Interval Throwing Program: Phase II – Throwing Off the Mound

**STAGE ONE: FASTBALLS ONLY**

**Step 1:** Interval Throwing
- 15 Throws off mound 50%*

**Step 2:** Interval Throwing
- 30 Throws off mound 50%
  (Use speed gun to aid in effort control)

**Step 3:** Interval Throwing
- 45 Throws off mound 50%
  *Use Interval Throwing 120ft (36.6m) Phase as warm-up*

**Step 4:** Interval Throwing
- 60 Throws off mound 50%

**Step 5:** Interval Throwing
- 70 Throws off mound 50%

**Step 6:**
- 45 Throws off mound 50%
- 30 Throws off mound 75%

**Step 7:**
- 30 Throws off mound 50%
- 45 Throws off mound 75%

**Step 8:**
- 10 Throws off mound 50%
- 65 Throws off mound 75%

**STAGE TWO: FASTBALLS ONLY**

**Step 9:**
- 60 Throws off mound 75%
- 15 Throws in Batting Practice

**Step 10:**
- 50-60 Throws off mound 75%
- 30 Throws in Batting Practice

**Step 11:**
- 45-50 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% BEGIN BREAKING BALLS
- 45-60 Throws in Batting Practice (fastball only)

**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 (Gradually increase breaking balls)

**Step 15:** SIMULATED GAME: PROGRESSING BY 15 THROWS PER WORKOUT (Pitch Count)

* Percentage effort