

Interval Throwing Program - Phase II - Mound Progression

* Warm-up throwing to be performed before bullpens: 30ft x 5, 45ft x 5, 60ft x 10, 75ft x 10, 90ft x 10, 120ft x 10, 90ft pulldowns x 5, 60ft flatground x 10
 * Long toss: Light = 30ft x 5, 45ft x 5, 60ft x 10, 75ft x 10, 90ft x 10, 105ft x 10, 120ft x 10 with arc, no pulldowns
 * Long toss: Pull downs = 30ft x 5, 45ft x 5, 60ft x 10, 75ft x 10, 90ft x 10, 105ft x 10, 120ft x 15 with arc; 90ft pulldowns x 5
 * Light catch = easy catch 30ft x 5, 45ft x 5, 60ft x 10, 75ft x 5, 90ft x 10
 * Key: FB = Fastball, CH = Changeup, BR = Breaking ball, BP = Batting practice

Week		<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>
Week 1	Throws	10	Off	Long Toss	Off	Long Toss	Off	Off
	Intensity	50%		Light		Pulldowns		
	Pitch Type	FB only						
Week 2	Throws	15	Off	Long Toss	Off	Long Toss	Off	Off
	Intensity	50%		Light		Pulldowns		
	Pitch Type	FB only						
Week 3	Throws	20	Off	Long Toss	Off	Long Toss	Off	Off
	Intensity	75%		Light		Pulldowns		
	Pitch Type	FB only						
Week 4	Throws	25	Off	Long Toss	Off	Long Toss	Off	Off
	Intensity	75%		Light		Pulldowns		
	Pitch Type	FB only						
Week 5	Throws	30	Off	Long Toss	Off	Long Toss	Off	Off
	Intensity	75%		Light		Pulldowns		
	Pitch Type	FB/CH						
Week 6	Throws	Long Toss	30	Off	Long Toss	35	Off	Off
	Intensity	Light	75%		Light	75%		
	Pitch Type		FB/CH			FB/CH		
Deload Week Week 7	30ft	5	Off	5	Off	5	Off	Off
	45ft	5		5		5		
	60ft	10		10		10		
	75ft	15		10		10		
	90ft	15		20		25		
	60ft	10		10		10		
Week 8	Throws	Long Toss	35	Off	Long Toss	40	Off	Off
	Intensity	Light	75%		Light	75%		
	Pitch Type		FB/CH/Easy Breaking			FB/CH/Easy Breaking		
Week 9	Throws	Long Toss	40	Light Catch	Long Toss	40	Light Catch	Off
	Intensity	Light	90%		Light	90%		
	Pitch Type		FB/CH/Easy Breaking			FB/CH/Easy Breaking		
Week 10	Throws	Long Toss	40	Light Catch	Light Catch	Long Toss	Light Catch	Off
	Intensity	Light	90%			Light		
	Pitch Type		All					
Week 11	Throws	Long Toss	40	Light Catch	Light Catch	Long Toss	Light Catch	Off
	Intensity	Light	100%			Light		
	Pitch Type		All					
Week 12	Throws	Long Toss	40	Light Catch	Long Toss	40	Light Catch	Off
	Intensity	Light	100%		Light	100%		
	Pitch Type		All			All		
Week 13	Throws	Long Toss	40	Light Catch	Long Toss	Long Toss	Light Catch	Light Catch
	Intensity	Light	100%		Light	Light		
	Pitch Type		All					
Deload Week Week 14	30ft	5	Off	5	Off	5	Off	Off
	45ft	5		5		5		
	60ft	10		10		10		
	75ft	10		10		10		
	90ft	20		25		30		
	60ft	10		10		10		
Week 15	Throws	15 Pen 20 BP	Light Catch	Light Catch	Long Toss	25	Light Catch	Long Toss
	Intensity	Live BP			Light	75%		Light
	Pitch Type	All				All		
Week 16	Throws	20 Pen, 2x15 BP	Light Catch	Light Catch	Long Toss	Long Toss	Light Catch	Light Catch
	Intensity	Live BP			Light	Light		
	Pitch Type	All						

May progress to rehab assignment with 1 IP and progression 1 IP per outing