

**DISTANCE BASED CRITERIA – INTERVAL THROWING PROGRAM
SOFTBALL PITCHERS**

Adapted from: Axe MJ, Windely TC, Snyder-Mackler L. Data-Based Interval Throwing Programs for Collegiate Softball Players. *J Athletic Training*. 2002;37(2):194-203.

Phase I: Early Throwing

All throws are to tolerance to a maximum of 50% effort.

All long tosses begin with a crow-hop.

STEP 1	Warm-up toss to 30 ft (9.14 m) 10 throws @ 30 ft (9.14 m) Rest 8 minutes 10 throws @ 30 ft (9.14 m) 10 long tosses to 40 ft (12.19 m)	STEP 4	Warm-up toss to 75 ft (22.86 m) 10 throws @ 75 ft (22.86 m) Rest 8 minutes 10 throws @ 75 ft (22.86 m) 10 long tosses to 90 ft (27.43 m)
STEP 2	Warm-up toss to 45 ft (13.72 m) 10 throws @ 45 ft (13.72 m) Rest 8 minutes 10 throws @ 45 ft (13.72 m) 10 long tosses to 60 ft (18.29 m)	STEP 5	Warm-up toss to 90 ft (27.43 m) 10 throws @ 90 ft (27.43 m) Rest 8 minutes 10 throws @ 90 ft (27.43 m) 10 long tosses to 105 ft (32.0 m)
STEP 3	Warm-up toss to 60 ft (18.29 m) 10 throws @ 60 ft (18.29 m) Rest 8 minutes 10 throws @ 60 ft (18.29 m) 10 long tosses to 75 ft (22.86 m)	STEP 6	Warm-up toss to 105 ft (32.0 m) 10 throws @ 105 ft (32.0 m) Rest 8 minutes 10 throws @ 105 ft (32.0 m) 10 long tosses to 120 ft (36.58 m)

Phase II: Initiation of Pitching

All pitches are fast balls (no off-speed pitches)

All pitches are to tolerance or maximum effort level specified

All long tosses begin with a crow-hop

STEP 7	Warm-up toss to 120 ft (36.58 m) 10 throws @ 60 ft (18.29 m) 75% 10 pitches @ 20 ft (6.10 m) 50% Rest 8 minutes 10 throws @ 60 ft (18.29 m) 75% 5 pitches @ 20 ft (6.10 m) 50% 10 long tosses to 120 ft (36.58 m)	STEP 9	Warm-up toss to 120 ft (36.58 m) 10 throws @ 60 ft (18.29 m) 75% 10 pitches @ 46 ft (14.02 m) 50% Rest 8 minutes 10 throws @ 60 ft (18.29 m) 75% 10 pitches @ 46 ft (14.02 m) 50% 15 long tosses to 120 ft (36.58 m)
STEP 8	Warm-up toss to 120 ft (36.58 m) 10 throws @ 60 ft (18.29 m) 75% 10 pitches @ 35 ft (10.67 m) 50% Rest 8 minutes 10 throws @ 60 ft (18.29 m) 75% 10 pitches @ 35 ft (10.67 m) 50% 10 long tosses to 120 ft (36.58 m)	STEP 10	Warm-up toss to 120 ft (36.58 m) 10 throws @ 60 ft (18.29 m) 75% 10 pitches @ 46 ft (14.02 m) 50% Rest 8 minutes 10 pitches @ 46 ft (14.02 m) 50% Rest 8 minutes 10 throws @ 60 ft (18.29 m) 75% 10 pitches @ 46 ft (14.02 m) 50% 15 long tosses to 120 ft (36.58 m)

Phase III: Intensified Pitching

Pitch sets 11-15 consist of 1 fastball to 1 off-speed pitch at the effort level specified.

Pitch sets 16-21 consist of a percentage of pitches that match the pre injury pitch mix specific to the athlete at the effort level specified.

Begin each step with warm-up toss to 120 ft (36.58 m).

End each step with 20 long tosses to 120 ft (36.58 m).

STEP 11	2 throws to each base 75% 15 pitches 50%* 15 pitches 50%* 1 throw to each base 75% 15 pitches 50%	STEP 17	1 throws to each base 100% 15 pitches 100%* 20 pitches 75%* 15 pitches 100%* 15 pitches 100%* 20 pitches 75% 1 throw to each base 75% 15 pitches 75%*
STEP 12	2 throws to each base 75% 15 pitches 50%* 15 pitches 50%* 15 pitches 50%* 1 throw to each base 75% 15 pitches 50%*	STEP 18	1 throws to each base 100% 20 pitches 100%* 15 pitches 100%* 20 pitches 100%* 15 pitches 100%* 20 pitches 100% 1 throw to each base 75% 15 pitches 100%*
STEP 13	2 throws to each base 75% 15 pitches 50%* 15 pitches 75%* 15 pitches 75%* 1 throw to each base 75% 15 pitches 50%*	STEP 19	1 throws to each base 100% 20 pitches 100%* 15 pitches 100%* 20 pitches 100%* 15 pitches 100%* 20 pitches 100%* 15 pitches 100%* 1 throw to each base 75% 15 pitches 100%*
STEP 14	2 throws to each base 75% 15 pitches 50%* 15 pitches 75%* 20 pitches 75%* 1 throw to each base 75% 15 pitches 50%*	STEP 20	Batting practice 100-120 pitches 1 throw to each base per 25 pitches
STEP 15	2 throws to each base 100% 15 pitches 75%* 15 pitches 75%* 15 pitches 75%* 15 pitches 75%* 1 throw to each base 75% 15 pitches 75%*	STEP 21	Simulated game 7 innings 18-20 pitches/inning 8-min rest between innings pre injury pitch mix
STEP 16	1 throws to each base 100% 15 pitches 100%* 20 pitches 75%* 15 pitches 100%* 20 pitches 75%* 1 throw to each base 75% 20 pitches 75%*		