

- 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

- Warm-up throwing
- 45 ft. (25 throws)
- Rest 15 mm.
- Warm-up throwing
- 45 ft. (25 throws)

60-ft. Stage

- Warm-up throwing
- 60 ft. (25 throws)
- Rest 15 mm.
- Warm-up throwing
- 60 ft. (25 throws)

90-ft. Stage:

- Warm-up throwing
- 90 Ft. (25 throws)
- Rest 15 mm.
- Warm-up throwing
- 90 ft. (25 throws)

120-ft. Stage:

- Warm-up throwing
- 120 ft. (25 throws)
- Rest 15 minutes
- Warm-up throwing
- 120 ft. (25 throws)

Phase II:

Starting Off the Mound

Stage I: Fastball Only

Step 1:

- Interval throwing
- 15 throws from mound 50%

Step 2:

- Interval throwing
- 30 throws from mound 50%

Step 3:

- Interval throwing
- 45 throws from mound 50%

Stage II: Fastball Only

Step 4:

- Interval throwing
- 60 throws from mound 50%

Step 5:

- Interval throwing
- 30 throws from mound 75%

Step 6:

- 30 throws from mound 75%
- 45 throws from mound 50%

Stage III: Fastball Only

Step 7:

- 45 throws from mound 75%
- 15 throws from mound 50%

Step 8:

- 60 throws from mound 75%

Stage IV: Fastball Only

Step 9:

- 45 throws from mound 75%
- 15 throws in batting practice

Step 10:

- 45 throws from mound 75%
- 30 throws in batting practice

Step 11:

- 45 throws from mound 75 %
- 45 throws in batting practice

Stage V:

Step 12:

- 30 throws from mound 75% warm-up
- 15 throws from mound 50% breaking balls
- 45-60 throws in batting practice throws from mound 50% (fastball only)

Step 13:

- 30 throws from mound 75%
- 30 breaking balls 75%
- 30 throws in batting practice

Step 14:

- 30 throws from 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-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.