

Baseball Pitcher Interval Program

High School/College

***If a radar gun is available, we recommend using one to determine appropriate intensity based on pre-injury velocity if known.*

Phase	Step	Criteria for Progression
Phase 1 Return to Throwing All throws are at 50% effort	Step 1	Warm up toss to 60' 15 throws at 30' 15 throws at 30' 15 throws at 30' 20 long tosses to 60'
	Step 2	Warm up toss to 75' 15 throws at 45" 15 throws at 45" 15 throws at 45' 20 long tosses to 75'
	Step 3	Warm up toss to 90' 15 throws at 60" 15 throws at 60" 15 throws at 60' 20 long tosses to 90'
	Step 4	Warm up toss to 105' 15 throws at 75" 15 throws at 75" 15 throws at 75" 20 long tosses to 105'

	Step 5	Warm up toss to 120' 15 throws at 90" 20 throws at 90" 15 throws at 90" 20 long tosses to 120'
	Step 6	Warm up toss to 120' 20 throws at 105" 20 throws at 105" 15 throws at 105" 20 long tosses to 120'
	Step 7	Warm up toss to 120' 20 throws at 120" 20 throws at 120" 20 throws at 120" 20 long tosses to 120'
Return to Pitch ** Throws at effort level given	Step 8	15 throws at 60'6" (75%) * 20 throws at 60'6" (75%) * 20 throws at 60'6" (75%) * 15 throws at 60'6" (75%) *
	Step 9	20 throws at 60'6" (75%) * 20 throws at 60'6" (75%) * 20 throws at 60'6" (75%) * 20 throws at 60'6" (75%) *
	Step 10	20 fastballs (50%) * 20 fastballs (50%) * 20 fastballs (50%) * 20 fastballs (50%) * 25 throws at 60'6" (75%) *

	Step 11	20 fastballs (50%) * 20 fastballs (75%) * 20 fastballs (50%) * 15 fastballs (75%) * 25 throws at 60'6" (75%) *
	Step 12	25 fastballs (50%) * 20 fastballs (75%) * 20 fastballs (75%) * 20 fastballs (75%) * 20 fastballs (75%) *
Phase 3 Intensified Pitching ***	Step 13	25 fastballs (75%) * 20 fastballs (100%) * 10 fastballs (75%) * 15 fastballs (100%) * 25 fastballs (75%) *
	Step 14 Active Rest	20 throws at 80' 20 throws at 80' 20 throws at 80' 20 throws at 80'
	Step 15	20 fastballs (75%) * 20 fastballs (100%) 5 off-speed pitchers * 15 fastballs (100%) 5 off-speed pitches * 20 fastballs (100%) 5 off-speed pitches * Field bunts and comebacks

	Step 16	20 fastballs (100%) * 15 fastballs (100%) 5 off-speed pitches 5 pickoff throws to 1st 20 fastballs (100%) 5 off-speed pitches * 20 fastballs (100%) 5 off-speed pitches
	Step 17	15 fastballs (100%) 5 off-speed pitches * 15 fastballs (100%) 3 pickoff throws to 1st * 20 fastballs (100%) 5 off-speed pitches * 15 fastballs (100%) 3 pickoff throws to 2nd * 15 fastballs (100%) 5 off-speed pitches *
	Step 18 Active Rest	Repeat step 14
	Step 19	20 fastballs (100%) 5 off-speed pitches * 20 fastballs (100%) 3 pickoff throws to 1st * 20 fastballs (100%) 3 pickoff throws to 2nd * 15 fastballs (100%) 5 off-speed pitches *

		15 fastballs (100%) 5 off-speed pitches *
	Step 20	Batting practice 110-120 pitches Field bunts and comebacks
	Step 21	Simulated game

***Rest 9 minutes between these sets**

**** Begin steps in this phase with warm up toss to 120'. All fastballs are from level ground after a crow hop**

*****Begin all steps in this phase with warm up toss to 120'**

Instructions

- A. Baseline/preseason
 - To establish a base for training and conditioning, begin with step 4 and advance one step daily following soreness rules
- B. Non-throwing arm injury
 - After medical clearance, begin with step 1 and advance one step daily following soreness rules
- C. Throwing arm- bruise or bone involvement
 - After medical clearance, begin with step 1 and advance program as soreness rules allow throwing every other day
- D. Throwing arm- tendon/ligament injury (mild)
 - After medical clearance, begin with step 1 and advance program to step 7 throwing every other day as soreness rules allow
 - Throw every third day on steps 8-12 as soreness rules allow
 - Return to throwing every other day as soreness rules allow for steps 13-21

- E. Throwing arm- tendon/ligament injury (moderate, severe, or post op)
- After medical clearance, begin throwing at step 1
 - For steps 1-7, advance no more than 1 step every 3 days with 2 days of active rest (warm up and long tosses) following each workout
 - Steps 8-12 advance no more than 1 step every 3 days with 2 days active rest (see step 14) following each workout
 - Steps 13-16 advance no more than 1 step every other day with 1 day active rest (see step 14) following each workout
 - Advance steps 17-21 daily as soreness rules allow

Soreness Rules

If no soreness, advance one step every throwing day
If sore during warm up but soreness is gone within the first 15 throws, repeat the previous workout. If shoulder becomes sore during this workout, stop and take 2 days off. Upon return to throwing, drop down one step
If sore more than 1 hour after throwing, or the next day, take 1 day off and repeat the most recent throwing program workout
If ore during warm up and soreness continues through the first 15 throws, stop throwing and take 2 days off. Upon return to throwing, drop down one more step

Axe, M., Hurd, W., Snyder-Mackler, L. Data-Based Interval Throwing Programs for Baseball Players. Sports Health. 2009; 1(2): 145-153.