

## Interval Throwing Program

<b>Level 1</b>			
	Little League	Early Teen	High School/College/Pro
<b>Step 1</b> - 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'
<b>Step 2</b> - 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'
<b>Step 3</b> - 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'
<b>Step 4</b> - 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'
<b>Step 5</b> - 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'
<b>Step 6</b> - 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'
<b>Step 7</b> - 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'

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<b>Level 2</b>			
<b>Step 8</b> - 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'
<b>Step 9</b> - 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' <b>From mound</b> 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" x4 sets (75%) 6-10 min. rest between sets 25 long tosses @ 160'
<b>Step 10</b> - note % effort Note "from"	Warm Up Warm Up toss up to 120' <b>From Mound</b> 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' <b>From mound</b> 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'
<b>Step 11</b> - note % effort Note "from"	Warm Up Warm Up toss up to 120' <b>From Mound</b> 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'
<b>Step 12</b>	Warm Up Warm Up toss up to 120' <b>From mound</b> 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' <b>From mound</b> 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'

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<b>Level 3</b>			
<b>Step 13</b>	Warm Up Warm Up toss up to 120' <b>From mound</b> 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' <b>From mound</b> 25 fastballs (75%) 20 fastballs (100%) 10 fastballs (75%) 15 fastballs (100%) 25 fastballs (75%) 25 long tosses @ 160'
<b>Step 14</b>  * 9 minute rest	Warm Up Warm up toss up to 120' Simulated game	Warm Up Warm Up toss to 120' <b>From mound</b> 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'	Warm up Warm Up toss to 120' 20 throws @ 80' x 4 sets 6-10 min. rests between sets 25 long tosses @ 160'
<b>Step 15</b>  * 9 minute rest		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'	Warm Up Warm up toss up to 120' 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' <b>relievers and closers can go step21</b>
<b>Step 16</b>  * 9 minute rest		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'	Warm up Warm up toss up to 120' 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'

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<p><b>Step 17</b></p> <p>* 9 minute rest</p>		<p>Simulated game</p>	<p>Warm up</p> <p>Warm up toss up to 120'</p> <p>15 fastballs (100%)</p> <p>5 off speed pitches*</p> <p>15 fastballs (100%)</p> <p>3 throws to 1st base*</p> <p>20 fastballs (100%)</p> <p>5 offspeed pitches*</p> <p>15 fastballs (100%)</p> <p>3 throws to 2nd*</p> <p>15 fastballs (100%)</p> <p>5 off speed pitches*</p> <p>25 long tosses @ 160'</p>
<p><b>Step 18</b></p>			<p>Repeat Step 14</p>
<p><b>Step 19</b></p>			<p>Warm up</p> <p>Warm up toss up to 120'</p> <p>15 fastballs (100%)</p> <p>5 off speed pitches*</p> <p>15 fastballs (100%)</p> <p>3 throws to 1st base*</p> <p>20 fastballs (100%)</p> <p>5 offspeed pitches*</p> <p>15 fastballs (100%)</p> <p>3 throws to 2nd*</p> <p>15 fastballs (100%)</p> <p>5 off speed pitches*</p> <p>15 fastballs (100%)</p> <p>5 off speed pitches*</p> <p>25 long tosses @ 160'</p>
<p><b>Step 20</b></p>			<p>Warm up</p> <p>Warm up toss up to 120'</p> <p>Batting practice 100-110 pitches</p> <p>10 throws to 1st base</p> <p>Field bunts and comebacks</p> <p>25 long tosses @ 160'</p>
<p><b>Step 21</b></p>			<p>Simulated game</p>