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ZONE Performance Baseball - Interval Throwing Program

Professional, College and High School Athletes

PHASE 1 – Return To Throwing		PHASE 2 – Return to Pitching (flat ground - FG)		PHASE 3 – Intensified Pitching (mound - M)	
Level 1	WU toss to 45': 5x20',5x30',5x45' 30' 3x10 (50% intensity) Long toss to 45' 1x10	Level 13	WU toss to 120': 5x60',5x90',5x105',5x120' 60'6" (FG) 15*/20*/20*/15* (75%) Long toss to 150' 1x20-25	Level 18	WU toss to 120': 5x60',5x90',5x105',5x120' FB 20(75%)*, FB 20(100%)*, FB 10(75%)*, FB 15(100%)*, FB 20(75%)* Long toss to 150' 1x20-25
Level 2	WU toss to 60': 5x30',5x45',5x60' 30' 3x15 (50% intensity) Long toss to 60' 1x10	Level 14	WU toss to 120': 5x60',5x90',5x105',5x120' 60'6" (FG) 20*/20*/20*/20* (75%) Long toss to 150' 1x20-25	Level 19	Active Rest WU toss to 120': 5x60',5x90',5x105',5x120' 90' (FG) throws 20*/20*/20*/20* Long toss to 150' 1x20-25
Level 3	WU toss to 75': 5x45',5x60',5x75' 45' 3x15 (50% intensity) Long toss to 75' 1x10-15	Level 15	WU toss to 120': 5x60',5x90',5x105',5x120' 60'6" (FG) FB 20*/20*/20*/20* (50%) 60'6" (FG) throws 20*(75%) Long toss to 150' 1x20-25	Level 20	WU toss to 120': 5x60',5x90',5x105',5x120' FB 20(75%)*, FB 20(100%), 5 offspeed*, FB 15(100%), 5 offspeed*, FB 20(100%), 5 offspeed* PPF's Long toss to 150' 1x20-25
Level 4	WU toss to 90': 5x45',5x60',5x75',5x90' 60' 3x15 (50-75% intensity) Long toss to 90' 1x10-15	Level 16	WU toss to 120': 5x60',5x90',5x105',5x120' 60'6" (FG) FB 20(50%)*, FB 20(75%)* 60'6" (FG) FB 20(50%)*, FB 15(75%)* 60'6" (FG) throws 25(75%)* Long toss to 150' 1x20-25	Level 21	WU toss to 120': 5x60',5x90',5x105',5x120' FB 20(100%)*, FB 15(100%), 5 offspeed 5 pickoff throws to 1 st FB 20(100%), 5 offspeed* FB 20(100%), 5 offspeed* Long toss to 150' 1x20-25
Level 5	WU toss to 105': 5x60',5x75',5x90',5x105' 75' 3x15 (50-75% intensity) Long toss to 105' 1x15	Level 17	WU toss to 120': 5x60',5x90',5x105',5x120' 60'6" (FG) fastballs 25(50%)* 60'6" (FG) fastballs 20*/20*/20*/20*(75%) Long toss to 150' 1x20-25	Level 22	WU toss to 120': 5x60',5x90',5x105',5x120' FB 15(100%), 5 offspeed* FB 15(100%), 3 pickoff throws to 1 st * FB 20(100%), 5 offspeed* FB 15(100%), 3 pickoff throws to 2 nd * FB 15(100%), 5 offspeed* Long toss to 150' 1x20-25
Level 6	WU toss to 120': 5x60',5x90',5x105',5x120' 90' 3x15 (50-75% intensity) Long toss to 120' 1x15	<p>PHASES 1-3 GUIDELINES:</p> <p>Throwing/pitching sessions should be performed 3x/wk allowing a non-throwing recovery day between sessions, unless otherwise instructed.</p> <p>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.</p> <p>Proper nutrition, hydration, rest/recovery, and sleep quantity/quality are key factors in optimal performance and injury prevention.</p> <p>SORENESS RULES:</p> <p>If no soreness, advance level each assigned throwing day.</p> <p>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.</p> <p>If sore more than one hour after throwing, or the next day, take one day off then repeat the most recent throwing workout level.</p> <p>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.</p>		Level 23	Active Rest Repeat Level 19
