

Orthopedic Surgery • Sports Medicine
Neil Kumar, MD

Interval Hitting Program

Each phase is designed to increase endurance and strength in a safe, pain-free manner. Every athlete will heal at different rates. Therefore, the “soreness rule” is used to prevent oversteering the soft tissues during progression.

- Take one day of rest after each phase
- Repeat each step three times before moving on to the next step
- You must be able to complete all steps within a phase without pain before moving onto the next phase

It is recommended to be properly warmed up prior to the start of a workout. A suggested workout format includes: 10 minute dynamic workout (jogging, biking, etc), complete shoulder stretches, complete the stage for that day, and finish with ice.

Phase 1: Hitting from a tee

Step	Effort (%)	Number of Sets	Number of swings
1	50	1	15-20
2	50	2	15
3	65-70	2	15
4	70-75	2	20-25
5	80-90	2	25

Phase 2: Soft toss swings

Step	Effort (%)	Number of sets	Number of Swings
6	50-60	1	15-20
7	65-70	2	20-25
8	80-90	2	25

Phase 3: Batting practice swings

Step	Effort (%)	Number of Sets	Number of swings
9	50-65	2	25
10	70-75	2	30
11	80-90	2	30-35

** Courtesy of Elite Sports Medicine, Hartford, Connecticut.*