

## 12 Week Interval Pitching Flat Ground & Mound Program

### Warm-up:

Jogging, jumping rope, etc. to increase blood flow to the muscles; once a light sweat is developed, move to stretching. Warm-up throws (not to exceed 120 ft) should then be performed.

### Pitching:

Progress to the next step of the program once current step is accomplished completely free of pain. Allow at least 48 hours to pass between successive steps. Athletes progress at different rates. There is no optimal length of this program. Once the last step is completed successfully, the athlete is ready to return to unrestricted pitching.

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### WEEK 1: Flat Ground (Fastballs only)

Day 1: Warm-up  
15 fastballs on flat ground @ 50%

Day 2: **REST**

Day 3: Warm-up  
20 fastballs on flat ground @ 50%

Day 4: **REST**

Day 5: Warm-up  
25 fastballs on flat ground @ 50%

Day 6: **REST**

Day 7: Light catch up to 75 feet

### WEEK 2: Flat Ground (Fastballs only)

Day 1: Warm-up  
30 fastballs on flat ground @ 50%

Day 2: **REST**

Day 3: Warm-up  
30 fastballs on flat ground @ 50%

Day 4: **REST**

Day 5: Warm-up  
30 fastballs on flat ground @ 50%

Day 6: **REST**

Day 7: Light catch up to 75 feet



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**WEEK 3: Mound (Fastballs only)**

Day 1: Warm-up  
15 fastballs on mound @ 50%

Day 2: **REST**

Day 3: Warm-up  
20 fastballs on mound @ 50%

Day 4: **REST**

Day 5: Warm-up  
25 fastballs on mound @ 50%

Day 6: **REST**

Day 7: Light catch up to 75 feet

**WEEK 4: Mound (Fastballs & Changeups only)**

Day 1: Warm-up  
25 fastballs on mound @ 50%  
5 changeups on mound @ 50%

Day 2: **REST**

Day 3: Warm-up  
25 fastballs on mound @ 50%  
5 changeups on mound @ 50%

Day 4: **REST**

Day 5: Warm-up  
25 fastballs on mound @ 50%  
5 changeups on mound @ 50%

Day 6: **REST**

Day 7: Light catch up to 75 feet



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**WEEK 5: Mound (Fastballs & Changeups only)**

Day 1: Warm-up  
20 fastballs on mound @ 50%  
5 changeups on mound @ 50%  
Rest 5 minutes  
Warm-up throws as needed  
15 fastballs on mound @ 50%  
5 changeups on mound @ 50%

Day 2: **REST**

Day 3: Warm-up  
20 fastballs on mound @ 50%  
5 changeups on mound @ 50%  
Rest 5 minutes  
Warm-up throws as needed  
15 fastballs on mound @ 50 %  
5 changeups on mound @ 50%

Day 4: **REST**

Day 5: Warm-up  
20 fastballs on mound @ 50%  
5 changeups on mound @ 50%  
Rest 5 minutes  
Warm-up throws as needed  
15 fastballs on mound @ 50%  
5 changeups on mound @ 50%

Day 6: **REST**

Day 7: Light catch up to 75 feet

**WEEK 6: Mound (Fastballs & Changeups only)**

Day 1: Warm-up  
20 fastballs on mound @ 75%  
10 changeups on mound @ 75%

Day 2: **REST**

Day 3: Warm-up  
25 fastballs on mound @ 75%  
10 changeups on mound @ 75%

Day 4: **REST**

Day 5: Warm-up  
30 fastballs on mound @ 75%  
10 changeups on mound @ 75%

Day 6: **REST**

Day 7: Light catch up to 75 feet



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**WEEK 7: Mound (Fastballs & Changeups only)**  
**(Throw in Batting Practice if possible)**

Day 1: Warm-up  
20 fastballs on mound @ 75%  
5 changeups on mound @ 75%  
Rest 5 minutes  
Warm-up throws as needed  
15 fastballs on mound @ 75%  
5 changeups on mound @ 75%

Day 2: **REST**

Day 3: Warm-up  
20 fastballs on mound @ 75%  
5 changeups on mound @ 75%  
Rest 5 minutes  
Warm-up throws as needed  
15 fastballs on mound @ 75%  
5 changeups on mound @ 75%

Day 4: **REST**

Day 5: Warm-up  
20 fastballs on mound @ 75%  
5 changeups on mound @ 75%  
Rest 5 minutes  
Warm-up throws as needed  
15 fastballs on mound @ 75%  
5 changeups on mound @ 75%

