DRIVELINE
BASEBALL

6 WEEK

IN-SEASON & OFF-SEASON HITTING PROGRAM

INCLUDING 6 WEEKS OF LIFTING

The Basics of Executing A Driveline Hitting Program

Assessment

Assessing a player's skill set is necessary for designing and deploying the program fit for the individual's needs. Although a lack of resources - namely launch monitors and in-game data - can limit the accuracy of one's assessment it is still worthwhile to create a hitter evaluation system based on the resources you do have.

Generally speaking, hitters with below-average bat speed should focus on bat speed development over all other skills. The correlations between bat speed and in-game performance are too strong to consider a bat to ball or swing decision focus in most cases. In almost all cases, when bat speed is a weak point of a player's game, it should be addressed first before attacking any other aspect of their game.

Hitters who have sufficient bat speed, but struggle with making contact should be placed on a bat to ball skill program.

Assessment Tools

Bat Sensor

Bat sensors allow you to directly measure bat speed at the point of contact. With only ten swings in a practice environment, you can determine and rank a hitter's bat speed against their peers and skill level. In almost all cases, we recommend using a bat sensor to assess bat speed.

Launch-Monitor/In-Game Data

For those with launch monitors and more than 50 batted balls at game-like intensity, calculating a hitter's average top 1/8th exit velocity is the best way to estimate a hitter's bat speed capability without directly measuring bat speed. Top 1/8th exit velocity (in a game or batting practice context) has the advantage of accuracy and reliability because you are only measuring batted balls the hitter has hit flush, therefore removing the noise created by swinging at tough pitches or severely mishitting the ball.

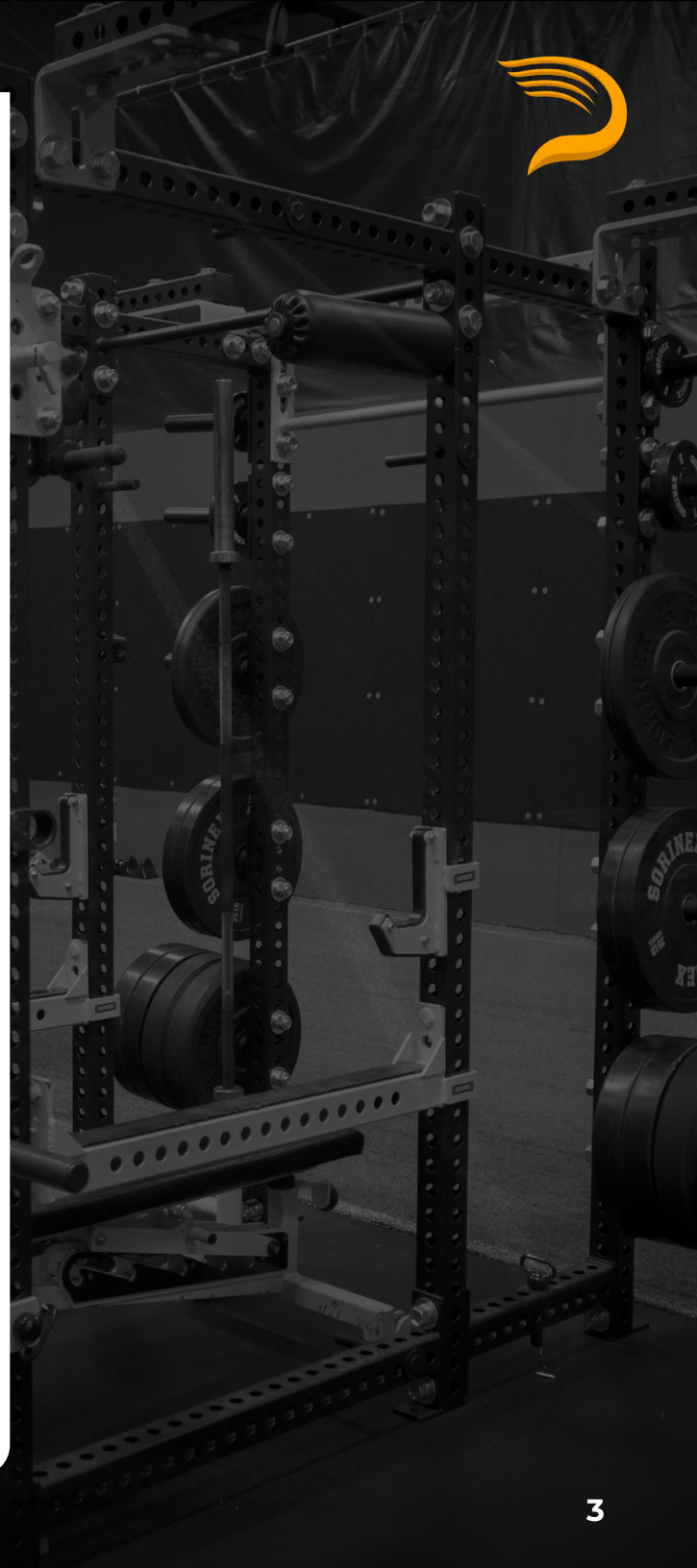
Radar Gun

If you are using a radar gun, it is best to hit straight on into a net. The radar gun can only register accurate readings when the ball is hit within a few feet to the left, right, above, or below where the gun is pointing. We recommend hitting side toss or tee and placing the radar gun 6-8 feet behind the point of contact.

Fall/Season Stats

With limited technology, the best way to evaluate a hitter's bat to ball skills is tracking live at bats over the course of a fall or spring season. In order to reach a reliable conclusion, a hitter should have 100 or more plate appearances, but this is understandably an unreasonable ask in most high school or college scenarios.

We can also diagnose a swing decision issue in the same fashion as we understand a hitter's bat to ball skills. In-game data will allow us to most accurately evaluate and understand if a hitter is making high-quality swing decisions that, by themselves, should lead to higher run production above expected.



Program Structure

Offseason Model

The whole point of executing a program is to assess where you are and find out whether you are getting/have gotten better. In the offseason, it is important to establish a baseline. In Week 1, you will test where you currently are in terms of things like Bat Speed, Contact Quality, or Decision Making. You will then complete 4 weeks of training and re-test in Week 6. If you are completing this program as a ramp up into your season, you will then complete 2 weeks of training blending into competition.

In-Season Model

Similar to strength and conditioning, the idea that we cannot improve during the season is just false. In this program, you will continue to train Bat Speed. When the post-season rolls around, we want our Bat Speed to be just as good as it was Opening Day. You will also spend a good amount of time training contact quality and be placed in difficult environments such as mix pitch or Live ABs to address Swing Decisions. We want to stay sharp or improve as the season goes along, not just slowly depreciate over time because we relied too heavily on our offseason training to carry us through the year.

Warm-Up

In a standard program, the hitter executes two different types of warm-ups depending on if they are doing bat speed or a more skill-focused workout. Each warm-up begins with offset rotation - a drill focused on proper torso rotation, contact depth, and bat path for hitting balls to the opposite, middle, and pull sides of the field.

Bat Speed Warm-Up

Following offset rotation, a bat speed workout will focus on the load and stride phase of the swing. The reasoning for this is to focus more on movement patterns that are directly related to proper rotational mechanics for creating bat speed.

Skill Warm-Up

In contrast, skill-focused days employ a warm-up focused on bat path and bat/ball contact. The focus is more target-based where the hitter is asked to hit the ball at a certain contact point, to a certain field, or a certain launch angle.

You will notice that the intensity starts low with training bats and Plyo Balls™ regulating effort and movement patterns necessary to complete the task of hitting the ball square.

