

Pitcher's Instructions- Adult

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General Rules

- 1) Break a sweat
- 2) Shoulder Stretches
- 3) Throwing program
- 4) Rotator Cuff strengthening
- 5) Shoulder stretches
- 6) Ice for 20 min.

Warm-up

- Begin at 20' and advance 20' at a time throwing 3-5 times at each distance at 50% effort until reaching the warmup distance for that workout.

Soreness Rules

- If sore more than 1 hour after throwing, or the next day, take 1 day off and repeat the most recent throwing program workout.
- If sore during warmup but soreness is gone within the first 15 throws, repeat the previous workout. If shoulder becomes sore during this workout, stop and take 2 days off. Upon return to throwing, drop down one step.
- If sore during warmup and soreness continues through the first 15 throws, stop throwing and take 2 days off. Upon return to throwing, drop down one step.
- If no soreness, advance one step every throwing day.

A. Baseline/ Preseason

- To establish a base for training and conditioning, begin with step 4 and advance one step daily following soreness rules.

B. Non-throwing arm injury

- After medical clearance, begin step 4 and advance one step daily following soreness rules.

C. Throwing arm- Bruise or bone involvement

- After medical clearance, begin with step 1 and advance program as soreness rules allow throwing every other day.

D. Throwing arm- Tendon/ Ligament injury (Mild)

- After medical clearance, begin with step 1 and advance program to step 7 throwing every other day as soreness rules allow.
- Throw every third day on steps 8-17 as soreness rules allow.
- Return to throwing every other day as soreness rules allow for steps 18-24.

E. Throwing arm- Tendon/Ligament injury (Moderate, severe, or post op)

- After medical clearance, begin throwing at step 1.
- For steps 1-10, advance no more than 1 step every 3 days with 2 days of active rest (warmup and long tosses) following each workout.
- Steps 11-13 advance no more than 1 step every 3 days with 2 days active rest (see step 10) following each workout.
- Steps 14-17 advance no more than 1 step every other day with 1 day active rest (see step 10) between steps.
- Advance steps 18-24 daily as soreness rules allow.

ADULT BASEBALL PITCHERS INTERVAL THROWING PROGRAM

Phase I- THROWS AT 50% EFFORT

- STEP 1 WARM-UP TOSS TO 30'
15 THROWS AT 30' *
WARM-UP TOSS TO 30'
20 THROWS AT 30'
- STEP 2 WARM-UP TOSS TO 45'
15 THROWS AT 45' *
WARM-UP TOSS TO 45'
20 THROWS AT 45'
- STEP 3 WARM-UP TOSS TO 60'
15 THROWS AT 60' *
WARM-UP TOSS TO 60'
20 THROWS AT 60'
- STEP 4 WARM-UP TOSS TO 75'
15 THROWS AT 75' *
WARM-UP TOSS TO 75'
20 THROWS AT 75'
- STEP 5 WARM-UP TOSS TO 90'
15 THROWS AT 90' *
20 THROWS AT 90'
20 LONG TOSSES AT 120'
- STEP 6 WARM-UP TOSS TO 105'
15 THROWS AT 105' *
20 THROWS AT 105'
20 LONG TOSSES AT 120'
- STEP 7 WARM-UP TOSS TO 120'
15 THROWS AT 120' *
20 THROWS AT 120'
20 LONG TOSSES AT 120'

Phase II- THROWS AT 75% EFFORT

- STEP 8 WARM-UP TOSS TO 120-160'
20 THROWS AT 60' *
20 THROWS AT 60' *
15 THROWS AT 60' *
20 LONG TOSSES AT 120'
- STEP 9 WARM-UP TOSS TO 120-160'
20 THROWS AT 60'
10 THROWS AT 80' *
20 THROWS AT 60'
10 THROWS AT 80' *
20 LONG TOSSES AT 120'
- STEP 10 WARM-UP TOSS TO 120-160'
20 THROWS AT 60'
15 THROWS AT 80' *
20 THROWS AT 60'
15 THROWS AT 80' *
20 LONG TOSSES AT 120'

