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**INTERVAL THROWING PROGRAM FOR PITCHERS**

**Step 1**

Toss the ball (no wind-up against a wall on alternate days).  
Start with 25-30 throws, build up to 70 throws, and gradually increase the throwing distance.

<b>Number of Throws</b>	<b>Distance (ft)</b>
20	20 (warm-up phase)
25-40	30-40
10	20 (coo-down phase)

**Step 2**

Toss the ball (playing catch with easy wind-up) on alternate days.

<b>Number of Throws</b>	<b>Distance (ft)</b>
10	20 (warm-up)
10	30-40
30-40	50
10	20-30 (cool-down)

**Step 3**

Continue increasing the throwing distance while still tossing the ball with an easy wind-up.

<b>Number of throws</b>	<b>Distance (ft)</b>
10	20 (warm-up)
10	30-40
30-40	50-60
10	30 (cool-down)

**Step 4**

Increase throwing distance to a maximum of 60 feet. Continue tossing the ball with an occasional throw at no more than half speed.

<b>Number of Throws</b>	<b>Distance (ft)</b>
10	30 (warm-up)
10	40-45
30-40	60-70
10	30 (cool-down)

**Step 5**

During this step, gradually increase the distance to 150 feet maximum.

**Phase 5-1**

<b>Number of Throws</b>	<b>Distance (ft)</b>
10	40 (warm-up)
10	50-60
15-20	70-80
10	50-60
10	40 (cool-down)

**Phase 5-2**

<b>Number of Throws</b>	<b>Distance (ft)</b>
10	40 (warm-up)
10	50-60
20-30	80-90
20	50-60
10	40 (cool-down)

**Phase 5-3**

<b>Number of Throws</b>	<b>Distance (ft)</b>
10	40 (warm-up)
10	60
15-20	100-110
20	60
10	40 (cool-down)

**Phase 5-4**

<b>Number of Throws</b>	<b>Distance (ft)</b>
10	40 (warm-up)
10	60
15-20	120-150
20	60
10	40 (cool-down)

**Step 6**

Progress to throwing off the mound at one-half to three fourths speed. Try to use proper body mechanics, especially when throwing off the mound.

- Stay on top of the ball.
- Keep the elbow up.
- Throw over the top.
- Follow through with the arm and trunk.
- Use the legs to push.

**Phase 6-1**

<b>Number of Throws</b>	<b>Distance (ft)</b>
10	60 (warm-up)
10	120-150 (lobbing)
30	45 (off the mound)
10	60 (off the mound)
10	40 (cool-down)

**Phase 6-2**

<b>Number of Throws</b>	<b>Distance (ft)</b>
10	50 (warm-up)
10	120-150 (lobbing)
20	45 (off the mound)
20	60 (off the mound)
10	40 (cool-down)

**Phase 6-3**

<b>Number of Throws</b>	<b>Distance (ft)</b>
10	50 (warm-up)
10	60
10	120-150 (lobbing)
10	45 (off the mound)
30	60 (off the mound)
10	40 (cool-down)

**Phase 6-4**

<b>Number of Throws</b>	<b>Distance (ft)</b>
10	50 (warm-up)
10	120-150 (lobbing)
10	45 (off the mound)
40-50	60 (off the mound)
10	40 (cool-down)

At this time, if the pitcher has successfully completed phase 6-4 without pain or discomfort and is throwing approximately three fourths speed, the pitching coach and trainer may allow the pitcher to proceed to step 7: “up/down bullpens.” Up/down bullpens is used to stimulate a game. The pitcher rests between a series of pitches to reproduce the rest period between innings.

**Step 7**

Up/down bullpens (one-half to three-fourths speed)

**Day 1**

<b>Number of Throws</b>	<b>Distance (ft)</b>
10 warm-up throws	120-150 (lobbing)
10 warm-ups throws	60 (off the mound)
40 pitches	60 (off the mound)
Rest 10 min	
20 pitches	60 (off the mound)

**Day 2**

Off

**Day 3**

<b>Number of Throws</b>	<b>Distance (ft)</b>
10 warm-up throws	120-150 (lobbing)
10 warm-up throws	60 (off the mound)
30 pitches	60 (off the mound)
Rest 10 in	
10 warm-up throws	60 (off the mound)
20 pitches	60 (off the mound)

**Day 4**

Off

**Day 5**

<b>Number of Throws</b>	<b>Distance (ft)</b>
10 warm-up throws	120-150 (lobbing)
10 warm-up throws	60 (off the mound)
30 pitches	60 (off the mound)
Rest 8 min	
20 pitches	60 (off the mound)
Rest 8 min	
20 pitches	60 (off the mound)
Rest 8 min	
20 pitches	60 (off the mound)

At this point, the pitcher is ready to begin a normal routine, from throwing batting practice to pitching in the bullpen. This program can and should be adjusted as needed by the trainer or physical therapist. Each step may take more or less than listed, and the program should be monitored by the trainer, physical therapist, and physician. The pitcher should remember that it is necessary to work hard, but not overdo it.