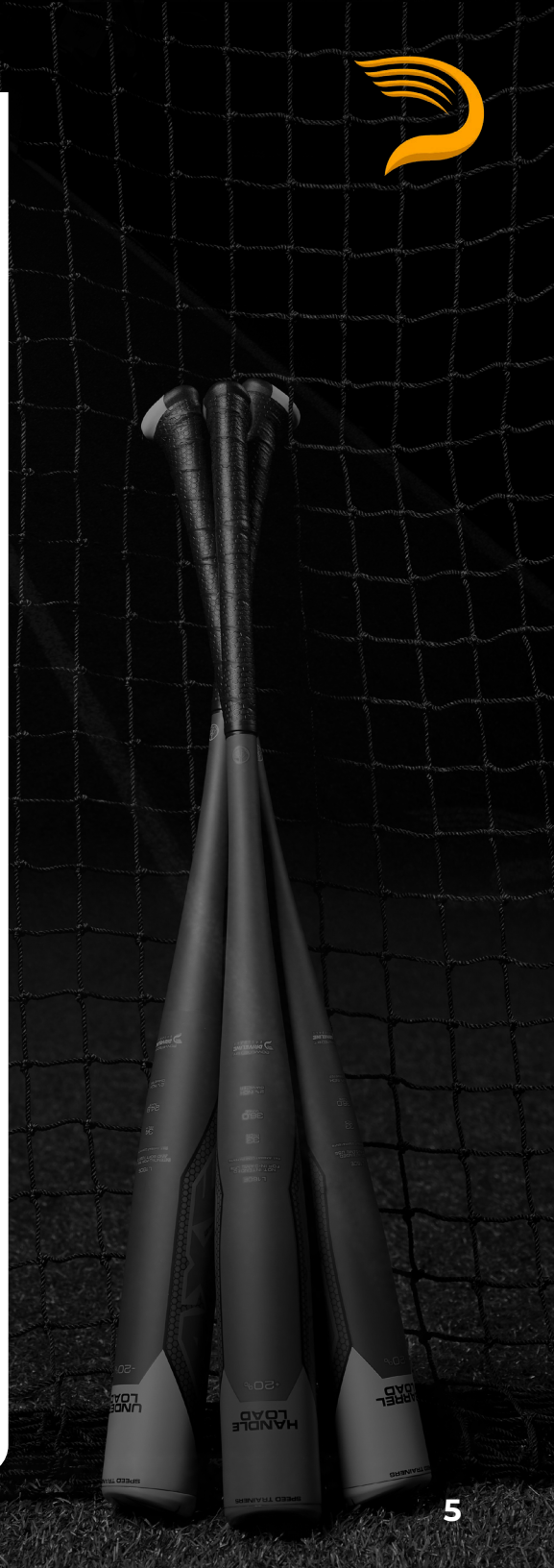
In addition, the intensity and implements become more specific the closer the hitter gets to the high-intensity, game-like portion of the training day.

In a standard warm-up, the hitter begins with low-intensity speed trainer swings, moves to short bat swings at similar intensities, progresses to the long bat while ramping up slightly, and finishes at close to game-like intensity with the speed trainers. The only exception is on bat-to-ball days, where weighted bats are used more for potentiation and the hitter starts to narrow focus on efficient bat-ball contact by switching to skinny bats and plyos.

Purpose: Potentiate the body for performing high bat speed/high accuracy swings.

Intensity: Low intensity. Starting at 60% and building up to a few swings at game-like speeds.

Total Swings: 40-60.



Hitting Bundle

Comes with:

Hitting Plyo Balls™ , Mini Hitting Plyo Balls ™ , Axe Bat Long Trainer, Axe Bat Short Trainer

With additional add ons:

- Axe Bat Wood Smash Bat
- Axe Bat Wood Bazooka Bat
- Blast Motion Bat Sensor
- Foundations of Hitting Certification

Free Program
Training Bats

Speed Trainers

Speed trainers are the flagship bat speed training tool for any hitting program. Our speed trainers consist of a barrel-load, handle-load, and underload. The barrel and handle load weigh 20% more than a standard bat, while the underload weighs 20% less.

Hitters use the speed trainers for high-intent bat speed training first and foremost. Still, hitters incorporate the speed trainers into their routine to warm up and provide variability within and between sets.

Long Bat

Purpose:

The long bat is the preferred implement for patterning a correct kinematic sequence and desired movements in the load and stride phase and the launch position.

The long bat's 37in/37oz dimension provides significant overload that targets a hitter's overall mechanical efficiency. The extreme overload is key to the long bat's impact on patterning. The long bat is just light enough to allow for similar kinematics and kinetics to the hitter's game swing. This is most evident in hip-shoulder separation. A heavier implement than the long bat would likely mean minimal separation and a "one-piece" swing. A lighter implement might not provide the awareness a hitter needs to improve their timing and sequencing. The long bat's design offers just enough overload to provide meaningful feedback on overall timing and sequencing.

Hitters using the long bat often say that it cleans up their timing. Because of the added weight, the hitter must rotate their pelvis independently into the launch position and sequence properly to make contact at reasonable speeds. Proper timing of hip-shoulder separation is the key. By rotating the pelvis on time and reaching peak hip-shoulder separation around the front foot plant, the hitter can recoil and rotate the torso powerfully and at the same time as the rest of the upper body segments.

Common Mistakes:

The most common mistake is "cheating" the overload by making contact too out in front. Although the long bat will lead to further out in front contact points than normal, it's important to monitor and make sure the hitter is not pushing the barrel out to meet a ball placed on a tee or a slow flip. The best way to ensure a proper contact point, and correct sequencing, is to monitor the location of the tee. For a ball hit up the middle or to the pull-gap, make sure the tee is placed down the middle and just behind the hitter's front foot at launch position.

Bazooka Bat

Purpose:

The bazooka bat is our most extreme overload implement, weighing 45-50 ounces. The bat's weight provides unmistakable feedback giving the hitter more awareness of the execution of their movement patterns.

It's important to remember that the bazooka bat will typically not elicit similar movement patterns to a hitter's game swing and game bat. The bat is simply too heavy to sequence and utilize the stretch-shortening cycle specifically. For this reason, hitters primarily use the bazooka bat to pattern upper body sequencing and bat path.

Remember that the upper body segments experience a slight stretch to start the swing phase but hold isometrically up until the moment before contact. Because hitters are likely not relying on the stretch-shortening cycle as much, hitters require a significant amount of upper body isometric strength to transfer energy and control the barrel up until the moment of contact.

The upper body connection patterning of the bazooka bat pairs nicely with a bat path focus because of the upper body's role in manipulating the barrel to make flush contact. Because we tend to have more feel with distal segments, it's imperative hitters get the right feedback with the body segments closest to the bat-ball collision. The bazooka bat promotes a strong, connected upper body that allows hitters to gain a feel for creating bat speed and adjusting elbow, forearm, wrist, and hand movement to make flush contact deep, and out in front of the plate.

Common Mistakes:

We added the bazooka bat to the training bat arsenal to attack the "push pattern" and "bat drag."

The push pattern is one of the more common and difficult swing flaws to improve among hitters of all levels. The push pattern is when the hitter's arms and hands begin accelerating before and at a faster rate than the torso. The early push of distal segments leads to decreased energy transferred from the torso, leading to lower bat speeds and undesirable compensation patterns from distal segments.

Bat drag - the inverse of the push pattern - is when the hitter experiences too much stretch of the lead shoulder as the torso begins rotating forward.
We often see bat drag in young hitters or weaker hitters who cannot begin rotating the lead shoulder on time and rely on the lower half and torso rotation to bring the bat through the hitting zone.

Short Bat

Purpose:

The short bat is the preferred implement for learning and patterning movement solutions to produce flush contact on varying pitch heights and locations. Primarily, the short bat encourages the hitter to adjust by adding knee flexion, hip flexion, and torso forward bend and side bend at the launch position and start of the swing phase.

Hitters receive distinct feedback on mishits in locations their posture does not allow them to reach. Especially on pitches low and away in the zone, where posture adjustments are the most significant, hitters become more aware of the movement solutions that allow them to set up to hit a pitch in one area of the zone and adjust to another location.

The “top-down” approach is the leading strategy hitters begin to employ when using the short bat. We define the top-down approach as looking for a pitch at the top of the strike zone and adjusting posture for pitches lower in the zone. By employing the top-down strategy, hitters will land in a launch position with enough forward bend to hit a pitch at the top of the zone without adding side bend at contact that exceeds their torso forward bend at launch. For pitches lower, hitters can adjust by adding side bend, knee flexion, or hip flexion.

