

## Interval Throwing Program – Softball Pitchers – Phase II

Throwing program to be completed by windmill softball pitchers following successful completion Phase I interval throwing program.

- |  |  |
|--|--|
| <b>Step 1:</b> Warm-up at 100 foot phase<br>20 windmill at 50% intensity                                 | 60 windmill at 75% intensity<br>15 batting practice throws   |
| <b>Step 2:</b> Warm-up at 100 foot phase<br>30 windmill at 50% intensity                                 | <b>Step 7:</b> Warm-up at 100 foot phase<br>40 windmill 75% intensity<br>20 breaking balls 50% intensity<br>30 batting practice throws |
| <b>Step 3:</b> Warm-up at 100 foot phase<br>40 windmill at 50% intensity<br>15 windmill at 75% intensity | <b>Step 8:</b> Warm-up at 100 foot phase<br>30 windmill 75% intensity<br>30 breaking balls 75% intensity<br>30 batting practice throws |
| <b>Step 4:</b> Warm-up at 100 foot phase<br>20 windmill at 50% intensity<br>35 windmill at 75% intensity | <b>Step 9:</b> Simulated Game<br>Gradually increase # of breaking balls  |
| <b>Step 5:</b> Warm-up at 100 foot phase<br>50 windmill at 75% intensity<br>15 windmill at 50% intensity |  |
| <b>Step 6:</b> Warm-up at 100 foot phase   |  |