

Interval Throwing Program

Level 1			
	Little League	Early Teen	High School/College/Pro
Step 1 - 50% effort	Warm Up Warm Up Toss up to 40' 15 throws @ 20' x 3 sets 6-10 min. rest between sets 20 long tosses @ up to 40'	Warm Up Warm Up Toss to 60' 15 throws @ 30' x 3 sets 6-10 min. rest between sets 20 long tosses @ 60'	Warm Up Warm Up Toss to 60' 15 throws @ 30' x 3 sets 6-10 min. rest between sets 20 long tosses @ 60'
Step 2 - 50% effort	Warm Up Warm up toss up to 60' 15 throws @ 30' x 3 sets 6-10 min. rest between sets 20 long tosses @ up to 50'	Warm Up Warm up toss to 75' 15 throws @ 45' x 3 sets 6-10 min. rest between sets 20 long tosses @ 75'	Warm Up Warm up toss to 75' 15 throws @ 45' x 3 sets 6-10 min. rest between sets 20 long tosses @ 75'
Step 3 - 50 % effort	Warm Up Warm up toss to 75' 15 throws @ 40' x 3 sets 6-10 min. rests between sets 20 long tosses @ 75'	Warm Up Warm up toss to 90' 15 throws @ 60' x 3 sets 6-10 min. rests between sets 20 long tosses @ 90'	Warm Up Warm up toss to 90' 15 throws @ 60' x 3 sets 6-10 min. rests between sets 20 long tosses @ 90'
Step 4 - 50 % effort	Warm Up Warm up toss to 80' 15 throws @ 46' x 3 sets 6-10 min. rest between sets 20 long tosses @ up to 80'	Warm Up Warm up toss to 105' 15 throws @ 90' x 3 sets 6-10 min. rest between sets 20 long tosses @ 105'	Warm Up Warm up toss to 105' 15 throws @ 90' x 3 sets 6-10 min. rest between sets 20 long tosses @ 105'
Step 5 - 50 % effort	Warm Up Warm up toss up to 90' 18 throws @ 46' x 3 sets 6-10 min. rest between sets 20 long tosses @ up to 90'	Warm Up Warm up toss to 120' 18 throws @ 90' x 3 sets 6-10 min. rest between sets 20 long tosses @ 120'	Warm Up Warm up toss to 120' 18 throws @ 90' x 3 sets 6-10 min. rest between sets 20 long tosses @ 120'
Step 6 - 50 % effort	Warm Up Warm up toss up to 100' 20 throws @ 46' x 3 sets 6-10 min. rest between sets 20 long tosses @ up to 100'	Warm Up Warm up toss to 120' 18-20 throws @ 105' x 3 sets 6-10 min. rest between sets 20 long tosses @ 120'	Warm Up Warm up toss to 120' 18-20 throws @ 105' x 3 sets 6-10 min. rest between sets 20 long tosses @ 120'
Step 7 - 50 % effort	Warm Up Warm up toss up to 110' 22 throws @ 46' x 3 sets 6-10 min. rests between sets 20 long tosses @ up to 110'	Warm Up Warm up toss to 120' 20 throws @ 120' x 3 sets 6-10 min. rests between sets 20 long tosses @ 120'	Warm Up Warm up toss to 120' 20 throws @ 120' x 3 sets 6-10 min. rests between sets 20 long tosses @ 120'
Level 2			
Step 8 - note % effort Flat Ground	Warm Up Warm Up toss up to 120' 22 throws @ 46' x 3 sets (75%) 6-10 min. rest between sets 20 long tosses @ up to 120'	Warm Up Warm Up toss to 120' 18 Throws @ 60'6" x 2 sets (50%) 18 Throws @ 60'6" x 2 sets (75%) 6-10 min. rest between sets 25 long tosses @ 160'	Warm Up Warm Up toss to 120' 18 Throws @ 60'6" x4 sets (75%) 6-10 min. rest between sets 25 long tosses @ 160'

