

Interval Throwing Program: Phase II – Throwing Off the Mound

STAGE ONE: FASTBALLS ONLY

- Step 1: Interval Throwing
15 Throws off mound 50%*
- Step 2: Interval Throwing
30 Throws off mound 50%
- Step 3: Interval Throwing
45 Throws off mound 50%
- Step 4: Interval Throwing
60 Throws off mound 50%
- Step 5: Interval Throwing
70 Throws off mound 50%
- Step 6: 45 Throws off mound 50%
30 Throws off mound 75%
- Step 7: 30 Throws off mound 50%
45 Throws off mound 75%
- Step 8: 10 Throws off mound 50%
65 Throws off mound 75%

ALL THROWING OFF THE MOUND SHOULD BE DONE IN THE PRESENCE OF YOUR PITCHING COACH OR SPORT BIOMECHANIST TO STRESS PROPER THROWING MECHANICS

(Use speed gun to aid in effort control)

Use Interval Throwing 120ft (36.6m) Phase as warm-up

STAGE TWO: FASTBALLS ONLY

- Step 9: 60 Throws off mound 75%
15 Throws in Batting Practice
- Step 10: 50-60 Throws off mound 75%
30 Throws in Batting Practice
- Step 11: 45-50 Throws off mound 75%
45 Throws in Batting Practice

STAGE THREE

- Step 12: 30 Throws off mound 75% warm-up
15 Throws off mound 50% BEGIN BREAKING BALLS
45-60 Throws in Batting Practice (fastball only)
- Step 13: 30 Throws off mound 75%
30 Breaking Balls 75%
30 Throws in Batting Practice
- Step 14: 30 throws off mound 75%
60-90 Throws in Batting Practice (Gradually increase breaking balls)
- Step 15: SIMULATED GAME: PROGRESSING BY 15 THROWS PER WORKOUT (Pitch Count)

* Percentage effort