



Interval Return to Hitting Program

6-8 week progressive program

3-4x/week

No game competition until cleared by physician

Do not overlap start of hitting and throwing program simultaneously

***If symptomatic: rest and do not advance to next week**

Dry swings typically alter hitting mechanics and do not provide reliable feedback

Week 2 and 4 can be accelerated depending on injury

Week 1: Tee Work 50-75% effort

- Dynamic warm-up with bands and plyos

Day 1: 1 set of 20 swings 50% effort

Day 2: 2 sets of 20 swings 50% effort

Day 3: 2 sets of 25 swings 75% effort

Week 2: Tee Work 75-100% effort

- Dynamic warm-up with bands and plyos

Day 1: 1 set of 25 swings 75% effort

Day 2: 2 sets of 25 swings 75% effort

Day 3: 2 sets of 25 swings 90% effort

Day 4: 2 sets of 25 swings 100% effort



Week 3: Soft Toss 50-75% effort

- Dynamic warm-up with bands and plyos
- Can warm up with 15-20 swings off tee at 50-75% effort

Day 1: 2 set of 25 swings 50% effort

Day 2: 2 sets of 25 swings 75% effort

Day 3: 2 sets of 25 swings 75% effort

Week 4: Soft Toss 75-100% effort

- Dynamic warm-up with bands and plyos
- Can warm up with 15-20 swings off tee at 50-75% effort

Day 1: 2 sets of 25 swings 75% effort

Day 2: 2 sets of 25 swings 75% effort

Day 3: 2 sets of 25 swings 90% effort

Day 4: 2 sets of 25 swings 100% effort

Week 5: Overhand in Cage 75-90% effort

- Dynamic warm-up with bands and plyos
- Can warm up with 15-20 swings off tee at 50-75% effort
- 20 soft toss at 75% effort

Day 1: 1 set of 25 swings 75% effort

Day 2: 2 sets of 25 swings 75% effort

Day 3: 2 sets of 25 swings 90% effort



Week 6: Overhand in Cage 75 -100% effort

- Dynamic warm-up with bands and plyos
- Can warm up with 15-20 swings off tee at 50-75% effort
- 20 soft toss at 90% effort

Day 1: 2 sets of 25 swings 75% effort

Day 2: 2 sets of 25 swings 75 % effort

Day 3: 2 sets of 25 swings 90% effort

Day 4: 2 sets of 25 swings 100 effort

Weeks 7: Coach's Batting Practice 100% effort

- Dynamic warm-up with bands and plyos
- Can warm up with 15-20 swings off tee at 50-75% effort
- 20 Soft Toss at 100% effort
- 2-3 Sets of 30 swings
- 3-4 days/week
- Controlled Coach's batting practice environment

Week 8: Simulate Live ABs Facing Pitchers in Batting Practice 100% effort

*****Discuss clearance with physician for return to play in game scenarios*****