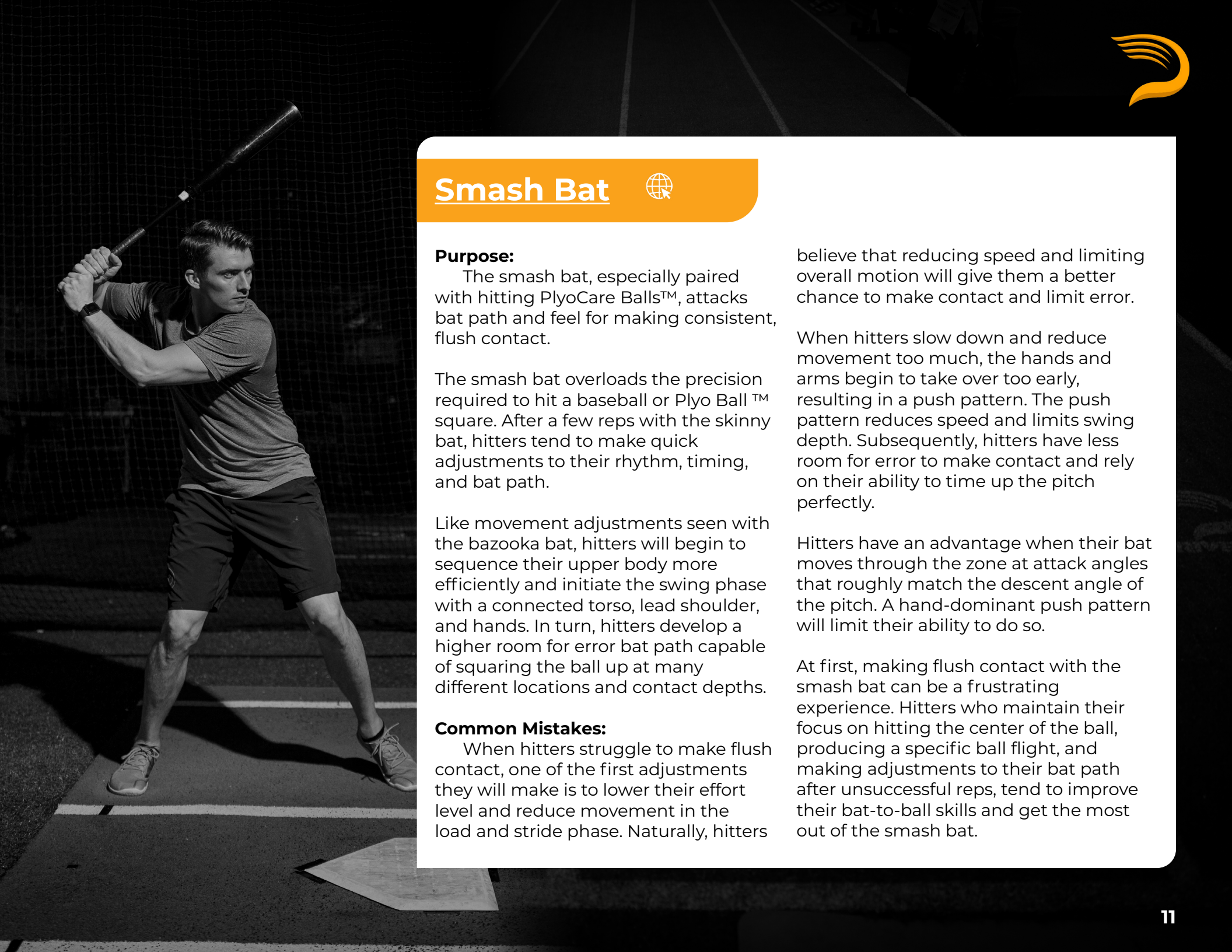
Common Mistakes

The most common mistakes are landing with too much torso forward bend at launch and not hitting with a specific ball flight intention.

Landing with excess torso forward bend makes it difficult for hitters to execute the top-down approach. For a pitch at the top of the zone,hitters must extend the torso during the swing phase and make contact with side bend that does not equal or exceed torso forward bend at launch. This swing characteristic can be described as “pulling off the ball” and visualized by the hitter’s head moving up throughout the swing phase.

The essential aspect for getting the most out of the short bat is swinging with the intent to hit the ball flush at a certain launch angle or part of the field. Because the short bat is concerned with making adjustments for pitch location, it’s important to pick a ball fight to accomplish so the hitter receives more feedback on why they cannot achieve that ball flight on a particular pitch location.

For example, if the hitter can hit a line drive to the back of the cage on a pitch up and middle but hits the low pitch for a ground ball, the ground ball would not be considered a successful rep. The hitter will learn what adjustments are needed to achieve high-quality batted balls on all pitch locations by paying close attention to precise ball flight goals.



Smash Bat

Purpose:

The smash bat, especially paired with hitting PlyoCare Balls™, attacks bat path and feel for making consistent, flush contact.

The smash bat overloads the precision required to hit a baseball or Plyo Ball ™ square. After a few reps with the skinny bat, hitters tend to make quick adjustments to their rhythm, timing, and bat path.

Like movement adjustments seen with the bazooka bat, hitters will begin to sequence their upper body more efficiently and initiate the swing phase with a connected torso, lead shoulder, and hands. In turn, hitters develop a higher room for error bat path capable of squaring the ball up at many different locations and contact depths.

Common Mistakes:

When hitters struggle to make flush contact, one of the first adjustments they will make is to lower their effort level and reduce movement in the load and stride phase. Naturally, hitters believe that reducing speed and limiting overall motion will give them a better chance to make contact and limit error.

When hitters slow down and reduce movement too much, the hands and arms begin to take over too early, resulting in a push pattern. The push pattern reduces speed and limits swing depth. Subsequently, hitters have less room for error to make contact and rely on their ability to time up the pitch perfectly.

Hitters have an advantage when their bat moves through the zone at attack angles that roughly match the descent angle of the pitch. A hand-dominant push pattern will limit their ability to do so.

At first, making flush contact with the smash bat can be a frustrating experience. Hitters who maintain their focus on hitting the center of the ball, producing a specific ball flight, and making adjustments to their bat path after unsuccessful reps, tend to improve their bat-to-ball skills and get the most out of the smash bat.

Basics of Bat Sensors

Bat Sensors, like Blast Motion, are an essential tool for the assessment, training, and overall development process for hitters. It is the easiest tool to gauge Bat Speed and other metrics that make it easier to identify which type of programming a hitter should be receiving and what metrics that need to be addressed in the hitter's development process.

With Exit Velocity and Launch Angle being the two most prominent metrics in batted ball flight, what metrics can we take from a bat sensor to help us achieve more optimal ball flight? Exit Velocity is most directly correlated to Bat Speed. Simply put, if I can swing the bat faster, I can hit the ball harder.

Lots of things go into the launch angle created at bat-ball collision, but the most telling of those metrics is Attack Angle. Attack Angle tells us the angle the bat is traveling at contact in relation to the ground. In other terms, if you have a bat path that works downhill at contact, you will produce a negative attack angle. Conversely, if you swing steeply uphill, you will produce a positive attack angle. If you swing perfectly flat, your attack angle should be right around 0°.

An example of how to put these metrics to use to produce better ball flight would go something like this: Our recommended Attack Angle range is -4 to 16 degrees. Why? This gives us the widest range of matching descent angle of pitches and still squaring balls up at good Launch Angles. Basically, if I want to square the ball up, I want my Attack Angle to be as close to matching the Pitch Descent Angle as possible.

GLOSSARY

Hit it Flush
The focus here is to make as good of contact as possible. No slice, no hook. Pure, flush contact.

Shuffle Swings
The object here is to move as fast as you can, shuffling towards the pitcher, and swinging the bat as fast as you can.

Depth Ladder
The setup is to set 3 balls at different points of contact. One out front, one at the front of the plate, one at the middle of the plate. The object here is to be able to hit balls hard at multiple points of contact.

High, Middle, Low
The setup here is to hit pitches in the high, middle, and low parts of the zone. So, either set up the tee to these heights, or have the machine/tosser feed in these locations.

Around The World
The object of this drill is to be able to hit the ball hard to all fields. Much like this drill in basketball, the hitter will start with a ball flight goal to either right or left field, and work their way around to the other side of the field. It is important that the point of contact reflects the ball flight goal. For example, if you are hitting the ball to right field, you should have the tee/tosser on the outside part of the plate.

Low Oppo
Pretty simple here. This is focusing on having a ball flight goal to the opposite side of the field at a low launch angle.

High Pull
Pretty simple here. This is focusing on having a ball flight goal to the pullside of the field at a high launch angle.

Low Launch
Pretty simple here. This is focusing on having a low ball flight goal to all parts of the field, while maintaining the goal of hitting it hard.

High Launch
Pretty simple here. This is focusing on having a high ball flight goal to all parts of the field, while maintaining the goal of hitting it hard.

2k Count
When you start your round, go into it with the mindset that you are in a two-strike count. Punish mistakes, fight off good pitches, work to put the ball in play with solid contact.

2-0 Count
When you start your round, go into it with the mindset that each pitch you are in a 2-0 count. You are looking to do damage here. Get a pitch you can crush, lay off anything else. Hit it hard and hit it far.

4-Ball Plate
Start by placing 4 balls across the front of the plate, covering the middle portion of the zone. The object here is similar to the 2-0 count. Hunt balls over the middle of the plate and do damage. Additionally, there should be some form of feedback from the hitter or tosser on which ball the pitch crossed. (1 being middle-in, 4 being middle-out)

7-Ball Plate
Place 7 balls across the front of the plate. This is similar to the 2k Count and understanding plate coverage. The object of this is to be able to tell the tosser where the ball crossed (1 being inside black, 7 being outside) and along the way learning plate discipline.

Hot Zone
Very similar to the 4-ball drill but this is approach based. You won't place balls in front of the plate, so you have to hunt your hot zone as you would in a 2-0 count. The object here is to learn yourself and develop an approach in plus counts.

See It Up
This is going to be similar to the 2k drill but approach-based. In this drill you are going to hunt the pitch up and adjust to everything down. This makes it easier to cover the high-fastball that pitchers like to use in 2k counts, while also not chasing offspeed down below the zone.

Hunt A Zone
In this drill, you are working on hunting a specific portion of the plate. For example, I'm going to hunt low and in. I should be able to crush all pitches that show up there and I should be laying off anything that isn't in that zone.

