

HEAVY BAT LIGHT BAT

PROGRESSIVE OVERLOAD SWING PROGRAM

10-Week Bat Speed & Contact Development — Weeks 1–10



BAT WEIGHT GUIDE

Three bat weights drive every drill in this program.

HEAVY +3 OR MORE

Add weight with a bat donut, tape a roll of coins to the end of the bat, or wrap the barrel in a heavy amount of athletic / duct tape.

MEDIUM NORMAL BAT

The athlete's standard, unaltered game bat — the baseline every rep is measured against.

LIGHT -5 OR BELOW (-8 OR BELOW PREFERRED)

A lighter, faster training bat used to overspeed the swing and reinforce bat-speed mechanics.

PROGRAM OVERVIEW

The base position gets progressively harder every two weeks.

WEEKS 1–2 — STANDING – NO STRIDE

Standing (no stride) into a normal swing. Introduces all 3 bat weights.

WEEKS 3–4 — KNEELING – BACK KNEE

Adds a kneeling (back knee down) position plus a step-back-and-swing.

WEEKS 5–6 — KNEELING – BOTH KNEES

Adds both-knees-down kneeling plus a crow hop / shuffle swing.

WEEKS 7–8 — FULL COMBINATION

All 3 bats every set; feet-together big step and shuffle swing at 10 reps.

WEEKS 9–10 — HIGH-REP COMBINATION

Standing and shuffle swing at high volume — 8 reps per side.

WEEK 1-2

Standing, no-stride foundation — first exposure to all three bat weights.

STANDING (NO STRIDE)

LIGHT 3 Dominant + 3 Non-Dominant **MEDIUM** 3 Dominant + 3 Non-Dominant **HEAVY** 3 Dominant + 3 Non-Dominant

NORMAL SWING

LIGHT 3 Dominant + 3 Non-Dominant **MEDIUM** 3 Dominant + 3 Non-Dominant **HEAVY** 3 Dominant + 3 Non-Dominant

STANDING (NO STRIDE) — FINISHER

LIGHT 3 Dominant side only

WEEK 3-4

Adds a kneeling base (back knee down) and a step-back-and-swing.

KNEELING – BACK KNEE DOWN

LIGHT 3 Dominant + 3 Non-Dominant **MEDIUM** 3 Dominant + 3 Non-Dominant **HEAVY** 3 Dominant + 3 Non-Dominant

STANDING – NORMAL SWING

LIGHT 3 Dominant + 3 Non-Dominant **MEDIUM** 3 Dominant + 3 Non-Dominant **HEAVY** 3 Dominant + 3 Non-Dominant

STEP BACK AND SWING

LIGHT 3 Dominant + 3 Non-Dominant **MEDIUM** 3 Dominant + 3 Non-Dominant **HEAVY** 3 Dominant + 3 Non-Dominant

STANDING – NORMAL SWING — FINISHER

LIGHT 3 Dominant side only

WEEK 5–6

Adds both-knees-down kneeling and a crow hop / shuffle swing.

KNEELING – BOTH KNEES DOWN

LIGHT 3 Dominant + 3 Non-Dominant **MEDIUM** 3 Dominant + 3 Non-Dominant **HEAVY** 3 Dominant + 3 Non-Dominant

STANDING – NORMAL SWING

LIGHT 3 Dominant + 3 Non-Dominant **MEDIUM** 3 Dominant + 3 Non-Dominant **HEAVY** 3 Dominant + 3 Non-Dominant

STEP-BACK

LIGHT 3 Dominant + 3 Non-Dominant **MEDIUM** 3 Dominant + 3 Non-Dominant **HEAVY** 3 Dominant + 3 Non-Dominant

CROW HOP / SHUFFLE SWING

LIGHT 3 Dominant + 3 Non-Dominant **MEDIUM** 3 Dominant + 3 Non-Dominant **HEAVY** 3 Dominant + 3 Non-Dominant

STANDING – NORMAL SWING — FINISHER

LIGHT 3 Dominant side only

WEEK 7–8

Full combination — all three bat weights every set, higher volume.

STANDING – NORMAL

BATS THREE – Light, Medium, Heavy **REPS** TEN, swapping dominant / non-dominant sides

FEET TOGETHER – BIG STEP

BATS THREE – Light, Medium, Heavy **REPS** TEN, swapping dominant / non-dominant sides

SHUFFLE SWING

BATS THREE – Light, Medium, Heavy **REPS** TEN, swapping dominant / non-dominant sides

STANDING – NORMAL — FINISHER

BATS ONE **REPS** FIVE swings, dominant side only

WEEK 9–10

High-rep combination — peak volume heading into the final phase.

STANDING – NORMAL

BATS THREE – Light, Medium, Heavy **REPS** EIGHT Dominant + EIGHT Non-Dominant

SHUFFLE

BATS THREE – Light, Medium, Heavy **REPS** EIGHT Dominant + EIGHT Non-Dominant

STANDING – NORMAL — FINISHER

BATS ONE **REPS** FIVE swings, dominant side only

ELEVATE YOUR GAME

Advanced hitting, catching, fielding and pitching programs engineered for baseball & softball athletes who refuse to settle for average.

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