Level 7	WU toss to 120': 5x60',5x90',5x105',5x120' 105' 3x15 (75-90% intensity) Long toss to 120' 1x20			Level 24	WU toss to 120': 5x60',5x90',5x105',5x120' FB 20(100%), 5 offspeed* FB 20(100%), 3 pickoff throws to 1 st * FB 20(100%), 3 pickoff throws to 2 nd * FB 15(100%), 5 offspeed* FB 15(100%), 5 offspeed* Long toss to 150' 1x20-25
Level 8	WU toss to 120': 5x60',5x90',5x105',5x120' 120' 3x15 (75-90% intensity) Long toss to 150' 1x15			Level 25	Thorough WU Batting Practice 100-120 pitches PPF's
Level 9	WU toss to 120': 5x60',5x90',5x105',5x120' 120' 3x20 (75-90% intensity) Long toss to 150' 1x20			Level 26	Simulated Game Thorough/regular warm-up routine Innings: starters 5-8, relievers 3-5, closer 2-3 15-20 pitches/inning, including 10-15 FB 8-10min rest between innings
Level 10	WU toss to 120': 5x60',5x90',5x105',5x120' 150' 3x15 (75-90% intensity) 180' 1x15			<p>Phase 1 Guide for Rest Between Throwing Sets: Level 1-4: 4-5 min Level 5-7: 5-7 min Level 8-12: 7-9 min (plus 5-10 WU throws 60-90')</p> <p>Suggested Throwing Levels to Complete: Position players: Infielders/Catchers complete up to 7-10 Outfielders complete up to 8-12 Pitchers complete up to 8-12 prior to moving to Phase 2</p>	
Level 11	WU toss to 120': 5x60',5x90',5x105',5x120' 150' 3x20 (75-90% intensity) 180' 1x15				
Level 12	WU toss to 120': 5x60',5x90',5x105',5x120' 180' 15/20/20 (75-90% intensity) 180-200' 1x15 120' down to 90' 1x15				
Level 13	WU toss to 120': 5x60',5x90',5x105',5x120' 180' 15/20/20 (75-90% intensity) 180-200' 1x15 120' down to 90' 1x15				
Level 14	WU toss to 120': 5x60',5x90',5x105',5x120' 180' 15/20/20 (75-90% intensity) 180-200' 1x15 120' down to 90' 1x15				
Level 15	WU toss to 120': 5x60',5x90',5x105',5x120' 180' 15/20/20 (75-90% intensity) 180-200' 1x15 120' down to 90' 1x15				
Level 16	WU toss to 120': 5x60',5x90',5x105',5x120' 180' 15/20/20 (75-90% intensity) 180-200' 1x15 120' down to 90' 1x15				
Level 17	WU toss to 120': 5x60',5x90',5x105',5x120' 180' 15/20/20 (75-90% intensity) 180-200' 1x15 120' down to 90' 1x15				
Level 18	WU toss to 120': 5x60',5x90',5x105',5x120' 180' 15/20/20 (75-90% intensity) 180-200' 1x15 120' down to 90' 1x15				
Level 19	WU toss to 120': 5x60',5x90',5x105',5x120' 180' 15/20/20 (75-90% intensity) 180-200' 1x15 120' down to 90' 1x15				
Level 20	WU toss to 120': 5x60',5x90',5x105',5x120' 180' 15/20/20 (75-90% intensity) 180-200' 1x15 120' down to 90' 1x15				
Level 21	WU toss to 120': 5x60',5x90',5x105',5x120' 180' 15/20/20 (75-90% intensity) 180-200' 1x15 120' down to 90' 1x15				
Level 22	WU toss to 120': 5x60',5x90',5x105',5x120' 180' 15/20/20 (75-90% intensity) 180-200' 1x15 120' down to 90' 1x15				
Level 23	WU toss to 120': 5x60',5x90',5x105',5x120' 180' 15/20/20 (75-90% intensity) 180-200' 1x15 120' down to 90' 1x15				
Level 24	WU toss to 120': 5x60',5x90',5x105',5x120' 180' 15/20/20 (75-90% intensity) 180-200' 1x15 120' down to 90' 1x15				
Level 25	WU toss to 120': 5x60',5x90',5x105',5x120' 180' 15/20/20 (75-90% intensity) 180-200' 1x15 120' down to 90' 1x15				
Level 26	WU toss to 120': 5x60',5x90',5x105',5x120' 180' 15/20/20 (75-90% intensity) 180-200' 1x15 120' down to 90' 1x15				

