

ADVANCED ORTHOPAEDIC SPECIALISTS

Interval Throwing Program

Phase I:

45' Phase			Step 8:	Α.	Warm-up throwing
Ste	p1: A.	Warm-up throwing	0100 0.	В.	120' (25 throws)
	B.	45' (25 throws)		D. С.	Rest 10 minutes
	C.	Rest 15 minutes		D.	Warm-up throwing
	D.	Warm-up throwing		Б. Е.	
	E.	45' (25 throws)		Е. F.	120' (25 throws) Rest 10 minutes
Ste	p 2: A.	Warm-up throwing		г. G.	
	В.	45' (25 throws)		Н.	Warm-up throwing
	C.	Rest 10 minutes		н.	120' (25 throws)
	D.	Warm-up throwing	150' Phase		
	E.	45' (25 throws)	Step 9:	Α.	Warm-up throwing
	F.	Rest 10 minutes	Сюр 0.	В.	
	G.	Warm-up throwing		Б. С.	150' (25 throws)
	H.	45' (25 throws)		D.	Rest 15 minutes
60' Phase					Warm-up throwing
	p 3: A.	Warm-up throwing	Chan 10:	E.	150' (25 throws)
010	B.	60' (25 throws)	Step 10:	A.	Warm-up throwing
	C.	Rest 15 minutes		В.	150' (25 throws)
	0. D.	Warm-up throwing		C.	Rest 10 minutes
	E.	60' (25 throws)		D.	Warm-up throwing
Sta	p4: A.	Warm-up throwing		E.	150' (25 throws)
010	рч. А. В.	60' (25 throws)		F.	Rest 10 minutes
	C.	Rest 10 minutes		G.	Warm-up throwing
	D.	Warm-up throwing		Н.	150' (25 throws)
	E.	60' (25 throws)	180' Phase		
	E.	Rest 10 minutes	Step 11:	۸	Warm up throwing
	G.	Warm-up throwing	Step 11.	A.	Warm-up throwing
	H.	60' (25 throws)		В.	180' (25 throws)
90' Phase	11.	60 (25 thows)		C.	Rest 15 minutes
				D.	Warm-up throwing
Ste	p 5: A.	Warm-up throwing		E.	180' (25 throws)
	B.	90' (25 throws)	Step 12:	Α.	Warm-up throwing
	C.	Rest 15 minutes		B.	180' (25 throws)
	D.	Warm-up throwing		C.	Rest 10 minutes
0	E.	90' (25 throws)		D.	Warm-up throwing
Ste	p 6: A.	Warm-up throwing		E.	180' (25 throws)
	B.	90' (25 throws)		F.	Rest 10 minutes
	C.	Rest 10 minutes		G.	Warm-up throwing
	D.	Warm-up throwing		Н.	180' (25 throws)
	E.	90' (25 throws)			
	F.	Rest 10 minutes	Step 13:		Warm-up throwing
	G.	Warm-up throwing		В.	180' (25 throws)
	H.	90' (25 throws)		C.	Rest 10 minutes
				D.	Warm-up throwing
120' Phase	<u>e</u>			E.	180' (25 throws)
	-				Rest 10 minutes
Ste	р7: A.	Warm-up throwing			Warm-up throwing
	В.	120' (25 throws)		Н.	180' (25 throws)
	C.	Rest 15 minutes		_	
	D.	Warm-up throwing	` Step 14:		gin throwing off the mound or
	E.	120' (25 throws)		retu	urn to respective position.

Phase II:

Stage One: Fastball Only

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Step 1:	Interval Throwing
	15 Throws off mound 50%
Step 2:	Interval Throwing
	30 Throws
Step 3:	Interval Throwing
	45 Throws off mound 50%
Step 4:	Interval Throwing
	60 Throws
Step 5:	Interval Throwing
	30 Throws off mound 75%
Step 6:	30 Throws off mound 75%
	45 Throws off mound 50%
Step 7:	45 Throws off mound 75%
	15 Throws off mound 50%
Step 8:	60 Throws off mound 75%

Stage Two: Fastball Only

- Step 9: 45 Throws off mound 75% 15 Throws in batting practice
- Step 10: 45 Throws off mound 75%
 - 30 Throws in batting practice
- Step 11: 45 Throws off mound 75%
 - 45 Throws in batting practice

Stage Three

- Step 12:30 Throws off mound 75% warm-up
15 Throws off mound 50% Breaking Balls
45-60 Throws in batting practice (fastball)Step 13:30 Throws off mound 75%
30 Breaking balls 75%
 - 30 Throws in batting practice
- Step 14: 30 Throws off mound 75%
- 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' Phase as warmup) ALL THROWING OFF THE MOUND SHOULD BE DONE IN THE PRESENCE OF YOUR PITCHING COACH TO STRES PROPER THROWING MECHANICS. (Use speed gun to aid in effort control.)