Hunt A Pitch
In this drill, you should be zeroed in on a specific pitch type. For example, if you are looking for a curveball, you should be hitting those hard, while laying off of anything that isn't a curveball.

6-8 WEEK OFF SEASON

HITTING PROGRAM

Phase	Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Test	Week 1	Off	Bat Speed A	Off	Bat Speed B	Hybrid	Off	Competition
Skill Building	Week 2	Off	Bat Speed B	Bat to Ball A	Bat Speed A	Bat to Ball A	Hybrid	Competition
	Week 3	Off	Bat Speed B	Bat to Ball B	Bat Speed A	SD A	Hybrid	Competition
	Week 4	Off	Bat Speed B	Bat to Ball A	Bat Speed A	Bat to Ball B	Hybrid	Competition
	Week 5	Off	Bat Speed B	Bat to Ball B	Bat Speed A	SD B	Hybrid	Competition
Re-Test	Week 6	Off	Bat Speed A	Off	Bat Speed B	Hybrid	Off	Competition
Blend to Competition (if ramping up into season)	Week 7	Off	Hybrid	Bat to Ball A	Bat Speed A	SD B	Competition	Competition
	Week 8	Off	Hybrid	Bat to Ball A	Bat Speed B	SD B	Competition	Competition

Workouts

Bat Speed

Bat speed days are meant to (almost) completely separate the intention of hitting the ball flush and moving the bat as fast as you can. The concepts are the same as pitching. By swinging slightly over/ underweighted implements at absolute maximum intent, we develop more efficient motor unit recruitment patterns for faster bat speeds.

Competition

Competition days are thought of as the standard "skill-focus" day and allow the ability to program a workout that hits all areas of the Big 3, acts as a pre-game BP, and a medium to program live at-bats or short box.

Bat to Ball

Bat to ball days are highly technical days with the sole focus of improving one's ability to make contact, and specifically, make flush contact. The signature of bat to ball days are the use of mini-plyos and skinny bats + lower intensity swings to represent the speed/ accuracy trade-off we tend to see with smash factor/talent level.

Swing Decisions

Swing decision days encompass the standard drills and principles of a skill-based workout but direct the hitter's attention to pitch location, along with an accompanying ball flight goal. In addition to nudging the hitter towards strike zone feedback, swing decision days also focus on executing an approach. An "approach" in this case is defined as looking for a certain area of the zone, or a certain pitch type with a specific ball flight goal attached. We believe having an approach is important because reducing options beforehand can increase a hitter's reaction time therefore improving force production, power output, and overall performance.

Hybrid

Hybrid days combine the warm-up and skill work of a skill-focused day with a few rounds of high-intent bat speed work off of the tee or flips to start a hitter's skill work. Hybrids are used as a way to program high intent weighted bat swings without the fatigue and potential longer recovery times of a pure bat speed day. Hybrids are also useful for a hitter's on-ramping period.

Bat Speed A (Regular/Constraint)

Warm-up						
Drill	**Bat**	**Ball**	**Environment**	**Sets**	**Reps**	**Intensity**
Offset Rotation	Weighted Bats	Hitting Plyo	Tee or Flips	1	12	60-75%
Step Backs	Short Bat	Hitting Plyo	Tee or Flips	1	10	60-75%
Hook 'Em	Long Bat	Hitting Plyo	Tee or Flips	1	10	75-85%
Walk Throughs	Weighted Bats	Hitting Plyo	Tee or Flips	1	12	75-85%

Skill Work						
Drill	**Bat**	**Ball**	**Environment**	**Sets**	**Reps**	**Intensity**
Regular	Weighted Bats	Baseball	Tee or Flips	1	12	80-95%
Regular	Barrel Load	Baseball	Tee or Flips	1	6	95-100%
Regular	Handle Load	Baseball	Tee or Flips	1	6	95-100%
Regular	Underload	Baseball	Tee or Flips	2	6	95-100%
Regular	Game Bat	Baseball	Tee or Flips	1	6	95-100%
2-0 Count	Game Bat	Baseball	BP or Machine	4	5	Game Like

Bat Speed B (Body Speed)

Warm-up						
Drill	**Bat**	**Ball**	**Environment**	**Sets**	**Reps**	**Intensity**
Offset Rotation	Weighted Bats	Hitting Plyo	Tee or Flips	1	12	60-75%
Step Backs	Short Bat	Hitting Plyo	Tee or Flips	1	10	60-75%
Hook 'Em	Long Bat	Hitting Plyo	Tee or Flips	1	10	70-80%
Walk Throughs	Weighted Bats	Hitting Plyo	Tee or Flips	1	12	70-80%

Skill Work						
Drill	**Bat**	**Ball**	**Environment**	**Sets**	**Reps**	**Intensity**
Walk Throughs	Weighted Bats	Baseball	Tee or Flips	1	8	80-95%
Shuffle Swings	Barrel Load	Baseball	Tee or Flips	1	4	95-100%
Shuffle Swings	Handle Load	Baseball	Tee or Flips	1	4	95-100%
Shuffle Swings	Underload	Baseball	Tee or Flips	2	4	95-100%
Shuffle Swings	Game Bat	Baseball	Tee or Flips	1	4	95-100%
2-0 Count	Game Bat	Baseball	BP or Machine	4	5	Game Like

Bat to Ball A (Bat Control)

Warm-up						
Drill	**Bat**	**Ball**	**Environment**	**Sets**	**Reps**	**Intensity**
Offset Rotation	Weighted Bats	Hitting Plyo	Tee or Flips	1	12	60-75%
Depth Ladder	Weighted Bats	Hitting Plyo	Tee or Flips	1	12	60-75%
High, Middle, Low	Smash Bat	Mini Hitting Plyo	Tee or Flips	1	12	60-75%
Around the World	Smash Bat	Mini Hitting Plyo	Tee or Flips	1	12	70-85%

Skill Work						
Drill	**Bat**	**Ball**	**Environment**	**Sets**	**Reps**	**Intensity**
Hit it Flush	Smash Bat	Mini Hitting Plyo	BP or Machine	2	6	Game Like
Low Oppo	Game Bat	Baseball	BP or Machine	2	5	Game Like
High Pull	Game Bat	Baseball	BP or Machine	2	5	Game Like
Low Launch	Game Bat	Baseball	BP or Machine	2	5	Game Like
High Launch	Game Bat	Baseball	BP or Machine	2	5	Game Like
2k Count	Game Bat	Baseball	BP or Machine	2	5	Game Like

Bat to Ball B (Differential)

Warm-up						
Drill	**Bat**	**Ball**	**Environment**	**Sets**	**Reps**	**Intensity**
Offset Rotation	Weighted Bats	Hitting Plyo	Tee or Flips	1	12	60-75%
Depth Ladder	Weighted Bats	Hitting Plyo	Tee or Flips	1	12	60-75%
High, Middle, Low	Smash Bat	Mini Hitting Plyo	Tee or Flips	1	12	60-75%
Around the World	Smash Bat	Mini Hitting Plyo	Tee or Flips	1	12	70-85%

Skill Work						
Drill	**Bat**	**Ball**	**Environment**	**Sets**	**Reps**	**Intensity**
Hit it Flush	Smash Bat	Mini Hitting Plyo	BP or Machine	2	6	Game Like
Hit it Flush	Random Bat	Baseball	BP or Machine	2	5	Game Like
Low Launch	Random Bat	Baseball	BP or Machine	2	5	Game Like
High Launch	Random Bat	Baseball	BP or Machine	2	5	Game Like
2k Count	Game Bat	Baseball	BP or Machine	2	5	Game Like

Hybrid

Warm-up						
Drill	**Bat**	**Ball**	**Environment**	**Sets**	**Reps**	**Intensity**
Offset Rotation	Weighted Bats	Hitting Plyo	Tee or Flips	1	12	60-75%
Depth Ladder	Short Bat	Hitting Plyo	Tee or Flips	1	12	60-75%
High, Middle, Low	Long Bat	Hitting Plyo	Tee or Flips	1	12	70-80%
Around the World	Weighted Bats	Hitting Plyo	Tee or Flips	1	12	75-85%

Skill Work						
Drill	**Bat**	**Ball**	**Environment**	**Sets**	**Reps**	**Intensity**
Step Backs	Weighted Bats	Baseball	Tee or Flips	1	12	80-95%
Hook ‘em	Weighted Bats	Baseball	Tee or Flips	1	12	95-100%
Walk Throughs	Underload	Baseball	Tee or Flips	1	6	95-100%
Hit it Flush	Game Bat	Baseball	BP or Machine	1	5	Game Like
2k Count	Game Bat	Baseball	BP or Machine	2	5	Game Like
2-0 Count	Game Bat	Baseball	BP or Machine	2	5	Game Like

Swing Decisions A (Strike Zone Feedback)

