



6-Week Sample Bat Speed Program – Phase 1

Directions:

In every session you will do sets with your game bat, a heavy bat (overload), and a light bat (under load). You should use the same bats for this phase of the program. The heavy bat should be about a 20-30% overload (relative to the game bat) and the light bat should be a 20-30% under load (again, relative to the game bat). If you have access to the Driveline Axe Bats that are a 20% under load, a 20% overload (handle loaded), and a 20% overload (end loaded) we recommend using these. They are ideal for this training.

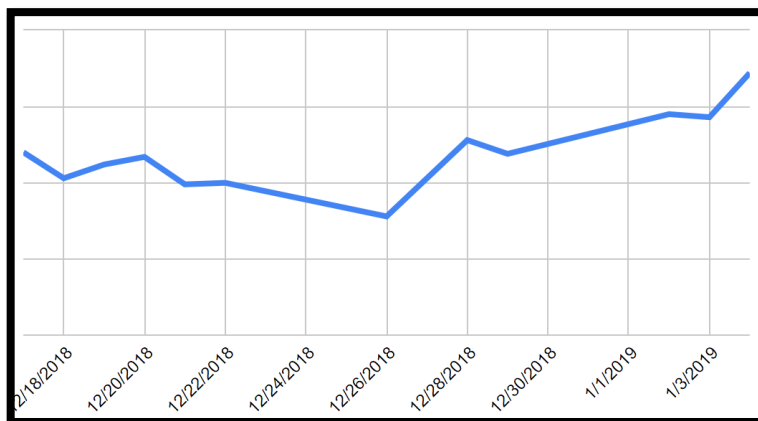
Accurate record keeping is very important because during every training session the athlete should be trying to break their personal records for each bat (game, heavy, light bats). *“Know your record, break your record”*

***Circling your initial records and then subsequently circling any new records you set makes it much easier to quickly reference these numbers.

Also, note that when doing your sets, each training session you will alternate the order of the light and the heavy bat. For example: on day 1 you will start the session with your game bat, then you will do your light bat sets, followed by your heavy bat sets, and wrap up with your game bat. Then in the next training session (day 2) you will start the session with your game bat, then you will do your *heavy bat sets*, followed by you *light bat sets*, and wrap up with your game bat. Again if you have the Driveline Axe Bats, switch out using the end loaded and handled loaded bats, and even experiment with using both in the same training session.

***This is why there is a “Bat ID” under the bat titles. Try to make sure you identify exactly what bat you are using for your game bat, overload bat, and under load bat.

Although the goal is to try to break records during each training sessions it is important to understand that the progress is not linear. So when you have a session and your bat speed is a little slower don't let it discourage you. The progression will look something like this:



Bat Speed Recon
Sample 6 Week Bat Speed Training

Name: _____

Session #1: 36 Total Swings

1 set of 10 swings with game bat		Date: _____	
2 set of 10 swings with heavy & light bat		Total Swings: 60	
1 set of 10 swings with game bat			
		Average: _____ Best: _____	
		Average: _____ Best: _____	
Game Bat	Bat ID: _____	10 SWINGS	
Underload Bat	Bat ID: _____	10 SWINGS	10 SWINGS
Overload Bat	Bat ID: _____	10 SWINGS	10 SWINGS
Game Bat	Bat ID: _____	10 SWINGS	

Session #2: 48 Total Swings

1 set of 12 swings with game bat		Date: _____	
2 set of 12 swings with heavy & light bat		Total Swings: 72	
1 set of 12 swings with game bat			
		Average: _____ Best: _____	
		Average: _____ Best: _____	
Game Bat	Bat ID: _____	12 SWINGS	
Overload Bat	Bat ID: _____	12 SWINGS	12 SWINGS
Underload Bat	Bat ID: _____	12 SWINGS	12 SWINGS
Game Bat	Bat ID: _____	12 SWINGS	

Session #3: 60 Total Swings

2 sets of 8 swings with game bat		Date: _____	
2 set of 16 swings with heavy & light bat		Total Swings: 96	
2 sets of 8 swings with game bat			
		Average: _____ Best: _____	
		Average: _____ Best: _____	
Game Bat	Bat ID: _____	8 SWINGS	8 SWINGS
Underload Bat	Bat ID: _____	16 SWINGS	16 SWINGS
Overload Bat	Bat ID: _____	16 SWINGS	16 SWINGS
Game Bat	Bat ID: _____	8 SWINGS	8 SWINGS

