

TRAVIS G. MAAK M.D.  
**INTERVAL THROWING PROGRAM**

- \*\* 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: Long Toss program**

**45-ft. Stage**

- a. Warm-up throwing
- b. 45 ft. (25 throws)
- c. Rest 15 min.
- d. Warm-up throwing
- e. 45 ft. (25 throws)

**60-ft. Stage**

- a. Warm-up throwing
- b. 60 ft. (25 throws)
- c. Rest 15 min.
- d. Warm-up throwing
- e. 60 ft. (25 throws)

**90-ft. Stage:**

- a. Warm-up throwing
- b. 90 Ft. (25 throws)
- c. Rest 15 min.
- d. Warm-up throwing
- e. 90 ft. (25 throws)

**120-ft. Stage:**

- a. Warm-up throwing
- b. 120 ft. (25 throws)
- c. Rest 15 min.
- d. Warm-up throwing
- e. 120 ft. (25 throws)

**150-ft. Stage:**

- a. Warm-up throwing
- b. 150 ft. (25 throws)
- c. Rest 15 min.
- d. Warm-up throwing
- e. 150 ft. (25 throws)

**180-ft. Stage:**

- a. Warm-up throwing
- b. 180 ft. (25 throws)
- c. Rest 15 min.
- d. Warm-up throwing
- e. 180 ft. (25 throws)

Then begin throwing from mound or to respective position.

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**Phase II: Starting Off the Mound**

**Stage I: Fastball Only**

- Step 1:     a. Interval throwing  
              b. 15 throws from mound 50%
  
- Step 2:     a. Interval throwing  
              b. 30 throws from mound 50%
  
- Step 3:     a. Interval throwing  
              b. 45 throws from mound 50%

**Stage II: Fastball Only**

- Step 4:     a. Interval throwing  
              b. 60 throws from mound 50%
  
- Step 5:     a. Interval throwing  
              b. 30 throws from mound 75%
  
- Step 6:     a. 30 throws from mound 75%  
              b. 45 throws from mound 50%

**Stage III: Fastball Only**

- Step 7:     a. 45 throws from mound 75%  
              b. 15 throws from mound 50%
  
- Step 8:     a. 60 throws from mound 75%

#### **Stage IV: Fastball Only**

Step 9: a. 45 throws from mound 75%  
b. 15 throws in batting practice

Step 10: a. 45 throws from mound 75%  
b. 30 throws in batting practice

Step 11: a. 45 throws from mound 75 %  
b. 45 throws in batting practice

#### **Stage V:**

Step 12: a. 30 throws from mound 75% warm-up  
b. 15 throws from mound 50% breaking balls  
c. 45-60 throws in batting practice throws from mound 50%  
(fasball only)

Step 13: a. 30 throws from mound 75%  
b: 30 breaking balls 75%  
c: 30 throws in batting practice

Step 14: a. 30 throws from mound 75%  
b. 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.

