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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*

1. 50-60 % effort (20 swings)
2. 65-70 % effort (3 sets of 15 swings)
3. 85-90 % effort (3 sets of 15 swings)

BATTING PRACTICE

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

1. 50-60% effort (3 sets of 15 swings)
2. 70-80 % effort (3 sets of 15 swings)
3. 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*****