COLUMBIA ORTHOPAEDICS INTERVAL HITTING PROGRAM

TEE STAND

*Warm-up with upper body stretching/10 easy swings

STEPS:
1. 50 % effort (20 swings)
2. 50 % effort (2 sets of 15 swings)
3. 65-70 % effort (2 sets of 15 swings)
4. 70-80 % effort (2 sets of 25 swings)
5. 85-90 % effort (2 sets of 30 swings)

SOFT TOSS SWINGS

*Warm-up 10-15 swings using tee stand prior to initiating this sequence

6. 50-60 % effort (20 swings)
7. 65-70 % effort (3 sets of 15 swings)
8. 85-90 % effort (3 sets of 15 swings)

BATTING PRACTICE

*Warm-up 10-15 swings with soft toss sequencing

9. 50-60% effort (3 sets of 15 swings)
10. 70-80 % effort (3 sets of 15 swings)
11. 85-90 % effort (3 sets of 20 swings)

LIVE PITCHING

* Progress to simulated game/regular practice routine

***EACH STEP TO BE PERFORMED TWICE, DONE EVERY OTHER DAY
***REST 1 DAY PRIOR TO PERFORMING SUCCESSIVE STEPS