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Sports Medicine/Foot & Ankle

Interval Hitting Progression Program

Be sure to properly warm-up before swinging a bat; including upper and lower body stretching.

Make sure that you have a day or two of rest in between hitting days.

Also ensure a 3-5 minute break between sets during the days that you hit.

Week 1

M/W/F:
 Dry swing warm-up (10-15 swings)
 Tee swings (3 x 15)

Weeks 2

M/W/F:
 Dry swing warm-up (10-15 swings)
 Tee swings (1 x 20); vary height of tee
 Soft toss (3 x 15)

Weeks 3

M/W/F:
 Dry swing warm-up (10-15 swings)
 Soft toss (1 x 15)
 Live batting (M: 2 x 20; W: 2 x 20; F: 2 x 20)