

## Diamond Dreams Overweight/Underweight Bat Program

This is a six- week program to increase bat speed. The program will be performed as follows:

1. You will need three bats. Your game bat, your game bat plus a bat weight that will raise the weight of your bat by 20% and an old bat that is 20% lighter.
2. During the program you will swing the light bat, then the heavy bat, then your bat. The number of swings will start light and increase in number from week one to week six.
3. You will need to swing the bats 3 times a week. You will have to be careful to work it in with your other hitting events. Team practice and or lessons. It is important to recover between workouts and keep the body in good physical condition. When we get over fatigued injuries happen! Error on the side of caution.
4. The following number of reps per session/per week and can be off of the tee, or soft toss. Remember to move the location of the tee and work all quadrants of the plate. Do this in soft toss and tee work. Work your weak spot more and your sweet spot less!
  - week number 1-10 swings per bat-3 times a week or  $30 \times 3 = 90$  swings
  - week number 2-12 swings per bat-3 times a week or  $36 \times 3 = 108$  swings
  - week number 3-15 swings per bat-3 times a week or  $60 \times 3 = 180$  swings
  - week number 4-15 swings per bat-3 times a week or  $60 \times 3 = 180$  swings
  - week number 5-20 swings per bat-3 times a week or  $80 \times 3 = 240$  swings
  - week number 6-25 swings per bat-3 times a week or  $100 \times 3 = 300$  swings
  - This is a total of 1098 swings over the six-week period.

At the beginning and end of the six weeks we will do a base analysis on Hit-Trax to find your exit velocity before and after training. We will also use our Blast Motion Sensor to correlate the exit speed with your bat speed. We recommend that you own your own Blast Motion Sensor so that you can see your velocity build throughout the training-it's a great investment!

This overweight underweight training program has been proven to increase bat speed. At the end of six weeks, we will take a break from overload/underload training and recover. You should constantly monitor your bat velocity. After several weeks you may start to lose bat speed. At that time, we would resume overweight/ underweight training to again build bat speed/exit velocity. Note, it will be harder to gain bat speed the second time. It will come after six more weeks of work or more. We will have to monitor bat speed and strength throughout your playing career.

Make sure you are getting plenty of rest, the proper amount of sleep and great nutrition throughout your training. On a scale of 1 to 10 you never want to go below a five. Being a one would mean that you need surgery, and being a 10 would mean that you're in the best shape possible. When you go below five you are in deficit and need recovery. If this happens, de-load-listen to your body and get back up to as close to 10 as you can through added rest and sleep. Once your body goes into deficit you are more prone to injury. In softball and or a baseball your best ability is availability. Staying healthy so you can stay on the field is your number one priority. If your body tells you that you need rest listen. We don't

want you to be a baby and under work and we don't want you to be a hero and hurt yourself. Stay within the guardrails and train smart.

Now go to work and let's build some velocity. Bat speed trumps everything!