

Interval Throwing Protocol

Throwing is performed every other day. Pre-throwing and post-throwing exercises must be performed. Each stage should be one week. If the pain occurs during any stage, back up to previous stage.

PHASE I : LONG TOSS PROGRAM

45 ft. Stage

- a. Warm – up throwing
- b. 45 ft. (25 throws)
- c. Rest 15 minutes
- d. Warm – up throwing
- e. 45 ft. (25 throws)

60 ft. Stage

- a. Warm – up throwing
- b. 60 ft. (25 throws)
- c. Rest 15 minutes
- d. Warm – up throwing
- e. 60 ft. (25 throws)

90 ft. Stage

- a. Warm – up throwing
- b. 90 ft. (25 throws)
- c. Rest 15 minutes
- d. Warm – up throwing
- e. 90 ft. (25 throws)

120 ft. Stage

- a. Warm – up throwing
- b. 120 ft. (25 throws)
- c. Rest 15 minutes
- d. Warm – up throwing
- e. 120 ft. (25 throws)

150 ft. Stage

- a. Warm – up throwing
- b. 150 ft. (25 throws)
- c. Rest 15 minutes
- d. Warm – up throwing
- e. 150 ft. (25 throws)

180 ft. Stage

- a. Warm – up throwing
- b. 180 ft. (25 throws)
- c. Rest 15 minutes
- d. Warm – up throwing
- e. 180 ft. (25 throws)

Then begin throwing from mound or to respective position – See Phase II.

PHASE II : THROWING OFF THE MOUND

Throwing is performed every other day. Pre-throwing and post-throwing exercises must be performed.

Stage I Fastball ONLY

- Step 1 a. Interval throwing
 b. 15 throws from mound 50%

- Step 2 a. Interval throwing
 b. 30 throws from mound 50%

- Step 3 a. Interval throwing
 b. 45 throws from mound 50%

Stage II Fastball ONLY

- Step 4 a. Interval throwing
 b. 60 throws from mound 50%

- Step 5 a. Interval throwing
 b. 30 throws from mound 75%

- Step 6 a. 30 throws from mound 75%
 b. 45 throws from mound 50%

Stage III Fastball ONLY

- Step 7 a. 45 throws from mound 75%
 b. 15 throws from mound 50%

- Step 8 a. 60 throws from mound 75%

Stage IV Fastball ONLY

- Step 9 a. 45 throws from mound 75%
 b. 15 throws from mound 50%

- Step 10 a. 45 throws from mound 75%
 b. 30 throws in batting practice

- Step 11 a. 45 throws from mound 75%
 b. 45 throws in batting practice



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Stage V

- Step 12
 - a. 30 throws from mound 75% warm-up
 - b. 15 throws from mound; 50% breaking balls
 - c. 45-60 throws in batting practice 50% (Fastball ONLY)

- Step 13
 - a. 30 throws from mound 75%
 - b. 30 breaking balls 75%
 - c. 30 throws in batting practice

- Step 14
 - a. 30 throws from mound 75%
 - b. 60-90 throws in batting practice; 25% breaking balls

- Step 15
 - Simulated game progressing by 15 throws per work-out.
(Use interval throwing to 120 ft stage as warm-up)

All throwing off the mound should be done in the presence of your pitching coach to stress proper throwing mechanics.

(Use speed gun to aid in effort control)