Warm-up						
Drill	**Bat**	**Ball**	**Environment**	**Sets**	**Reps**	**Intensity**
Offset Rotation	Weighted Bats	Hitting Plyo	Tee or Flips	1	12	60-75%
Depth Ladder	Short Bat	Hitting Plyo	Tee or Flips	1	12	60-75%
High, Middle, Low	Long Bat	Hitting Plyo	Tee or Flips	1	12	70-80%
Around the World	Weighted Bats	Hitting Plyo	Tee or Flips	1	12	75-85%

Skill Work						
Drill	**Bat**	**Ball**	**Environment**	**Sets**	**Reps**	**Intensity**
Hit it Flush	Game Bat	Baseball	BP or Machine	2	5	Game Like
4 Ball Plate	Game Bat	Baseball	BP or Machine	2	5	Game Like
7 Ball Plate	Game Bat	Baseball	BP or Machine	2	5	Game Like
2k Count	Game Bat	Baseball	BP or Machine	2	5	Game Like
2-0 Count	Game Bat	Baseball	BP or Machine	2	5	Game Like

Competition

Warm-up						
Drill	**Bat**	**Ball**	**Environment**	**Sets**	**Reps**	**Intensity**
Offset Rotation	Weighted Bats	Hitting Plyo	Tee or Flips	1	12	60-75%
Depth Ladder	Short Bat	Hitting Plyo	Tee or Flips	1	12	60-75%
High, Middle, Low	Long Bat	Hitting Plyo	Tee or Flips	1	12	70-80%
Around the World	Weighted Bats	Hitting Plyo	Tee or Flips	1	12	75-85%

Skill Work						
Drill	**Bat**	**Ball**	**Environment**	**Sets**	**Reps**	**Intensity**
Hit it Flush	Smash Bat	Mini Hitting Plyo	Tee or Flips	2	6	Game Like
Low Oppo	Game Bat	Baseball	BP or Machine	2	5	Game Like
High Pull	Game Bat	Baseball	BP or Machine	2	5	Game Like
2k Count	Game Bat	Baseball	BP or Machine	2	5	Game Like
2-0 Count	Game Bat	Baseball	BP or Machine	2	5	Game Like
At-Bats	Game Bat	Baseball	BP or Machine	3	5	Game Like

6 WEEK IN SEASON

PROGRAM: GENERAL

Phase	Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Skill and Speed Maintenance	Week 1	Off	Hybrid	Bat to Ball A	Competition	SD A	Bat Speed B	Competition
	Week 2	Off	Bat Speed A	Bat to Ball B	Competition	SD B	Hybrid	Competition
	Week 3	Off	Hybrid	Bat to Ball A	Competition	SD A	Bat Speed B	Competition
	Week 4	Off	Bat Speed A	Bat to Ball B	Competition	SD B	Hybrid	Competition
	Week 5	Off	Hybrid	Bat to Ball A	Competition	SD A	Bat Speed B	Competition
	Week 6	Off	Bat Speed A	Bat to Ball B	Competition	SD B	Hybrid	Competition

Bat Speed A (Regular/Constraint)

Warm-up						
Drill	**Bat**	**Ball**	**Environment**	**Sets**	**Reps**	**Intensity**
Offset Rotation	Weighted Bats	Hitting Plyo	Tee or Flips	1	12	60-75%
Step Backs	Short Bat	Hitting Plyo	Tee or Flips	1	10	60-75%
Hook 'Em	Long Bat	Hitting Plyo	Tee or Flips	1	10	75-85%
Walk Throughs	Weighted Bats	Hitting Plyo	Tee or Flips	1	12	75-85%

Skill Work						
Drill	**Bat**	**Ball**	**Environment**	**Sets**	**Reps**	**Intensity**
Regular	Weighted Bats	Baseball	Tee or Flips	1	12	80-95%
Regular	Barrel Load	Baseball	Tee or Flips	1	6	95-100%
Regular	Handle Load	Baseball	Tee or Flips	1	6	95-100%
Regular	Underload	Baseball	Tee or Flips	2	6	95-100%
Regular	Game Bat	Baseball	Tee or Flips	1	6	95-100%
2-0 Count	Game Bat	Baseball	BP or Machine	4	5	Game Like

Bat Speed B (Body Speed)

Warm-up						
Drill	**Bat**	**Ball**	**Environment**	**Sets**	**Reps**	**Intensity**
Offset Rotation	Weighted Bats	Hitting Plyo	Tee or Flips	1	12	60-75%
Step Backs	Short Bat	Hitting Plyo	Tee or Flips	1	10	60-75%
Hook 'Em	Long Bat	Hitting Plyo	Tee or Flips	1	10	70-80%
Walk Throughs	Weighted Bats	Hitting Plyo	Tee or Flips	1	12	70-80%

Skill Work						
Drill	**Bat**	**Ball**	**Environment**	**Sets**	**Reps**	**Intensity**
Walk Throughs	Weighted Bats	Baseball	Tee or Flips	1	8	80-95%
Shuffle Swings	Barrel Load	Baseball	Tee or Flips	1	4	95-100%
Shuffle Swings	Handle Load	Baseball	Tee or Flips	1	4	95-100%
Shuffle Swings	Underload	Baseball	Tee or Flips	2	4	95-100%
Shuffle Swings	Game Bat	Baseball	Tee or Flips	1	4	95-100%
2-0 Count	Game Bat	Baseball	BP or Machine	4	5	Game Like

Bat to Ball A (Bat Control)

Warm-up						
Drill	**Bat**	**Ball**	**Environment**	**Sets**	**Reps**	**Intensity**
Offset Rotation	Weighted Bats	Hitting Plyo	Tee or Flips	1	12	60-75%
Depth Ladder	Weighted Bats	Hitting Plyo	Tee or Flips	1	12	60-75%
High, Middle, Low	Smash Bat	Mini Hitting Plyo	Tee or Flips	1	12	60-75%
Around the World	Smash Bat	Mini Hitting Plyo	Tee or Flips	1	12	70-85%

Skill Work						
Drill	**Bat**	**Ball**	**Environment**	**Sets**	**Reps**	**Intensity**
Hit it Flush	Game Bat	Baseball	BP or Machine	2	6	Game Like
Low Oppo	Game Bat	Baseball	BP or Machine	2	5	Game Like
High Pull	Game Bat	Baseball	BP or Machine	2	5	Game Like
Low Launch	Game Bat	Baseball	BP or Machine	2	5	Game Like
High Launch	Game Bat	Baseball	BP or Machine	2	5	Game Like
2k Count	Game Bat	Baseball	BP or Machine	2	5	Game Like

Bat to Ball B (Differential)

Warm-up						
Drill	**Bat**	**Ball**	**Environment**	**Sets**	**Reps**	**Intensity**
Offset Rotation	Weighted Bats	Hitting Plyo	Tee or Flips	1	12	60-75%
Depth Ladder	Weighted Bats	Hitting Plyo	Tee or Flips	1	12	60-75%
High, Middle, Low	Smash Bat	Mini Hitting Plyo	Tee or Flips	1	12	60-75%
Around the World	Smash Bat	Mini Hitting Plyo	Tee or Flips	1	12	70-85%

Skill Work						
Drill	**Bat**	**Ball**	**Environment**	**Sets**	**Reps**	**Intensity**
Hit it Flush	Smash Bat	Mini Hitting Plyo	BP or Machine	2	6	Game Like
Hit it Flush	Random Bat	Baseball	BP or Machine	2	5	Game Like
Low Launch	Random Bat	Baseball	BP or Machine	2	5	Game Like
High Launch	Random Bat	Baseball	BP or Machine	2	5	Game Like
2k Count	Game Bat	Baseball	BP or Machine	2	5	Game Like

Hybrid

Warm-up						
Drill	**Bat**	**Ball**	**Environment**	**Sets**	**Reps**	**Intensity**
Offset Rotation	Weighted Bats	Hitting Plyo	Tee or Flips	1	12	60-75%
Depth Ladder	Short Bat	Hitting Plyo	Tee or Flips	1	12	60-75%
High, Middle, Low	Long Bat	Hitting Plyo	Tee or Flips	1	12	70-80%
Around the World	Weighted Bats	Hitting Plyo	Tee or Flips	1	12	75-85%

Skill Work						
Drill	**Bat**	**Ball**	**Environment**	**Sets**	**Reps**	**Intensity**
Step Backs	Weighted Bats	Baseball	Tee or Flips	1	12	80-95%
Hook ‘em	Weighted Bats	Baseball	Tee or Flips	1	12	95-100%
Walk Throughs	Underload	Baseball	Tee or Flips	1	6	95-100%
Hit it Flush	Game Bat	Baseball	BP or Machine	1	5	Game Like
2k Count	Game Bat	Baseball	BP or Machine	2	5	Game Like
2-0 Count	Game Bat	Baseball	BP or Machine	2	5	Game Like

Swing Decisions A (Strike Zone Feedback)

