



ANDREWS

Sports Medicine & Orthopaedic Center

INTERVAL HITTING PROGRAM

Off a Tee Stand

Step 1: 50% effort (15-20 swings)

Step 2: 50% effort (2 sets of 15 swings)

Step 3: 65-70% effort (2 sets of 15 swings)

Step 4: 70-75% effort (2 sets of 20-25 swings)

Step 5: 80-90% effort (2 sets of 25 swings)

Soft Toss Swings

Warm-up using a tee stand

Step 6: 50%-60% effort (15-20 swings)

Step 7: 65-70% effort (2 sets of 20-25 swings)

Step 8: 80-90% effort (2 sets of 25 swings)

Batting Practice Swings

Warm-up with soft toss swings

Step 9: 50-65% effort (2 sets of 25 swings)

Step 10: 70-75% effort (2 sets of 30 swings)

Step 11: 80-90% effort (2 sets of 30-35 swings)

Hit 3 times per week with a day off in-between

Perform each step for 2 days before progressing to next step