



Interval Throwing Program Phase 2 (Pitchers only)

- ☆ Pitchers must be able to throw 75 times at 180 feet pain free
- ☆ All pitchers must follow this progression from the mound under supervision
- ☆ All throwing must be pain free
- ☆ Emphasize proper body mechanics and follow-through
- ☆ Throw from the mound under the supervision of a coach
- ☆ Always warm-up first: jog, stretch, light toss (30-60 feet)
- ☆ Soreness is expected: rest and use ice or heat between throwing days
- ☆ Continue maintenance strengthening program, perform after throwing

STEP ROUTINE

1 A.) Long Toss (90-120' x 50 throws) B.) 15 fastballs at 50%	2 A.) Long Toss (90-120' x 50 throws) B.) 30 fastballs at 50%	3 A.) Long Toss (90-120' x 25 throws) B.) 45 fastballs at 50%
4 A.) Long Toss (90-120' x 25 throws) B.) 60 fastballs at 50%	5 A.) Long Toss (120-150' x 25 throws) B.) 30 fastballs at 75%	6 A.) 30 fastballs at 75% B.) 45 fastballs at 50%
7 A.) 45 fastballs at 75% B.) 15 fastballs at 50%	8 A.) 60 fastballs at 75%	9 A.) 45 fastballs at 75% B.) 15 fastballs at 100%
10 A.) 45 fastballs at 75% B.) 30 fastballs at 100%	11 A.) 30 fastballs at 75% B.) 15 curve balls at 50% C.) 40-60 fastballs at 100%	12 A.) 30 fastballs at 75% B.) 30 curveballs at 75% C.) 30 fastballs at 100%
13 A.) 30 fastballs at 75%	14 SIMULATED GAME	

SIMULATED GAME PROGRESSION

- 1) 15 minute warm-up consisting of 50-80 pitches with gradually increasing velocity
- 2) 5 - 8 innings
- 3) 9 minutes rest between innings
- 4) Follow guidelines for pitch count maximum and necessary rest days:

Maximum Pitch Counts

<i>Age</i>	<i>Pitches/Game</i>
7-8	50
9-10	75
11-12	85
13-16	95
17-18	105



Rest Periods Required

<i>Ages 7-16</i>	<i>Ages 17-18</i>	<i>Required # of Rest Days</i>
61+ pitches	76+ pitches	3 calendar days
41-60	51-75	2 calendar days
21-40	26-50	1 calendar day
1-20	1-25	None

Age Recommended for Pitchers

<i>Pitch</i>	<i>Age</i>
Fastball	8±2
Change-up	10±3
Curveball	14±2
Knuckleball	15±3
Slider	16±2
Forkball	16±2
Screwball	17±2

Sources:

James R. Andrews, MD, and Glenn S. Fleisig, PhD
 Mark Galland, MD The Tulane Institute of Sports Medicine