

INTERVAL HITTING PROGRAM

Each phase is designed to increase endurance and strength throughout the progression. Every athlete heals at different rates; therefore the “soreness rule” is used to prevent overstressing the soft tissue during progression.

- Take one day of rest after each phase
- Repeat each step three times before moving on to the next step
- You must be able to complete all steps within a phase without pain before moving onto the next phase

It is recommended to be properly warmed up prior to the start of a work-out. A suggested work-out format includes: break a sweat for 10 minutes (jogging, biking, etc), complete shoulder stretches, complete the stage for that day, and finish with ice.

Phase I: Hitting from a Tee

Step	Effort (%)	Number of Sets	Number of Swings
1	50	1	15-20
2	50	2	15
3	65-70	2	15
4	70-75	2	20-25
5	80-90	2	25

Phase II: Soft Toss Swings

Step	Effort (%)	Number of Sets	Number of Swings
6	50-60	1	15-20
7	65-70	2	20-25
8	80-90	2	25

Phase III: Batting Practice Swings

Step	Effort (%)	Number of Sets	Number of Swings
9	50-65	2	25
10	70-75	2	30
11	80-90	2	30-35

**Adapted from Champion Sports Medicine, Birmingham, AL.*