Day 6: **REST**

Day 7: Light catch up to 75 feet

**WEEK 8: Mound (Fastballs & Changeups only)**  
**(Throw in Batting Practice if possible)**

Day 1: Warm-up  
20 fastballs on mound @ 75%  
10 changeups on mound @ 75%  
Rest 5 minutes  
Warm-up throws as needed  
20 fastballs on mound @ 75%  
10 changeups on mound @ 75%

Day 2: **REST**

Day 3: Warm-up  
20 fastballs on mound @ 75%  
10 changeups on mound @ 75%  
Rest 5 minutes  
Warm-up throws as needed  
20 fastballs on mound @ 75%  
10 changeups on mound @ 75%

Day 4: **REST**

Day 5: Warm-up  
20 fastballs on mound @ 75%  
10 changeups on mound @ 75%  
Warm-up throws as needed  
Rest 5 minutes  
Warm-up throws as needed  
20 fastballs on mound @ 75%  
10 changeups on mound @ 75%

Day 6: **REST**

Day 7: Light catch up to 75 feet



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**WEEK 9: Mound (Fastballs & Changeups only)  
(Throw in Batting Practice if possible)**

Day 1: Warm-up  
20 fastballs on mound @ 90%  
10 changeups on mound @ 90%

Day 2: **REST**

Day 3: Warm-up  
25 fastballs on mound @ 90%  
10 changeups on mound @ 90%

Day 4: **REST**

Day 5: Warm-up  
30 fastballs on mound @ 90%  
10 changeups on mound @ 90%

Day 6: **REST**

Day 7: Light catch up to 75 feet

**WEEK 10: Mound (All Pitches)  
(Breaking Pitches if 16 years or older)  
(Throw in Batting Practice if possible)**

Day 1: Warm-up  
15 fastballs on mound @ 90%  
5 changeups on mound @ 90%  
5 breaking balls on mound @ 75%  
Rest 5 minutes  
Warm-up throws as needed  
15 fastballs on mound @ 90%  
5 breaking balls on mound @ 75%

Day 2: **REST**

Day 3: 15 fastballs on mound @ 90%  
5 changeups on mound @ 90%  
5 breaking balls on mound @ 75%  
Rest 5 minutes  
Warm-up throws as needed  
15 fastballs on mound @ 90%  
5 breaking balls on mound @ 75%

Day 4: **REST**

Day 5: 15 fastballs on mound @ 90%  
5 changeups on mound @ 90%  
5 breaking balls on mound @ 75%  
Rest 5 minutes  
Warm-up throws as needed  
15 fastballs on mound @ 90%  
5 breaking balls on mound @ 75%

Day 6: **REST**

Day 7: Light catch up to 75 feet



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**WEEK 11: Mound (All Pitches)**  
**(Breaking Pitches if 16 years or older)**  
**(Throw in Batting Practice if possible)**

Day 1: Warm-up  
20 fastballs on mound @ 90%  
5 changeups on mound @ 90%  
10 breaking balls on mound @ 90%  
Rest 5 minutes  
Warm-up throws as needed  
20 fastballs on mound @ 90%  
5 breaking balls on mound @ 90%

Day 2: **REST**

Day 3: Warm-up  
20 fastballs on mound @ 90%  
5 changeups on mound @ 90%  
10 breaking balls on mound @ 90%  
Rest 5 minutes  
Warm-up throws as needed  
20 fastballs on mound @ 90%  
5 breaking balls on mound @ 90%

Day 4: **REST**

Day 5: Warm-up  
20 fastballs on mound @ 90%  
5 changeups on mound @ 90%  
10 breaking balls on mound @ 90%  
Rest 5 minutes  
Warm-up throws as needed  
20 fastballs on mound @ 90%  
5 breaking balls on mound @ 90%

Day 6: **REST**

Day 7: Light catch up to 75 feet

**WEEK 12: Bullpen Session**  
**(Increase 15 pitches each session)**

Day 1: Warm-up  
Full effort 30 pitch bullpen session  
Mix in all pitches

Day 2: **REST**

Day 3: Warm-up  
Light catch up to 75 feet

Day 4: Warm-up  
Full effort 45 pitch bullpen session  
Mix in all pitches

Day 5: **REST**

Day 6: Warm-up  
Light catch up to 75 feet

Day 7: **REST**



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