

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