

Interval Throwing Program

Phase II: Starting off the mound

Stage I: Fastball Only

- Step 1: a. Interval throwing
b. 15 throws off mound 50%
- Step 2: a. Interval throwing
b. 30 throws off mound 50%
- Step 3: a. Interval throwing
b. 45 throws off mound 50%
- Step 4: a. Interval throwing
b. 60 throws off mound 50%
- Step 5: a. Interval throwing
b. 30 throws off mound 75%
- Step 6: a. 30 throws off mound 75%
b. 45 throws off mound 50%
- Step 7: a. 45 throws off mound 75%
b. 15 throws off mound 50%

Stage II: Fastball Only

- Step 9: a. 45 throws off mound 75%
b. 15 throws in batting practice
- Step 10: a. 45 throws off mound 75%
b. 30 throws in batting practice
- Step 11: a. 45 throws off mound 75%
b. 45 throws in batting practice

Stage III

- Step 12: a. 30 throws off mound 75% warm-up
b. 15 throws off mound 50% breaking balls
c. 45-60 throws in batting practice (fastball only)
- Step 13: a. 30 throws off mound
b. 30 breaking balls 75%
c. 30 throws in batting practice