*Rest 7-9 min after these sets (Phase 2 & 3)

Adapted from: Michael Axe MD, Wendy Hurd PT & Lynn Snyder-Mackler PT, University of Delaware, Newark, DE. "Data-Based Interval Throwing Programs for Baseball Players"; James Andrews MD, American Sports Medicine Institute, Birmingham, AL. "Interval Throwing Program for Baseball Players"; Kevin Wilk PT, Champion Sports Medicine, Birmingham, AL. "Interval Throwing Program for Baseball Players"; Walt Lowe, MD, Memorial Hermann Sports Medicine Institute, Houston, TX. "Interval Throwing Program – Baseball Players"; Steadman-Hawkins Clinic, Denver, CO. "Interval Throwing Program for Pitchers"

ZONE Performance Baseball



Movement Prep - Dynamic Warm-Up (approx. 15-20min)

PERFORM PRIOR TO ALL THROWING SESSIONS, PRACTICES AND GAMES

****Always warm-up to throw... do not throw to warm-up****

(Note: distances can be shortened if using indoor/limited space, and given specific age/level of team or group)

(Remember: Do not hold your breath. Maintain a relaxed breathing pattern throughout all exercises)

Jog-Run (10-20yds, forward there and return backward)

High Knee Skipping (10-20yds there, then easy jog back)

High Knees/Buttkickers (10-20yds, high knees there, and buttkickers back)

Side Shuffle O&E (10-20yds, face the same way there and back)

Carioca X-Overs O&E (10-20yds, face the same way there and back)

Shuffle-Shuffle-Sprint (20yds, allowing plenty of space to decelerate)

Repeat circuit 1-2x (depends on age and fitness level), gradually increasing intensity and speed of movements... remember: steady head & eyes, stay tall, good technique... practice how you want to play

Lunge Walk with Field Goal Rotation (10-20yds, lunge walk there with 2 controlled rotations each lunge, and return lunging backward)

World's Best Stretch (1x each side) (Hold each position 5sec: 1-leg balance; Spiderman lunge; Star each way; Hamstring "A"; Warrior lunge;

Then return to standing... repeat on the other side)

Monkey Flies (Stand tall, arms straight out to side; Thumbs up/down/forward; 10sec each position)

Arm Circles (Keep circles relatively in front of body, rather than directly to the side; Thumbs-up position;

Forward circles - small, medium, big; Backward circles - big, medium, small)

Jumping Jacks (x15)

Initial Throws **Narrow Stance** (60', 5-7 throws) (head steady, eyes level, hip/shoulder separation, O&E, strong glove, drag toe, follow through)

Cross-Over (60', 5-7 throws) (head steady, eyes level, hip/shoulder separation, O&E, strong glove, drag toe, follow through)

Step Behind (60', 5-7 throws) (head steady, eyes level, hip/shoulder separation, O&E, strong glove, drag toe, follow through)

Cool Down – Recovery and Regeneration (approx. 10min)

PERFORM FOLLOWING ALL THROWING SESSIONS, PRACTICES AND GAMES

(Promotes the process of recovery from work performed in practice or game, so your body is better able to perform next day or next practice/game)

(Remember: Do not hold your breath. Maintain a relaxed breathing pattern throughout all exercises)

Jog-Run (10-20yds, forward there and return backward)

Side Shuffle Arm Swing (10-20yds, face the same way there and back)

Carioca X-Overs (10-20yds, there and back)

Lunge Walk with Field Goal Rotation (10-20yds, lunge walk there with 2 controlled rotations each lunge, and return backward)

World's Best Stretch (1x each side) (Hold each position 5-10sec: 1-leg balance; Spiderman lunge; Star each way; Hamstring "A"; Warrior lunge; Then return to standing... repeat on the other side)

Easy Jog (1 set poles)

Recovery Mobility, Foam Roll, etc

Baseball Fuel - Remember Recovery Hydration and Nutrition (very important)

Refuel within 15-20 min of completing exercise session: Carb/protein balance (ie. low fat chocolate milk) and drink water accordingly, before/during/after, to maintain hydration and also replace water lost during workouts/games