

Interval Hitting Program

1. Do only one stage per day
2. Hit every other day
3. Advance to next stage only when current stage is completed with no pain
4. Aching in the muscles is ok, but if you experience any pain in the shoulder or elbow joints, quit for the day.
5. Then at your next session you must return to the previous stage.
So, if you had pain in stage 5, go back to stage 4 the next day.
6. Warm-up for soft toss stages is stage 1
7. warm-up for BP stages is stage 1, then stage 6

Stage	Effort (% of normal swing)	Swings	Sets
Off Tee			
1	50	15	1
2	50	15	2
3	75	15	2
4	75	25	2
5	90	25	2
Soft Toss ⁶			
6	50	15	1
7	75	25	2
8	90	25	2
Batting Practice ⁷			
9	50	25	2
10	75	25	2
11	90	35	2
Normal BP	100		

7 7 7

7 7 7 7 7 7 7 7 7 7

7 7 7 7 7 7 7 7 7 7

7 7 7 7 7 7 7 7 7 7

7 7 7 7 7 7 7 7 7 7

7 7 7 7 7 7 7 7 7 7

7 7 7 7 7 7 7 7 7 7

7 7 7 7 7 7 7 7 7 7

7 7 7 7 7 7 7 7 7 7

7 7 7 7 7 7 7 7 7 7

7 7 7 7 7 7 7 7 7 7

7 7 7 7 7 7 7 7 7 7

7 7 7 7 7 7 7 7 7 7

7 7 7 7 7 7 7 7 7 7

7 7 7 7 7 7 7 7 7 7

7 7 7 7 7 7 7 7 7 7

7 7 7 7 7 7 7 7 7 7

7 7 7 7 7 7 7 7 7 7

7 7 7 7 7 7 7 7 7 7

7 7 7 7 7 7 7 7 7 7

7 7 7 7 7 7 7 7 7 7

7 7 7 7 7 7 7 7 7 7

7 7 7 7 7 7 7 7 7 7

7 7 7 7 7