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Step 9 - note % effort Note "from"	Warm Up Warm Up toss up to 120' from flat ground 22 throws @ 46' x 3 sets (100%) 6-10 min. rest between sets 20 long tosses @ up to 120'	Warm Up Warm Up toss to 120' From mound 24 Throws @ 60'6" x 2 sets (50%) 24 Throws @ 60'6" x 2 sets (75%) 6-10 min. rest between sets 25 long tosses @ 160'	Warm Up Warm Up toss to 120' from flat ground 20 Throws @ 60'6" x 4 sets (75%) 6-10 min. rest between sets 25 long tosses @ 160'
Level 2 cont.			
	Little League	Early Teen	High School/College/Pro
Step 10 - note % effort Note "from"	Warm Up Warm Up toss up to 120' From Mound 20 throws @ 46' x 3 sets (100%) 6-10 min. rest between sets 20 long tosses @ up to 120'	Warm Up Warm Up toss to 120' From mound 24 throws @ 60'6" x 4 (75%) 6-10 min. rest between sets 25 long tosses @ 160'	Warm Up Warm Up toss to 120' Flat Ground 20 throws @ 60'6" x 4 (50%) 25 throws @ 60'6" x 1 (75%) 6-10 min. rest between sets 25 long tosses @ 160'
Step 11 - note % effort Note "from"	Warm Up Warm Up toss up to 120' From Mound 24 throws @ 46' x 3 sets (100%) 6-10 min. rest between sets 20 long tosses @ up to 120'	Warm Up Warm Up toss to 120' Flat Ground 20 throws @ 60'6" x 2 set (75%) 15 throws @ 80' x 2 set (75%) 6-10 min. rest between sets 25 long tosses @ 160'	Warm Up Warm Up toss to 120' Flat Ground 20 throws @ 60'6" x 2 (50%) 20 throws @ 60'6" x 3 (75%) 6-10 min. rest between sets 25 long tosses @ 160'
Step 12	Warm Up Warm Up toss up to 120' From mound 24 throws @ 46' x 3 sets (100%) 1 out of 6 pitches to be off speed 6-10 min. rest between sets 20 long tosses @ up to 120'	Warm Up Warm Up toss to 120' From mound 20 throws @ 60'6" x 2 set (75%) 20 throws @ 60'6" x 2 set (100%) 6 off speed pitches (75%) 20 throws @ 60'6" x 2 set (75%) 6-10 min. rest between sets 25 long tosses @ 160'	Warm Up Warm Up toss to 120' from flat ground 25 throws @ 60'6" x 1 set (50%) 20 throws @ 60'6" x 4 sets (75%) 6-10 min. rest between sets 6 off speed pitches (75%) 25 long tosses @ 160'
Level 3			
Step 13	Warm Up Warm Up toss up to 120' From mound 24 throws @ 46' x 3 sets (100%) 1 out of 6 pitches to be off speed 6-10 min. rest between sets 20 long tosses @ up to 120'	Warm up Warm up toss to 120' from flat ground 20 throws @ 60' x 2 sets (75%) 20 throws @ 80' x 2 sets (75%) 6-10 min. rest between sets	Warm Up Warm Up toss to 120' From mound 25 fastballs (75%) 20 fastballs (100%) 10 fastballs (75%) 15 fastballs (100%) 25 fastballs (75%) 25 long tosses @ 160'

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<p>Step 14</p> <p>* 9 minute rest</p>	<p>Warm Up Warm up toss up to 120' Simulated game</p>	<p>Warm Up Warm Up toss to 120'</p> <p>From mound</p> <p>20 fastball (75%) 6 off speed pitches (75%)* 20 fastball (75%) 4 throws to 1st (100%) 15 fastballs (100%) 10 off speed pitches (100%)* 20 fastballs (100%) 5 off speed pitches (100%)* 20 fastballs (75%) 4 throws to 1st (75%) 25 long tosses @ 160'</p>	<p>Warm up Warm Up toss to 120' 20 throws @ 80' x 4 sets 6-10 min. rests between sets 25 long tosses @ 160'</p>
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<p>Step 15</p> <p>* 9 minute rest</p>		<p>Warm Up Warm up toss up to 120' Same as Step 14 but at 100% - except - Last 20 fastballs and throws to 1st as 75% 25 long tosses @ 160'</p>	<p>Warm Up Warm up toss up to 120'</p> <p>20 fastballs (75%)* 20 fastballs (100%) 5 off speed pitches* 15 fastballs (100%) 5 offspeed pitches* 20 fastballs (100%) 5 off speed pitches* Field bunts and comebacks 25 long tosses @ 160' relievers and closers can go step21</p>
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<p>Step 16</p> <p>* 9 minute rest</p>		<p>Warm up Warm up toss up to 120' Batting practice 100-110 pitches 10 throws to 1st base Field bunts and comebacks 25 long tosses @ 160'</p>	<p>Warm up Warm up toss up to 120'</p> <p>20 fastballs (100%) 15 fastballs (100%) 5 off speed pitches 5 throws to 1st base* 20 fastballs (100%) 5 offspeed pitches* 20 fastballs (100%) 5 off speed pitches 25 long tosses @ 160'</p>
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Step 17 * 9 minute rest		Simulated game	Warm up Warm up toss up to 120' 15 fastballs (100%) 5 off speed pitches* 15 fastballs (100%) 3 throws to 1st base* 20 fastballs (100%) 5 offspeed pitches* 15 fastballs (100%) 3 throws to 2nd* 15 fastballs (100%) 5 off speed pitches* 25 long tosses @ 160'
Step 18			Repeat Step 14
Step 19			Warm up Warm up toss up to 120' 15 fastballs (100%) 5 off speed pitches* 15 fastballs (100%) 3 throws to 1st base* 20 fastballs (100%) 5 offspeed pitches* 15 fastballs (100%) 3 throws to 2nd* 15 fastballs (100%) 5 off speed pitches* 15 fastballs (100%) 5 off speed pitches* 25 long tosses @ 160'
Step 20			Warm up Warm up toss up to 120' Batting practice 100-110 pitches 10 throws to 1st base Field bunts and comebacks 25 long tosses @ 160'
Step 21			Simulated game