



Interval Hitting Program

Athlete: _____

Begin: ____/____/____

_____ **Phase 1: 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)

_____ **Phase 2: 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)

_____ **Phase 3: 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***