to pitching

After completion of the interval throwing program and the athlete can throw 90 feet, 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: Fastballs Only

All long tosses begin with a crow-hop

<p style="text-align: center;"><u>Step 5</u></p> <ul style="list-style-type: none"> • Warm-up (complete Step 4) • 15 throws off the mound (50%) • 20 long tosses to 120 ft 	<p style="text-align: center;"><u>Step 6</u></p> <ul style="list-style-type: none"> • Warm-up (complete Step 4) • 20 throws off the mound (75%) • 5 minute rest • 25 throws off the mound (75%) • 20 long tosses to 120 ft 	<p style="text-align: center;"><u>Step 7</u></p> <ul style="list-style-type: none"> • Warm-up (complete Step 4) • 30 throws off the mound (100%) • 20 long tosses to 120 ft
<p style="text-align: center;"><u>Step 8</u></p> <ul style="list-style-type: none"> • Warm-up tosses • 20 throws off the mound (100%) • 5 minute rest • 25 throws off the mound (100%) • 15 throws in batting practice 	<p style="text-align: center;"><u>Step 9</u></p> <ul style="list-style-type: none"> • Warm-up tosses • 20 throws off the mound (75%) • 5 minute rest • 25 throws off the mound (75%) • 5 minute rest • 30 throws in batting practice 	<p style="text-align: center;"><u>Step 10</u></p> <ul style="list-style-type: none"> • Warm-up tosses • 45 throws off mound (75%) • 5 minute rest • 45 throws in batting practice

Phase III: Breaking Balls

- All long tosses begin with a crow-hop
- Use long tosses to 120 feet as a warm-up

<p style="text-align: center;"><u>Step 11</u></p> <ul style="list-style-type: none"> • 30 throws off mound (75%) warm-up • 5 minute rest • 15 throws off mound (50%) breaking balls • 5 minute rest • 30 throws in batting practice, fastballs only 	<p style="text-align: center;"><u>Step 12</u></p> <ul style="list-style-type: none"> • 30 throws off mound (75%) warm-up • 5 minute rest • 30 throws off mound (75%) breaking balls • 5 minute rest • 30 throws in batting practice, alternate fastballs and breaking balls 	<p style="text-align: center;"><u>Step 13</u></p> <ul style="list-style-type: none"> • 30 throws off mound (75%) warm-up • 5 minute rest • 60-90 throws in batting practice (100%), 1/4 of throws should be breaking balls
<p style="text-align: center;"><u>Step 14</u></p> <ul style="list-style-type: none"> • Simulated game 	<p style="text-align: center;"><u>Step 15</u></p> <ul style="list-style-type: none"> • Return to regular work-out regimen 	