



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.

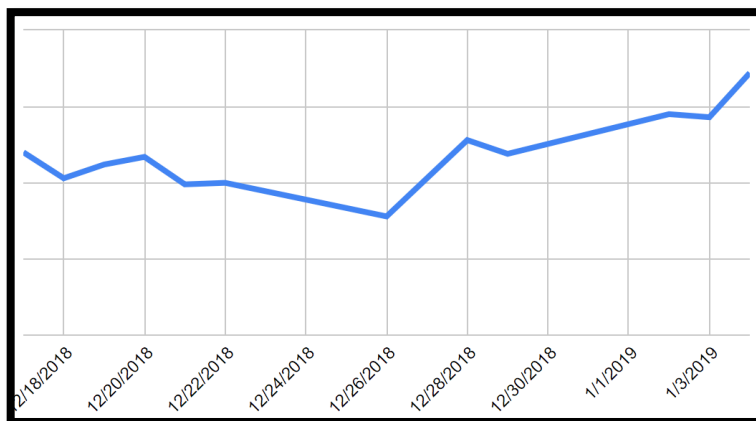
Accurate record keeping is very important because during every training session the athlete should be trying to break their personal records for each bat (game, heavy, light bats). *“Know your record, break your record”*

***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: 1 set of 10 swings with each bat Date: _____

	Round 1		Round 2	
	Average:	Best:	Average:	Best:
Game Bat Bat ID:				
Underload Bat Bat ID:				
Overload Bat Bat ID:				
Game Bat Bat ID:				

Session #2: 1 set of 12 swings with each bat Date: _____

	Round 1		Round 2	
	Average:	Best:	Average:	Best:
Game Bat Bat ID:				
Overload Bat Bat ID:				
Underload Bat Bat ID:				
Game Bat Bat ID:				

Session #3: 2 sets of 6 swings with each bat Date: _____

	Round 1		Round 2	
	Average:	Best:	Average:	Best:
Game Bat Bat ID:				
Underload Bat Bat ID:				
Overload Bat Bat ID:				
Game Bat Bat ID:				

Session #4: 2 sets of 8 swings with each bat Date: _____

	Round 1		Round 2	
	Average:	Best:	Average:	Best:
Game Bat Bat ID:				
Overload Bat Bat ID:				
Underload Bat Bat ID:				
Game Bat Bat ID:				

Session #5: 2 sets of 10 swings with each bat Date: _____

	Round 1		Round 2	
	Average:	Best:	Average:	Best:
Game Bat Bat ID:				
Underload Bat Bat ID:				
Overload Bat Bat ID:				
Game Bat Bat ID:				

Session #6: 1 set of 15 swings with each bat Date: _____

	Round 1		Round 2	
	Average:	Best:	Average:	Best:
Game Bat Bat ID:				
Overload Bat Bat ID:				
Underload Bat Bat ID:				
Game Bat Bat ID:				

Session #7: 2 sets of 6 swings with each bat Date: _____

	Round 1		Round 2	
	Average:	Best:	Average:	Best:
Game Bat Bat ID:				
Underload Bat Bat ID:				
Overload Bat Bat ID:				
Game Bat Bat ID:				

Session #8: 2 sets of 8 swings with each bat Date: _____

	Round 1		Round 2	
	Average:	Best:	Average:	Best:
Game Bat Bat ID:				
Overload Bat Bat ID:				
Underload Bat Bat ID:				
Game Bat Bat ID:				

Session #9: 2 sets of 10 swings with each bat Date: _____

	Round 1		Round 2	
	Average:	Best:	Average:	Best:
Game Bat Bat ID:				
Underload Bat Bat ID:				
Overload Bat Bat ID:				
Game Bat Bat ID:				

Session #10: 2 sets of 12 swings with each bat Date: _____

	Round 1		Round 2	
	Average:	Best:	Average:	Best:
Game Bat Bat ID:				
Overload Bat Bat ID:				
Underload Bat Bat ID:				
Game Bat Bat ID:				

Session #11: 2 sets of 6 swings with each bat Date: _____

	Round 1		Round 2	
	Average:	Best:	Average:	Best:
Game Bat Bat ID:				
Underload Bat Bat ID:				
Overload Bat Bat ID:				
Game Bat Bat ID:				

Session #12: 2 sets of 8 swings with each bat Date: _____

	Round 1		Round 2	
	Average:	Best:	Average:	Best:
Game Bat Bat ID:				
Overload Bat Bat ID:				
Underload Bat Bat ID:				
Game Bat Bat ID:				

WEEK # 1

WEEK # 2

WEEK # 3

WEEK # 4

Bat Speed Recon
Sample 6 Week Bat Speed Training

Name: _____

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Session #13: 2 sets of 10 swings with each bat Date: _____

	Round 1		Round 2		Round 3	
	Average:	Best:	Average:	Best:	Average:	Best:
Game Bat Bat ID:						
Underload Bat Bat ID:						
Overload Bat Bat ID:						
Game Bat Bat ID:						

Session #14: 1 set of 12 swings with each bat Date: _____

	Round 1		Round 2		Round 3	
	Average:	Best:	Average:	Best:	Average:	Best:
Game Bat Bat ID:						
Overload Bat Bat ID:						
Underload Bat Bat ID:						
Game Bat Bat ID:						

Session #15: 3 sets of 6 swings with each bat Date: _____

	Round 1		Round 2		Round 3	
	Average:	Best:	Average:	Best:	Average:	Best:
Game Bat Bat ID:						
Underload Bat Bat ID:						
Overload Bat Bat ID:						
Game Bat Bat ID:						

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Session #16: 3 sets of 10 swings with each bat Date: _____

	Round 1		Round 2		Round 3	
	Average:	Best:	Average:	Best:	Average:	Best:
Game Bat Bat ID:						
Overload Bat Bat ID:						
Underload Bat Bat ID:						
Game Bat Bat ID:						

Session #17: 2 sets of 6 swings with each bat Date: _____

	Round 1		Round 2		Round 3	
	Average:	Best:	Average:	Best:	Average:	Best:
Game Bat Bat ID:						
Underload Bat Bat ID:						
Overload Bat Bat ID:						
Game Bat Bat ID:						

Session #18: 3 sets of 8 swings with each bat Date: _____

	Round 1		Round 2		Round 3	
	Average:	Best:	Average:	Best:	Average:	Best:
Game Bat Bat ID:						
Overload Bat Bat ID:						
Underload Bat Bat ID:						
Game Bat Bat ID:						