Warm-up						
Drill	**Bat**	**Ball**	**Environment**	**Sets**	**Reps**	**Intensity**
Offset Rotation	Weighted Bats	Hitting Plyo	Tee or Flips	1	12	60-75%
Depth Ladder	Short Bat	Hitting Plyo	Tee or Flips	1	12	60-75%
High, Middle, Low	Long Bat	Hitting Plyo	Tee or Flips	1	12	70-80%
Around the World	Weighted Bats	Hitting Plyo	Tee or Flips	1	12	75-85%

Skill Work						
Drill	**Bat**	**Ball**	**Environment**	**Sets**	**Reps**	**Intensity**
Hit it Flush	Game Bat	Baseball	BP or Machine	2	5	Game Like
4 Ball Plate	Game Bat	Baseball	BP or Machine	2	5	Game Like
7 Ball Plate	Game Bat	Baseball	BP or Machine	2	5	Game Like
2k Count	Game Bat	Baseball	BP or Machine	2	5	Game Like
2-0 Count	Game Bat	Baseball	BP or Machine	2	5	Game Like

Swing Decisions B (Approach)

Warm-up						
Drill	**Bat**	**Ball**	**Environment**	**Sets**	**Reps**	**Intensity**
Offset Rotation	Weighted Bats	Hitting Plyo	Tee or Flips	1	12	60-75%
Depth Ladder	Short Bat	Hitting Plyo	Tee or Flips	1	12	60-75%
High, Middle, Low	Long Bat	Hitting Plyo	Tee or Flips	1	12	70-80%
Around the World	Weighted Bats	Hitting Plyo	Tee or Flips	1	12	75-85%

Skill Work						
Drill	**Bat**	**Ball**	**Environment**	**Sets**	**Reps**	**Intensity**
Hit it Flush	Game Bat	Baseball	BP or Machine	1	5	Game Like
Hot Zone	Game Bat	Baseball	BP or Machine	2	5	Game Like
See it Up	Game Bat	Baseball	BP or Machine	2	5	Game Like
Hunt a Zone	Game Bat	Baseball	BP or Machine	2	5	Game Like
Hunt a Pitch	Game Bat	Baseball	BP or Machine	2	5	Game Like

Competition

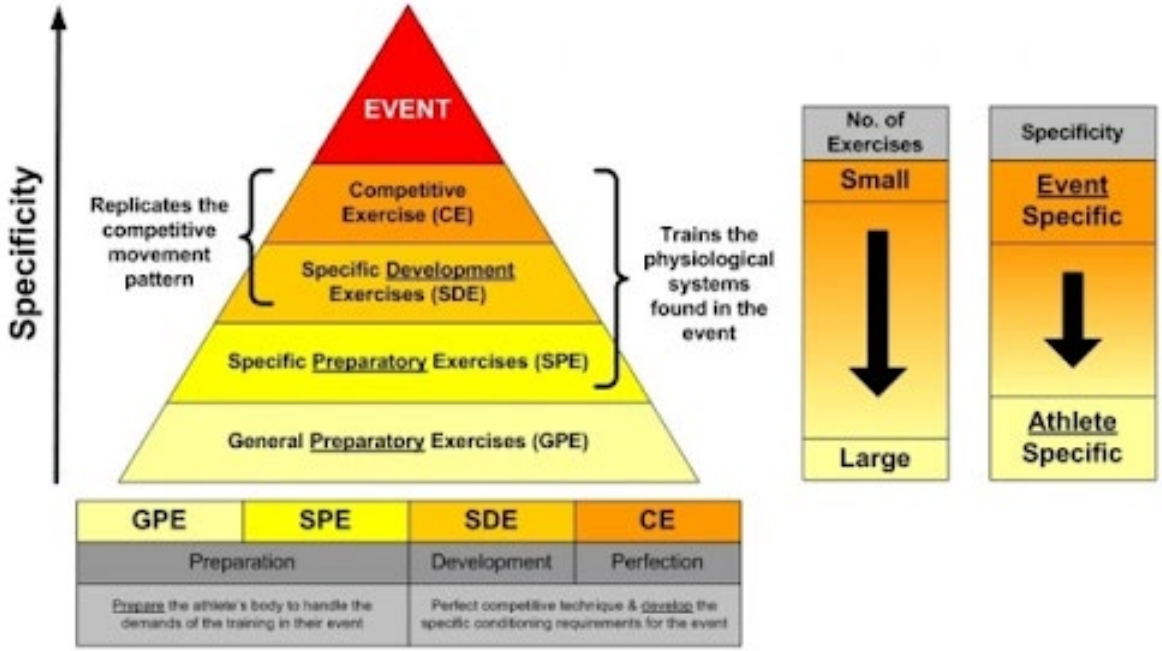
Warm-up						
Drill	**Bat**	**Ball**	**Environment**	**Sets**	**Reps**	**Intensity**
Offset Rotation	Weighted Bats	Hitting Plyo	Tee or Flips	1	12	60-75%
Depth Ladder	Short Bat	Hitting Plyo	Tee or Flips	1	12	60-75%
High, Middle, Low	Long Bat	Hitting Plyo	Tee or Flips	1	12	70-80%
Around the World	Weighted Bats	Hitting Plyo	Tee or Flips	1	12	75-85%

Skill Work						
Drill	**Bat**	**Ball**	**Environment**	**Sets**	**Reps**	**Intensity**
Hit it Flush	Smash Bat	Mini Hitting Plyo	Tee or Flips	2	6	Game Like
Low Oppo	Game Bat	Baseball	BP or Machine	2	5	Game Like
High Pull	Game Bat	Baseball	BP or Machine	2	5	Game Like
2k Count	Game Bat	Baseball	BP or Machine	2	5	Game Like
2-0 Count	Game Bat	Baseball	BP or Machine	2	5	Game Like
At-Bats	Game Bat	Baseball	BP or Machine	3	5	Game Like

Fundamentals

When it comes to physical training and lifting for hitters, there are a wide variety of considerations that go into their programs. On the strength side, most of the training methods and adaptations are going to be fairly general in terms of their direct application to sport.

A great way to conceptualize this is using Bondarchuk's Pyramid of exercise classification, shown below. An athlete's program should address each layer of the pyramid in varying degrees. The factors determining those degrees are time of year, age, their training experience, and other individual athlete characteristics/needs.



Almost all exercises we perform in the weight room setting are going to fall under GPE or SPE and aren't necessarily specific to baseball, but rather should be specific to the athlete's needs. This means that very few exercises in this program will look like anything a player does on the field. Instead, they will be prepping the body to perform at the highest level in games.

Key Considerations

As mentioned above, there are many factors that go into an athlete's training program. Among the most important of these are athlete goals, age, and training experience along with the time of year or how close they are to playing in games.

For this program, we'll focus on the needs of a high school or young college baseball field. Typically, the younger an athlete is the more general their needs are, as their focus should be more on long-term development and goals than immediate results in competition.

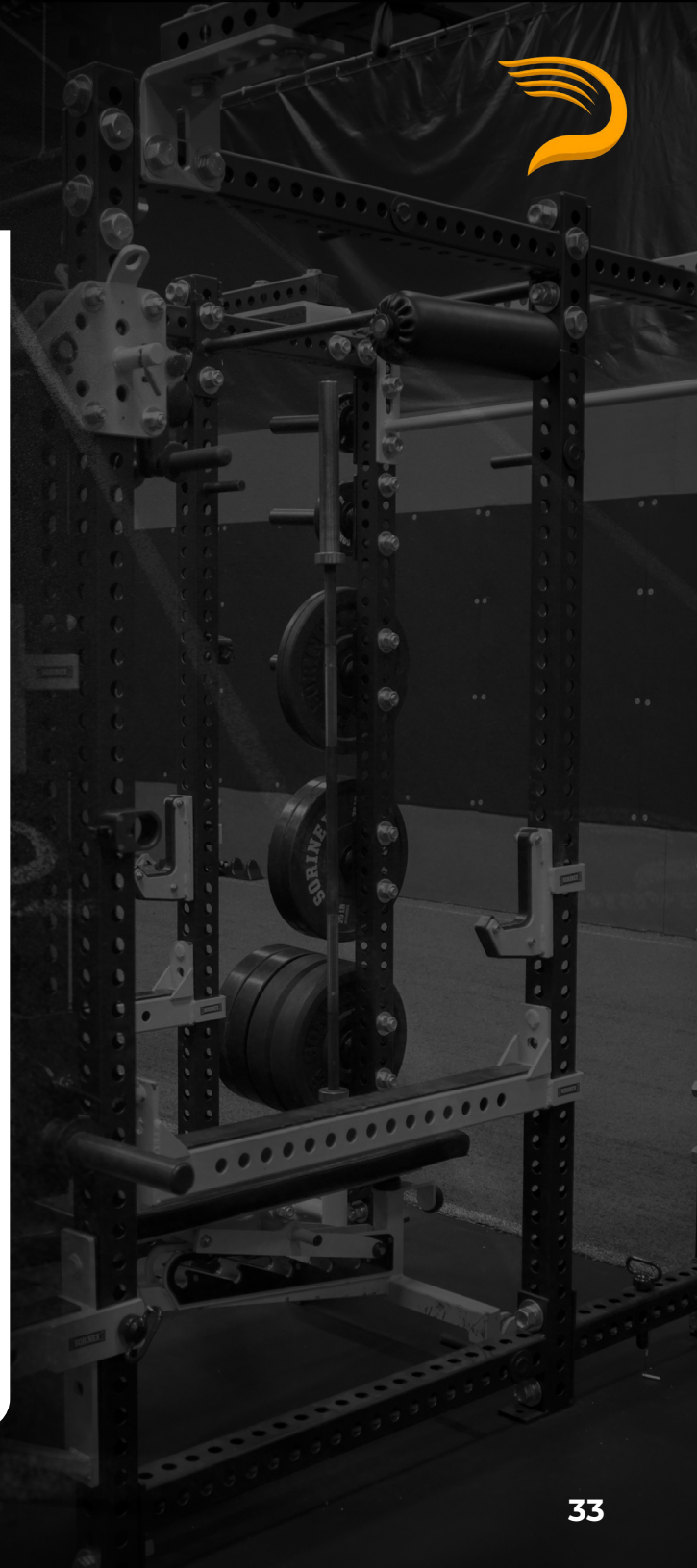
> **If you want to play college baseball it is going to be extremely important to build a body that is capable of playing college baseball.**

