

ZONE Performance Baseball - Interval Throwing Program (~13-15)

PHASE 1 – Return To Throwing		PHASE 3 – Intensified Pitching (mound = M)			
Level 1	WU toss to 45': 5x20',5x30',5x45' 30' 2-3x10 (50% intensity) Long toss to 45' 1x10	Level 9	WU toss to 120':5x60',5x90',5x105',5x120' FB 15(50%)*, FB 20(75%)* FB 20(75%)*, FB 15(50%)* Long toss to 150' 1x10-20	Level 15	FB 20 (75%)*, 6 offspeed (75%)* Long toss to 150' 1x15-20 WU toss to 120': 5x60',5x90',5x105',5x120' FB 20 (75%)*, 4 throws to 1 st (75%), FB 15(100%)*, 10 offspeed (100%)*, FB 20(100%)*, 5 offspeed (75%)*, FB 20 (75%)*, 4 throws to 1 st (75%), Long toss to 150' 1x15-20
Level 2	WU toss to 60': 5x30',5x45',5x60' 30' 2-3x15 (50% intensity) Long toss to 60' 1x10	Level 10	WU toss to 120':5x60',5x90',5x105',5x120' FB 15(75%)*, FB 20(50%)* FB 20(75%)*, FB 15(50%)* Long toss to 150' 1x10-20	Level 16	WU toss to 120': 5x60',5x90',5x105',5x120' FB 20 (100%)*, 5 throws to 1 st (100%), FB 15(100%)*, 10 offspeed (100%)*, FB 20(100%)*, 5 offspeed (100%)*, FB 20 (75%)*, 5 throws to 1 st (75%), Long toss to 150' 1x20-25
Level 3	WU toss to 75': 5x45',5x60',5x75' 45' 2-3x15 (50% intensity) Long toss to 75' 1x10	Level 11	WU toss to 120': 5x60',5x90',5x105',5x120' FB 20(50%)*, FB 20(75%)* FB 20(75%)*, FB 20(50%)* Long toss to 150' 1x10-20	Level 17	WU toss to 120': 5x60',5x90',5x105',5x120' FB 20 (100%)*, 5 throws to 1 st (100%), FB 15(100%)*, 10 offspeed (100%)*, FB 20(100%)*, 5 offspeed (100%)*, FB 20 (75%)*, 5 throws to 1 st (75%), Long toss to 150' 1x20-25
Level 4	WU toss to 90': 5x45',5x60',5x75',5x90' 60' 2-3x15 (50-75% intensity) Long toss to 90' 1x15	Level 12	WU toss to 120':5x60',5x90',5x105',5x120' FB 20(75%)*, FB 25(75%)* FB 25(75%)*, FB 20(75%)* Long toss to 150' 1x10-20	Level 18	Batting Practice 90-110 pitches 10 throws to 1 st PFP's Simulated game Thorough/regular warm-up routine 15-20 pitches/inning, including 10-15 FB Innings: starters 5-8, relievers 3-5 8-10min rest between innings
Level 5	WU toss to 105': 5x60',5x75',5x90',5x105' 75' 2-3x15 (50-75% intensity) Long toss to 105' 1x15	Level 13	(Active Rest) WU toss to 120':5x60',5x90',5x105',5x120' 60' x20 (75%)* 75' x15 (75%)* 60' x20 (75%)* Long toss to 150' 1x10-20		
PHASE 2 – Return to Pitching (flat ground = FG)		Level 14	WU toss to 120':5x60',5x90',5x105',5x120'* FB 20 (100%)*, FB 20 (75%)* 6 offspeed (75%)*, FB 20 (100%)*		
Level 6	WU toss to 120': 5x60',5x90',5x105',5x120' 54-60' (FG fastballs) 10*/10*/10* (50%) Long toss to 120' 1x15				
Level 7	WU toss to 120': 5x60',5x90',5x105',5x120' 54-60' (FG fastballs) 15*/15*/15* (50%) Long toss to 120' 1x15				
Level 8	WU toss to 120': 5x60',5x90',5x105',5x120' 54-60' (FG fastballs)15*/15*/15*/15*(50%) Long toss to 120-150' 1x15				

PHASES 1-3 GUIDELINES:

Throwing sessions should be performed 2-3x/wk allowing a non-throwing recovery day between sessions, unless otherwise instructed.

Each throwing/pitching session must be preceded by a thorough dynamic warm-up movement prep series: warm up to throw, do not throw to warm up. A cool down and recovery should follow each session.

Proper nutrition, hydration, rest/recovery, and sleep quantity/quality are key factors in optimal performance and injury prevention.

SORENESS RULES:

If no soreness, advance level each assigned throwing day.

If sore during warm-up but soreness gone within first 15 throws, repeat the previous workout level. If becomes sore during this workout, stop and take 2 days off. Upon returning to throwing, drop down one level.

If sore more than one hour after throwing, or the next day, take one day off then repeat the most recent throwing workout level.

If sore during warm-up and soreness continues through the first 15 throws, stop throwing and take 2 days off. Upon returning to throwing, drop down one level.

REST BETWEEN THROWING SETS:

Phase 1: 4-5 min

Phase 2: 7-9 min (indicated by *)

Phase 3: 7-9 min (indicated by *)

GENERAL CONSIDERATIONS:

It is important to note that just as each athlete is an individual, each rehab program and each training program is also individualized. There is no "one-size-fits-all" throwing program. As such, the ITP is a flexible, data-based framework that allows for refinement and selection of progressions, allowing it to be tailored to the needs of the individual player. Gradual progression is critical, however the rate of progression will depend on several factors including: athlete prior throwing/pitching history, injury/procedure/surgery specific to the athlete; proper athlete preparation prior to initiating the ITP; how quickly an athlete adapts to and masters each level; how symptoms present themselves during the ITP; and others. Note, it is not uncommon to have some mild symptoms during the progression. Recognize that you may need to take an extra day off at some point during the ITP (see "soreness rules" included on the ITP). Proper individual throwing/pitching mechanics must be emphasized throughout the program, and when/where available, observation/video by an athlete's coach is highly recommended. The objective is to return each athlete to the game, more physically prepared and more mechanically sound, than prior to injury.