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

Phase I: Low Toss
45-ft. Stage
a. Warm-up throwing
b. 45 ft. (25 throws)
c. Rest 15 mm.
d. Warm-up throwing
e. 45 ft. (25 throws)

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

90-ft. Stage:
a. Warm-up throwing
b. 90 ft. (25 throws)
c. Rest 15 mm.
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)

Phase II:
Starting Off the Mound
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 in batting practice

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

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 throws from mound 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. phase as warm-up. All throwing from the mound should be done in the presence of the pitching coach to stress proper throwing mechanics. A speed gun should be used to aid in effort control.