Session #4: 48 Total Swings

2 sets of 6 swings with game bat		Date: _____	
2 set of 12 swings with heavy & light bat		Total Swings: 72	
2 sets of 6 swings with game bat			
		Average: _____ Best: _____	
		Average: _____ Best: _____	
Game Bat	Bat ID: _____	6 SWINGS	6 SWINGS
Overload Bat	Bat ID: _____	12 SWINGS	12 SWINGS
Underload Bat	Bat ID: _____	12 SWINGS	12 SWINGS
Game Bat	Bat ID: _____	6 SWINGS	6 SWINGS

Session #5: 72 Total Swings

2 sets of 8 swings with game bat		Date: _____	
2 set of 16 swings with heavy & light bat		Total Swings: 96	
2 sets of 8 swings with game bat			
		Average: _____ Best: _____	
		Average: _____ Best: _____	
Game Bat	Bat ID: _____	8 SWINGS	8 SWINGS
Underload Bat	Bat ID: _____	16 SWINGS	16 SWINGS
Overload Bat	Bat ID: _____	16 SWINGS	16 SWINGS
Game Bat	Bat ID: _____	8 SWINGS	8 SWINGS

Session #6: 48 Total Swings

1 set of 12 swings with game bat		Date: _____	
2 set of 12 swings with heavy & light bats		Total Swings: 72	
1 set of 12 swings with game bat			
		Average: _____ Best: _____	
		Average: _____ Best: _____	
Game Bat	Bat ID: _____	12 SWINGS	
Overload Bat	Bat ID: _____	12 SWINGS	12 SWINGS
Underload Bat	Bat ID: _____	12 SWINGS	12 SWINGS
Game Bat	Bat ID: _____	12 SWINGS	

Session #7: 60 Total Swings

1 set of 15 swings with game bat		Date: _____	
2 set of 15 swings with heavy & light bat		Total Swings: 90	
1 set of 15 swings with game bat			
		Average: _____ Best: _____	
		Average: _____ Best: _____	
Game Bat	Bat ID: _____	15 SWINGS	
Underload Bat	Bat ID: _____	15 SWINGS	15 SWINGS
Overload Bat	Bat ID: _____	15 SWINGS	15 SWINGS
Game Bat	Bat ID: _____	15 SWINGS	

Session #8: 72 Total Swings

1 set of 12 swings with game bat		Date: _____	
2 set of 12 swings with heavy & light bat		Total Swings: 72	
1 set of 12 swings with game bat			
		Average: _____ Best: _____	
		Average: _____ Best: _____	
Game Bat	Bat ID: _____	12 SWINGS	
Overload Bat	Bat ID: _____	12 SWINGS	12 SWINGS
Underload Bat	Bat ID: _____	12 SWINGS	12 SWINGS
Game Bat	Bat ID: _____	12 SWINGS	

Session #9: 72 Total Swings

2 sets of 7 swings with game bat		Date: _____	
2 set of 14 swings with heavy & light bat		Total Swings: 84	
2 sets of 7 swings with game bat			
		Average: _____ Best: _____	
		Average: _____ Best: _____	
Game Bat	Bat ID: _____	7 SWINGS	7 SWINGS
Underload Bat	Bat ID: _____	14 SWINGS	14 SWINGS
Overload Bat	Bat ID: _____	14 SWINGS	14 SWINGS
Game Bat	Bat ID: _____	7 SWINGS	7 SWINGS

Session #10: 72 Total Swings

1 sets of 14 swings with game bat		Date: _____	
2 set of 14 swings with heavy & light bat		Total Swings: 84	
1 set of 14 swings with game bat			
		Average: _____ Best: _____	
		Average: _____ Best: _____	
Game Bat	Bat ID: _____	12 SWINGS	
Overload Bat	Bat ID: _____	12 SWINGS	12 SWINGS
Underload Bat	Bat ID: _____	12 SWINGS	12 SWINGS
Game Bat	Bat ID: _____	12 SWINGS	

Session #11: 60 Total Swings

1 sets of 16 swings with game bat		Date: _____	
2 set of 16 swings with heavy & light bat		Total Swings: 96	
1 set of 16 swings with game bat			
		Average: _____ Best: _____	
		Average: _____ Best: _____	
Game Bat	Bat ID: _____	16 SWINGS	
Underload Bat	Bat ID: _____	16 SWINGS	16 SWINGS
Overload Bat	Bat ID: _____	16 SWINGS	16 SWINGS
Game Bat	Bat ID: _____	16 SWINGS	

