

ADULT 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 overstressing 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 1 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 15 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 15 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 15 minutes• Warm-up throwing• 25 throws at 90 ft <p><i>**see below</i></p>	<ul style="list-style-type: none">• Warm up throwing• 25 throws off the mound• Rest for 15 minutes• Warm up throwing• 25 throws off the mound	<ul style="list-style-type: none">• 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 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: 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