In the gym at Driveline, our average college baseball player weighs 17lbs more than our average high school player and is 24% stronger (measured in the Isometric Mid-Thigh Pull). It reasons then that prioritizing increasing lean-body mass and strength are good places to start for a young athlete. With the role strength training plays in those, it is clear why weight lifting for hitters is so crucial.

Along with size and strength, another big gap between average high school and college athletes is their explosive strength. In-gym college athletes test about 21% higher lower-body power in our jump testing. With this in mind, it will also be important for young hitters to increase their explosive strength. Some common ways to do this are performing compound lifts with a focus on speed, Olympic lift variations, loaded jumps, and plyometric training along with sprinting.

With high school athletes, we want to use our compound lifts to build strength and cause hypertrophy (muscle growth). To achieve this, focusing on speed rather than weight with those won't be ideal. We do program some amount of Olympic lifts and loaded jumps for our athletes, but we prefer to devote as much weight room time as possible to building foundational movement patterns to set them up for long-term success.

This considered, sprinting and plyometric exercises are our primary methods of increasing power for high school hitters. Training this way also helps get the body ready to meet the explosive in-game demands they'll see on field. When starting any training program that includes weight lifting for hitters, being able to accurately evaluate your strengths and weaknesses in these areas takes any program to the next level. This is a big advantage of going through our strength assessment and training with us in-gym or online.



The Program

This 6-week strength program prioritizes strength and size, with a higher focus on muscular hypertrophy than the 6-week program for hitters, along with modified dynamic and sprinting work to progress towards higher on-field sprinting demands. If you have prior experience squatting and a qualified strength coach to monitor your technique, you should substitute a barbell front squat in place of the goblet squat on day one. RIR means Reps In Reserve, so a set of 5 with a 2RIR load would mean to use a weight that you could complete 7 reps with before failing. This program would be ideal for a hitter with less than two years of lifting experience that is at least two months away from their season starting.

In-Season Considerations

Lifting in season is essential to maximizing both on-field performance and long term development. Hitter lifting in season must be programmed with the consideration of their daily competition demands, which could be as little as 2-3 games per week for a high school season or as many as multiple games during a week with weekend tournaments for summer ball.

With this in mind, we like to focus on fundamental compound lifts developing strength and maintaining lean mass, and reduce some of the weight room work that will already get covered on the field, such as reducing medicine ball throws since hitters will already be training their rotational volume in the form of swinging the bat in the cage, bp, and in game. Once again, a more experienced lifter who has access to a qualified strength coach can barbell front squat on day one in place of the goblet squat.

At-Home Modifications

Restating our recommendations for athletes that don't have access to the facilities necessary for the above programs:

This is where it is important to view the exercises in the program not as absolutes, but as ways to achieve a particular desired outcome. For example, the objective of the squat in lift one is to build lower body strength in a range that will achieve some degree of hypertrophy. If you don't have a barbell with enough weights, this could become a goblet squat using a dumbbell or kettlebell; and if those options also aren't available then finding ways to build some kind of load such as a backpack full of books and then making changes to the squat to make it more challenging with the lighter load. Some easy ways to do this are:

- Longer eccentric tempos (going slower on the way down)
- Pausing at the bottom of the rep
- Increasing the number of reps
- Switching to a unilateral variation like a lunge

It is important to note that while these methods can be an effective "next best thing", you will still be missing key benefits if the loads aren't consistently heavy enough so prioritize finding gym access as soon as you are able.

Off-Season Lifting

This 6-week strength program is focused on gaining strength and size along with an increase in lower body power/speed for a hitter with less than two years training experience. A lifter with adequate experience and access to a qualified strength coach can substitute a barbell front squat in place of the goblet squat on day one for more of a challenge. RIR means Reps In Reserve, so a set of 5 with a 2RIR load would mean to use a weight that you could complete 7 reps with before failing.

Off-Season Lifting

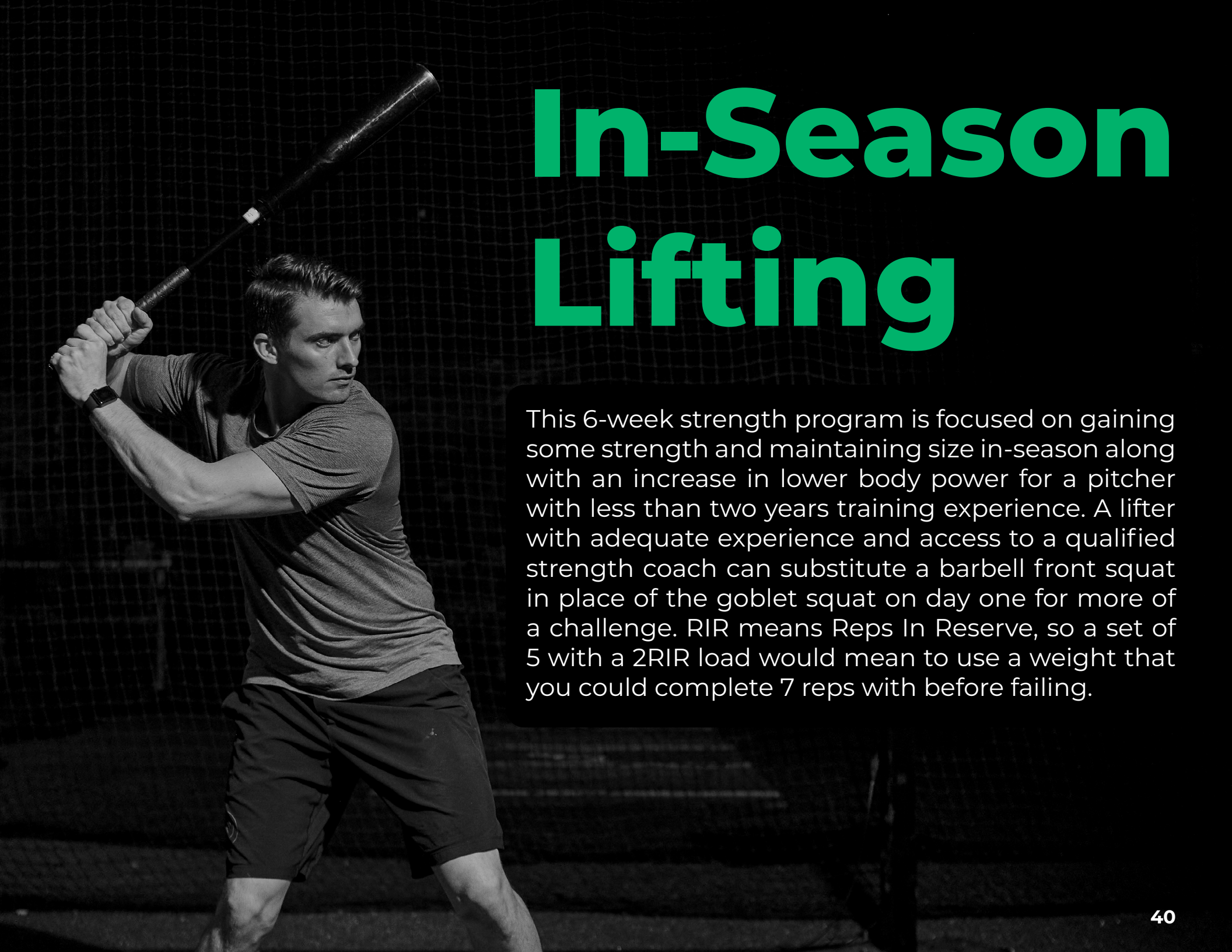
Day 1						
Series	**Exercise**	**Intensity/Load**	**Rest (After set)**	**Weeks 1-3**	**Weeks 4-5**	**Week 6**
				Sets and Reps		
Plyometric/ Sprint work	Rudiment Hops (linear)	Moderate	1min	2x5yds ea	2x5yds ea	2x5yds ea
	Single Leg Bounds	Moderate	1min	1x10yds ea	1x10yds ea	1x10yds ea
	Lateral 5-10-5	Near Maximal	1.5min	2x1ea	2x2ea	1x1ea
	Walk in to Sprint Start	Near Maximal	1min	2x15yds ea	3x15yds ea	1x15yds ea
A1	Medball Rotational Slams	6-8lbs	1min	3x3ea	3x4ea	3x3ea
A2	Kettlebell Swings	2-3RIR	1min	3x10	3x8	3x8
B1	Goblet Squat	2-3RIR	2min	3x8	4x8	3x8
B2	Inverted Row	Bodyweight	1min	3x10	4x10	3x8
C1	Weighted Pushup	2-3RIR	2min	3x8	4x8	3x8
C2	Landmine RDL	2-3RIR	1min	3x10	4x8	3x8
D1	DB Reverse Lunges	3RIR	2min	3x12ea	3x10ea	2x10ea
D2	Farmer's Carry	Near Maximal	1min	3x20yds	3x15yds	2x15yds

