

## Interval Throwing Program – Windmill Softball Pitchers – Phase II

Throwing program to be completed by windmill softball pitchers following successful completion of Phase I interval throwing program. Perform throwing from mound every other day, three days per week. Continue all thrower's resistance exercises, stretching, hitting drills and other throwing drills in addition to this off the mound throwing program.

Step 1: Warm-up at 100 foot phase  
20 windmill at 50% intensity

Step 2: Warm-up at 100 foot phase  
30 windmill at 50% intensity

Step 3: Warm-up at 100 foot phase  
40 windmill at 50% intensity  
15 windmill at 75% intensity

Step 4: Warm-up at 100 foot phase  
20 windmill at 50% intensity  
35 windmill at 75% intensity

Step 5: Warm-up at 100 foot phase  
50 windmill at 75% intensity  
15 windmill at 50% intensity

Step 6: Warm-up at 100 foot phase  
60 windmill at 75% intensity  
15 batting practice throws

Step 7: Warm-up at 100 foot phase  
40 windmill 75% intensity  
10-15 windmill 90% intensity  
20 breaking balls 50% intensity  
30 batting practice throws

Step 8: Warm-up at 100 foot phase  
30 windmill 75% intensity  
10-15 windmill at 90-100 %  
30 breaking balls 75% intensity  
30 batting practice throws

Step 9: Simulated Game  
Gradually increase # of breaking balls & total numbers of pitches

Step 10: Competition  
Gradually return to competition.  
May use pitch count if necessary