

SOFTBALL 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 should begin at phase one and progress through each phase.

Phase I: Early Throwing

- All throws are at a tolerance of a maximum of 50% effort
- All long tosses begin with a crow-hop

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| <p style="text-align: center;">Step 1</p> <ul style="list-style-type: none"> • Warm up toss at 30 ft • 10 throws at 30 ft • Rest 8 min • 10 throws at 30 ft • 10 long tosses to 45 ft | <p style="text-align: center;">Step 2</p> <ul style="list-style-type: none"> • Warm up toss to 45 ft • 10 throws at 45 ft • Rest 8 min • 10 throws at 45 ft • 10 long tosses to 60 ft | <p style="text-align: center;">Step 3</p> <ul style="list-style-type: none"> • Warm up toss to 60 ft • 10 throws at 60 ft • Rest 8 min • 10 throws at 60 ft • 10 long tosses to 75 ft |
| <p style="text-align: center;">Step 4</p> <ul style="list-style-type: none"> • Warm up toss to 75 ft • 10 throws at 75 ft • Rest 8 min • 10 throws at 75 ft • 10 long tosses to 90 ft | <p style="text-align: center;">Step 5</p> <ul style="list-style-type: none"> • Warm up toss to 90 ft • 10 throws at 90 ft • Rest 8 min • 10 throws at 90 ft • 10 long tosses to 105 ft | <p style="text-align: center;">Step 6</p> <ul style="list-style-type: none"> • Warm up toss to 105 ft • 10 throws at 105 ft • Rest for 8 min • 10 throws at 60 ft • 10 long tosses to 120 ft |

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Phase II: Initiation of Pitching

- All pitches are fast balls (no off-speed pitches)
- All long tosses being with a crow-hop

Step 1

- Warm up toss to 120 ft
- 10 throws at 60 ft
- 10 pitches at 20 ft
- Rest 8 min
- 10 throws at 60 ft
- 5 pitches at 20 ft
- 10 long tosses to 120 ft

Step 2

- Warm up toss to 120 ft
- 10 throws at 60 ft
- 10 pitches at 35 ft
- Rest 8 min
- 10 throws at 60 ft
- 10 pitches at 35 ft
- 10 long tosses to 120 ft

Step 3

- Warm up toss to 120 ft
- 10 throws at 60 ft
- 10 pitches at 46 ft
- Rest 8 min
- 10 throws at 60 ft
- 10 pitches at 46 ft
- 15 long tosses to 120 ft

Step 4

- Warm up toss to 120 ft
- 10 throws at 60 ft
- 10 pitches at 46 ft
- Rest 8 min
- 10 pitches at 46 ft
- Rest 8 min
- 10 throws at 60 ft
- 10 pitches at 46 ft
- 15 long tosses to 120 ft

Phase III: Intensified Pitching

- Pitch sets 1-6 consist of one fastball to one off-speed pitch at the effort level specified

Step 1

- Warm-up throws to 120 ft
- 2 throws at each base (75%)
- 15 pitches (50%)*
- 15 pitches (50%)*
- 1 throw to each base (75%)
- 15 pitches (50%)*
- 20 long tosses to 120 ft

Step 2

- Warm-up throws to 120 ft
- 2 throws at each base (75%)
- 15 pitches (50%)*
- 15 pitches (50%)*
- 15 pitches (50%)*
- 1 throw to each base (75%)
- 15 pitches (50%)*
- 20 long tosses to 120 ft

Step 3

- Warm-up throws to 120 ft
- 2 throws at each base (75%)
- 15 pitches (50%)*
- 15 pitches (75%)*
- 15 pitches (75%)*
- 1 throw to each base (75%)
- 15 pitches (50%)*
- 20 long tosses to 120 ft

Step 4

- Warm-up throws to 120 ft
- 2 throws at each base (75%)
- 15 pitches (50%)*
- 15 pitches (75%)*
- 15 pitches (75%)*
- 20 pitches (50%)*
- 1 throw to each base (75%)
- 15 pitches (50%)*
- 20 long tosses to 120 ft

Step 5

- Warm-up throws to 120 ft
- 2 throws at each base (75%)
- 15 pitches (75%)*
- 15 pitches (75%)*
- 15 pitches (75%)*
- 15 pitches (50%)*
- 1 throw to each base (75%)*
- 15 pitches (75%)*
- 20 long tosses to 120 ft

Step 6

- Warm-up throws to 120 ft
- 2 throws at each base (75%)
- 15 pitches (75%)*
- 15 pitches (75%)*
- 15 pitches (75%)*
- 15 pitches (50%)*
- 1 throw to each base (75%)
- 15 pitches (50%)*
- 20 long tosses to 120 ft

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- Pitch sets 7-12 consist of a percentage of pitches that match the pre-injury pitch mix specific to the athlete at the effort level specified

Step 7

- Warm-up throws to 120 ft
- 1 throws at each base (100%)
- 15 pitches (100%)*
- 20 pitches (75%)*
- 15 pitches (100%)*
- 20 pitches (75%)*
- 1 throw to each base (75%)*
- 20 pitches (75%)*
- 20 long tosses to 120 ft

Step 8

- Warm-up throws to 120 ft
- 1 throws at each base (100%)
- 15 pitches (100%)*
- 20 pitches (75%)*
- 15 pitches (100%)*
- 15 pitches (100%)*
- 20 pitches (75%)*
- 1 throw to each base (100%)*
- 15 pitches (75%)*
- 20 long tosses to 120 ft

Step 9

- Warm-up throws to 120 ft
- 1 throws at each base (100%)
- 20 pitches (100%)*
- 15 pitches (100%)*
- 20 pitches (100%)*
- 15 pitches (100%)*
- 20 pitches (100%)*
- 1 throw to each base (100%)*
- 15 pitches (100%)*
- 20 long tosses to 120 ft

Step 10

- Warm-up throws to 120 ft
- 1 throws at each base (100%)
- 20 pitches (100%)*
- 15 pitches (100%)*
- 20 pitches (100%)*
- 15 pitches (100%)*
- 20 pitches (100%)*
- 15 pitches (100%)*
- 1 throw to each base (100%)*
- 15 pitches (100%)*
- 20 long tosses to 120 ft

Step 11

- Batting practice
- Warm-up throws to 120 ft
- 100-120 pitches
- 1 throw to each base per 25 pitches
- 20 long tosses to 120 ft

Step 12

- Simulated game
- Warm-up throws to 120 ft
- 7 innings
- 18-20 pitches/inning
- 8 min rest between innings
- Pre injury pitch mix

*6 minute rest between each set

Axe M et al. Data-Based Interval Throwing Programs for Collegiate Softball Players. *Journal of Athletic Training*. 2002;37(2):194-203