Off-Season Lifting

Day 2						
Series	**Exercise**	**Intensity/Load**	**Rest (After set)**	**Weeks 1-3**	**Weeks 4-5**	**Week 6**
				Sets and Reps		
Plyometric/ Sprint work	Pushup Sprint Starts	Near Maximal	1.5min	2x15yds ea	3x15yds ea	2x15yds ea
	Medball Step Behind Scoop Toss	6-8lbs	1min	2x3ea	2x4ea	2x2ea
	Double Heiden to Sprint	Near Maximal	1.5min	2x10yds ea	3x15yds ea	2x10yds ea
	HK Medball Slam to Double Heiden	6-8lbs	1min	2x2ea	3x2ea	2x1ea
A1	Landmine Lateral Lunge	2-3RIR	2min	3x5ea	4x5ea	3x5ea
A2	Neutral Grip Pullups	Bodyweight	1min	3x4-6	3x6-8	3x4-6
B1	Half Kneeling DB Overhead Press	3RIR	2min	3x10yea	3x8ea	2x8ea
B2	Wide Stance Cable Chop	2RIR	1min	3x8ea	3x6ea	2x6ea
C1	DB Split Squat Iso Holds	Near Maximal	2min	2x30s ea	3x20s ea	2x20s ea
C2	Yoga Pushups	Bodyweight	1min	2x6-8	3x8	2x8
D1	Cable External Rotations	3-4RIR	1min	3x12ea	3x12ea	2x12ea
D2	Shoulder Internal Rotation Iso	Near Maximal	1min	3x10seconds ea	3x10seconds ea	2x10seconds ea

Off-Season Lifting

Day 3						
Series	**Exercise**	**Intensity/Load**	**Rest (After set)**	**Weeks 1-3**	**Weeks 4-5**	**Week 6**
				Sets and Reps		
Plyometric/ Sprint work	RHS (lateral)	Moderate	1min	2x5yds ea	2x5yds ea	2x5yds ea
	Shuffle 5-10-5	Near Maximal	2min	2x1ea	3x1ea	2x1ea
	Shuffle to Sprint	Near Maximal	1.5min	2x20yds ea	3x20yds ea	1x20yds ea
	Sprint Starts	Near Maximal	1min	2x5yds ea	3x5yds ea	2x5yds ea
A1	Trapbar Deadlift	2RIR	2min	3x4	4x4	3x4
A2	Deadbugs	Bodyweight	1min	3x5ea	3x5ea	2x5ea
B1	Half Kneeling Landmine Press	2RIR	1.5min	3x7ea	3x5ea	2x5ea
B2	DB Bulgarian Split Squats	2-3RIR	1.5min	3x7ea	3x5ea	2x5ea
C1	DB SL Glute Bridge	2-3RIR	1min	3x10ea	3x8ea	2x8ea
C2	Half Kneeling High Cable Row	2RIR	1min	3x8ea	3x6ea	2x6ea
D1	Prone T Holds	Bodyweight	1min	3x20s ea	3x25s ea	2x25s ea
D2	Suitcase Carry	Near Maximal	1min	3x10yds ea	3x10yds ea	2x10yds ea



In-Season Lifting

This 6-week strength program is focused on gaining some strength and maintaining size in-season along with an increase in lower body power for a pitcher with less than two years training experience. A lifter with adequate experience and access to a qualified strength coach can substitute a barbell front squat in place of the goblet squat on day one for more of a challenge. RIR means Reps In Reserve, so a set of 5 with a 2RIR load would mean to use a weight that you could complete 7 reps with before failing.

In-Season Lifting

Day 1						
Series	**Exercise**	**Intensity/Load**	**Rest (After set)**	**Weeks 1-3**	**Weeks 4-5**	**Week 6**
				Sets and Reps		
Plyometric/ Sprint work	Rudiment Hops (linear)	Moderate	1min	2x5yds ea	2x5yds ea	2x5yds ea
	Single Leg Bounds	Moderate	1min	1x10yds ea	1x10yds ea	1x10yds ea
	Lateral 5-10-5	Near Maximal	1.5min	2x1ea	2x2ea	1x1ea
	Walk in to Sprint Start	Near Maximal	1min	2x15yds ea	3x15yds ea	1x15yds ea
	Medball Vertical Scoop Toss	10-16lbs	2min	2x3	3x3	2x3
A1	Goblet Squat	2-3RIR	2min	3x8	4x8	3x8
A2	Inverted Row	Bodyweight	1min	3x10	4x10	3x8
B1	Landmine RDL	2-3RIR	1min	3x10	4x8	3x8
B2	Weighted Pushup	2-3RIR	2min	3x8	4x8	3x8
C1	DB Reverse Lunges	3RIR	2min	3x12ea	3x10ea	2x10ea
C2	Farmer's Carry	Near Maximal	1min	3x20yds	3x15yds	2x15yds

In-Season Lifting

Day 2						
Series	**Exercise**	**Intensity/Load**	**Rest (After set)**	**Weeks 1-3**	**Weeks 4-5**	**Week 6**
				Sets and Reps		
Plyometric/ Sprint work	Pushup Sprint Starts	Near Maximal	1.5min	2x15yds ea	3x15yds ea	2x15yds ea
	Double Heiden to Sprint	Near Maximal	1.5min	2x10yds ea	3x15yds ea	2x10yds ea
	HK Medball Slam to Double Heiden	6-8lbs	1min	2x2ea	3x2ea	2x1ea
A1	Landmine Lateral Lunge	2-3RIR	2min	3x5ea	4x5ea	3x5ea
A2	Neutral Grip Pullups	Bodyweight	1min	3x4-6	3x6-8	3x4-6
B1	Half Kneeling DB Overhead Press	3RIR	2min	3x10yea	3x8ea	2x8ea
B2	Wide Stance Cable Chop	2RIR	1min	3x8ea	3x6ea	2x6ea
C1	DB Split Squat Iso Holds	Near Maximal	2min	2x30s ea	3x20s ea	2x20s ea
C2	Cable External Rotations	3-4RIR	1min	3x12ea	3x12ea	2x12ea

In-Season Lifting

Day 3						
Series	**Exercise**	**Intensity/Load**	**Rest (After set)**	**Weeks 1-3**	**Weeks 4-5**	**Week 6**
				Sets and Reps		
Plyometric/ Sprint work	RHS (lateral)	Moderate	1min	2x5yds ea	2x5yds ea	2x5yds ea
	Shuffle 5-10-5	Near Maximal	2min	2x1ea	3x1ea	2x1ea
	Shuffle to Sprint	Near Maximal	1.5min	2x20yds ea	3x20yds ea	1x20yds ea
	Sprint Starts	Near Maximal	1min	2x5yds ea	3x5yds ea	2x5yds ea
A1	Trapbar Deadlift	2RIR	2min	3x4	4x4	3x4
A2	Deadbugs	Bodyweight	1min	3x5ea	3x5ea	2x5ea
B1	Half Kneeling Landmine Press	2RIR	1.5min	3x7ea	3x5ea	2x5ea
B2	DB Bulgarian Split Squats	2-3RIR	1.5min	3x7ea	3x5ea	2x5ea
C1	DB SL Glute Bridge	2-3RIR	1min	3x10ea	3x8ea	2x8ea
C2	Half Kneeling High Cable Row	2RIR	1min	3x8ea	3x6ea	2x6ea
D1	Prone T Holds	Bodyweight	1min	3x20s ea	3x25s ea	2x25s ea
D2	Suitcase Carry	Near Maximal	1min	3x10yds ea	3x10yds ea	2x10yds ea