



**Columbia University
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**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**

