

## **Interval Hitting Program**

- Program performed with a rest day between after each level\*
- Weekly videotaping of hitting is helpful to assess maintenance of form
- Each swing should be balanced
- A warm-up period of jogging followed by full body stretching is expected prior to begin hitting

**\*Progression to advance to next level stage of program requires no medial elbow/shoulder pain/stiffness and maintenance of strength/form during final set\***

### **Shadow Hitting Phase**

- Level 1
  - Day 1- 25 dry swings at 50% effort
  - Day 1- 25 dry swings at 50% effort
- Level 2
  - Day 1- 25 dry swings at 75% effort
  - Day 1- 25 dry swings at 75% effort

### **Tee Phase**

- Warm-up of 25 dry swings
- Level 1
  - Day 1- 25 swings at 50% effort
  - Day 2- 25 swings at 50% effort, 2 sets
- Level 2
  - Day 1- 25 swings at 75% effort
  - Day 2- 25 swings at 75% effort, 2 sets
- Level 3
  - Day 1- 25 swings at 100% effort
  - Day 2- 25 swings at 100% effort, 2 sets

### **Soft Toss Phase**

- Warm-up 25 swings off the tee building up to 100% effort
- Level 1
  - Day 1- 25 swings at 50% effort
  - Day 2- 25 swings at 50% effort, 2 sets
- Level 2

- Day 1- 25 swings at 75% effort
- Day 2- 25 swings at 75% effort, 2 sets
- Day 3- 25 swings at 75% effort, 3 sets
- Level 3
  - Day 1- 25 swings at 100% effort
  - Day 2- 25 swings at 100% effort, 2 sets
  - Day 3- 25 swings at 100% effort, 3 sets

### **Batting Practice Phase**

- Warm-up of 25 soft toss swings, building up to 100% effort
- Level 1
  - Day 1- 25 swings at 75% effort
  - Day 2- 25 swings at 75% effort, 2 sets
  - Day 3- 25 swings at 75% effort, 3 sets
- Level 2
  - Day 1- 25 swings at 100% effort
  - Day 2- 25 swings at 100% effort, 2 sets
  - Day 3- 25 swings at 100% effort, 3 sets

### **Simulation Game**

- Situational hitting against pitchers, be conscious of total swing volume
- Should have at least 2 separate sessions

**\*Clearance to return to competition made by MD**