

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Rest	Interval	Interval	Rest	Interval	Interval	Rest
2	Rest	Interval	Interval	Rest	Interval	Interval	Rest
3	Rest	Interval	Interval Mound	Rest	Interval	Interval Mound	Rest
4	Rest	Interval	Interval Mound	Rest	Interval	Interval Mound	Rest
5	Rest	Interval	Interval Mound	Rest	Interval	Interval Mound	Rest
6	Rest	Interval	Interval Mound	Rest	Interval	Interval Mound	Rest

### Interval Throwing Program (for Healthy Arms)

First 2 weeks all players will perform the same program and weeks 3-6 pitchers will incorporate 2 days of mound work into their progression – see next page

#### Week 1:

Dynamic Warm-up  
 45 feet – 10 throws (warm-up)  
 60 feet – 10 throws  
 90 feet – 15 throws  
 45 feet – 10 throws (cool-down)

#### Week 2:

45 feet – 10 throws (warm-up)  
 60 feet – 10 throws  
 90 feet – 15 throws  
 120 feet – 15 throws  
 45 feet – 10 throws (cool-down)

#### Week 3:

45 feet – 10 throws (warm-up)  
 60 feet – 10 throws  
 90 feet – 15 throws  
 120 feet – 20 throws  
 45 feet – 10 throws (cool-down)

#### Week 4:

45 feet – 10 throws (warm-up)  
 60 feet – 10 throws  
 90 feet – 10 throws  
 120 feet – 10 throws  
 150 feet – 20 throws (if outside)  
 45 feet – 10 throws (cool-down)

#### Week 5:

45 feet – 10 throws (warm-up)  
 60 feet – 10 throws  
 90 feet – 15 throws  
 120 feet – 15 throws  
 150 feet – 15 throws  
 45 feet – 10 throws (cool-down)

#### Week 6:

45 feet – 10 throws (warm-up)  
 60 feet – 10 throws  
 90 feet – 10 throws  
 120 feet – 10 throws  
 150 feet – 15 throws  
 180 feet – 15 throws  
 45 feet – 10 throws (cool-down)

## Pitchers Throwing Program on “Mound” Days

### Week 3:

#### Interval Progression

- 45 feet – 10 throws (warm-up)
- 60 feet – 10 throws
- 90 feet – 10 throws
- 120 feet – 10 throws

#### Mound Progression - 30 pitches

- 15 throws – Fastball at 50%
- 15 throws – Fastball at 75%

### Week 4:

#### Interval Progression

- 45 feet – 10 throws (warm-up)
- 60 feet – 10 throws
- 90 feet – 10 throws
- 120 feet – 10 throws

#### Mound Progression - 45 pitches

- 15 throws – Fastball at 50%
- 30 throws – Fastball at 75%

### Week 5:

#### Interval Progression

- 45 feet – 10 throws (warm-up)
- 60 feet – 10 throws
- 90 feet – 10 throws
- 120 feet – 10 throws

#### Mound Progression - 50 total pitches

- 10 throws – Fastball at 75%
- 15 throws – Fastball at 100%
- 15 throws – Breaking Balls at 75%
- 10 throws – Fastball at 75%

### Week 6:

#### Interval Progression

- 45 feet – 10 throws (warm-up)
- 60 feet – 10 throws
- 90 feet – 10 throws
- 120 feet – 10 throws

#### Mound Progression - 60 total pitches

- 10 throws – Fastball at 75%
- 20 throws – Fastball at 100%
- 10 throws – Breaking Balls at 75%
- 10 throws – Breaking Balls at 100%
- 10 throws – Fastball at 75%