Phase III^^

- STEP 11 15 FASTBALLS (50%) *
15 FASTBALLS (50%) *
25 THROWS AT 90' (75%) *
- STEP 12 15 FASTBALLS (50%) *
15 FASTBALLS (50%) *
15 FASTBALLS (50%) *
25 THROWS AT 90' (75%) *
- STEP 13 20 FASTBALLS (50%) *
20 FASTBALLS (50%) *
20 FASTBALLS (50%) *
25 THROWS AT 90' (75%) *
20 LONG TOSSES AT 120'

* REST 9 MINUTES AFTER THESE SETS

^^ BEGIN ALL STEPS IN THIS PHASE WITH WARM-UP TOSS TO 120-160'
ALL FASTBALLS ARE FROM THE MOUND
FINISH STEPS IN THIS PHASE WITH 20 LONG TOSSES TO 120'

STEP 14	15 FASTBALLS (50%) 15 FASTBALLS (75%) * 20 FASTBALLS (75%) * 20 FASTBALLS (75%) * 15 FASTBALLS (75%) 15 FASTBALLS (50%)*	STEP 19	20 FASTBALLS (100%) * 20 FASTBALLS (100%) 5 OFF SPEED PITCHES 3 PICKOFF THROWS TO 1 ST * 25 FASTBALLS (100%) 5 OFF SPEED PITCHES * 20 FASTBALLS (100%) 5 OFF SPEED PITCHES *
STEP 15	10 FASTBALLS (50%) 20 FASTBALLS (75%) * 10 FASTBALLS (75%) 10 FASTBALLS (100%) * 10 FASTBALLS (75%) 10 FASTBALLS (100%) * 20 FASTBALLS (75%) 10 FASTBALL (50%) *	STEP 20	20 FASTBALLS (100%) * 15 FASTBALLS (100%) 5 OFF SPEED PITCHES 4 PICKOFF THROWS TO 1 ST * 20 FASTBALLS (100%) 5 OFF SPEED PITCHES * 20 FASTBALLS (100%) 4 PICKOFF THROWS TO 2 ND * 15 FASTBALLS (100%) 5 OFF SPEED PITCHES *
STEP 16	25 FASTBALLS (75%) * 5 FASTBALLS (75%) 20 FASTBALLS (100%) * 10 FASTBALLS (75%) 15 FASTBALLS (100%) * 25 FASTBALLS (75%) *	STEP 21	(ACTIVE REST) REPEAT STEP 10
STEP 17	(ACTIVE REST) REPEAT STEP 10	STEP 22	20 FASTBALLS (100%) 5 OFF SPEED PITCHES * 20 FASTBALLS (100%) 5 OFF SPEED PITCHES 3 PICKOFF THROWS TO 1 ST * 20 FASTBALLS (100%) 5 OFF SPEED PITCHES 3 PICKOFF THROWS TO 2 ND * 20 FASTBALLS (100%) 5 OFF SPEED PITCHES * 15 FASTBALLS (100%) 5 OFF SPEED PITCHES *
Phase IV[#]		STEP 23	BATTING PRACTICE 110-120 PITCHES FIELD BUNTS AND COMEBACKS
STEP 18	5 FASTBALLS (75%) 20 FASTBALLS (100%) * 15 FASTBALLS (100%) 5 OFF SPEED PITCHES * 20 FASTBALLS (100%) 5 OFF SPEED PITCHES * 20 FASTBALLS (100%) 5 OFF SPEED PITCHES * FIELD BUNTS & COMEBACKS <u>(Reliever's and Closing pitchers can go the step 23 on the next throwing day after completing this step.)</u>	STEP 24	SIMULATED GAME

SIMULATED GAME

- 1) 10 MIN. WARM-UP OF 50-80 PITCHES WITH GRADUALLY INCREASING VELOCITY
- 2) 5-8 INNINGS FOR STARTERS, 3-5 INNINGS FOR RELIEVERS, 2-3 INNINGS FOR CLOSERS
- 3) 15-20 PITCHES PER INNING, INCLUDING 10-15 FASTBALLS
- 4) 9 MIN. REST BETWEEN INNINGS

* REST 9 MINUTES AFTER THESE SETS

BEGIN ALL STEPS IN THIS PHASE WITH WARM-UP TOSS TO 120-160'
FINISH STEPS IN THIS PHASE WITH 20 LONG TOSSES TO 120'