

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

Throwing program to be completed by windmill softball pitchers following successful completion Phase I interval 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  
20 breaking balls 50% intensity  
30 batting practice throws

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

**Step 9:** Simulated Game  
Gradually increase # of breaking balls