Session #12: 96 Total Swings

2 sets of 8 swings with game bat		Date: _____	
2 set of 16 swings with heavy & light bats		Total Swings: 96	
2 sets of 8 swings with game bat			
		Average: _____ Best: _____	
		Average: _____ Best: _____	
Game Bat	Bat ID: _____	8 SWINGS	8 SWINGS
Overload Bat	Bat ID: _____	16 SWINGS	16 SWINGS
Underload Bat	Bat ID: _____	16 SWINGS	16 SWINGS
Game Bat	Bat ID: _____	8 SWINGS	8 SWINGS

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Weekly Total: 240

Weekly Total: 276

Bat Speed Recon
Sample 6 Week Bat Speed Training

Name: _____

Session #13: 72 Total Swings

2 sets of 9 swings with game bat		Date: _____					
2 set of 18 swings with heavy & light bats				Total Swings: 108			
2 sets of 9 swings with game bat							
		Round 1		Round 2		Round 3	
		Average:	Best:	Average:	Best:	Average:	Best:
Game Bat	Bat ID:	9 SWINGS		9 SWINGS			
Underload Bat	Bat ID:	18 SWINGS		18 SWINGS			
Overload Bat	Bat ID:	18 SWINGS		18 SWINGS			
Game Bat	Bat ID:	9 SWINGS		9 SWINGS			

Session #14: 72 Total Swings

1 set of 10 swings with game bat		Date: _____					
2 set of 12 swings with heavy & light bats				Total Swings: 60			
1 set of 12 swings with game bat							
		Round 1		Round 2		Round 3	
		Average:	Best:	Average:	Best:	Average:	Best:
Game Bat	Bat ID:	10 SWINGS					
Overload Bat	Bat ID:	10 SWINGS		10 SWINGS			
Underload Bat	Bat ID:	10 SWINGS		10 SWINGS			
Game Bat	Bat ID:	10 SWINGS					

Session #15: 54 Total Swings

1 sets of 8 swings with game bat		Date: _____					
3 sets of 8 swings with heavy & light bats				Total Swings: 72			
2 sets of 8 swings with game bat							
		Round 1		Round 2		Round 3	
		Average:	Best:	Average:	Best:	Average:	Best:
Game Bat	Bat ID:	8 SWINGS					
Underload Bat	Bat ID:	8 SWINGS		8 SWINGS		8 SWINGS	
Overload Bat	Bat ID:	8 SWINGS		8 SWINGS		8 SWINGS	
Game Bat	Bat ID:	8 SWINGS		8 SWINGS			

Weekly Total: 240

Session #16: 90 Total Swings

1 sets of 10 swings with game bat		Date: _____					
3 sets of 10 swings with heavy & light bats				Total Swings: 90			
2 sets of 10 swings with game bat							
		Round 1		Round 2		Round 3	
		Average:	Best:	Average:	Best:	Average:	Best:
Game Bat	Bat ID:	10 SWINGS					
Overload Bat	Bat ID:	10 SWINGS		10 SWINGS		10 SWINGS	
Underload Bat	Bat ID:	10 SWINGS		10 SWINGS		10 SWINGS	
Game Bat	Bat ID:	10 SWINGS		10 SWINGS			

Session #17: 48 Total Swings

2 sets of 10 swings with game bat		Date: _____					
2 set of 20 swings with heavy & light bats				Total Swings: 120			
2 sets of 10 swings with game bat							
		Round 1		Round 2		Round 3	
		Average:	Best:	Average:	Best:	Average:	Best:
Game Bat	Bat ID:	4 SWINGS		4 SWINGS			
Underload Bat	Bat ID:	8 SWINGS		8 SWINGS			
Overload Bat	Bat ID:	8 SWINGS		8 SWINGS			
Game Bat	Bat ID:	4 SWINGS		4 SWINGS			

Session #18: 72 Total Swings

1 sets of 10 swings with game bat		Date: _____					
3 sets of 10 swings with heavy & light bats				Total Swings: 90			
2 sets of 10 swings with game bat							
		Round 1		Round 2		Round 3	
		Average:	Best:	Average:	Best:	Average:	Best:
Game Bat	Bat ID:	10 SWINGS					
Overload Bat	Bat ID:	10 SWINGS		10 SWINGS		10 SWINGS	
Underload Bat	Bat ID:	10 SWINGS		10 SWINGS		10 SWINGS	
Game Bat	Bat ID:	10 SWINGS		10 SWINGS			

Weekly Total: 300

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