Bat Speed Training Program

Advanced Baseball and Softball Training
Welcome to The Hitting Vault.

I’m excited to share my Bat Speed Training Program. There are obvious reasons that increasing bat speed is key to becoming an elite hitter. Increased bat speed leads to an greater exit speed, which translates to more power, more distance, more hits and more bases. Basically more of everything a hitter wants. The next page is a disclaimer that I’d like you to read before you jump into this program.

I’m excited to see you increase your bat speed and Unlock Your Power.

Hard work works,
Coach Lisle
WARNING

Disclaimer: You should not start a Bat Speed Training Program BEFORE working on your swing and having correct body movements. The Hitting Vault Bat Speed Program is designed for those that have gone through the SwingBuild Program and feel confident that your swing mechanics are sound.
Using a Zepp, Diamond Kinectics or Blast Motion Bat Speed Sensor you can get a baseline for what your pre-bat speed is. It wouldn’t be fair to give guidelines for everyone because bat speed ranges are so different based on age, ability, strength, etc. When measuring bat speed and improving on it, keep your focus on just your improvement and not the bat speed of others.

When it comes to exit speed, we have different baselines we’d like to see at different levels. For example, we want to see our professional baseball players break 100mph in the batting cages with a wood bat. In softball, Division I college players range in the 75-80mph exit speed range.
If you can get your hands on the Ammo Bats from SKLZ, in my opinion, they are the best. A revolutionary system that uses proven under load/overload technology to increase bat speed—and the only one designed for use during live batting practice.

Three Bats included:
- Overload
- Underload
- Hand-loaded

Option 2:
The Hitting Jack-it or other bat weights.

Option 3:
Finding bats of different weights.
Today, a number of the world's top athletes use Overload/Underload training to gain the edge on their competition.

Many major league & collegiate teams have a strong emphasis on Overload/Underload training for their hitters & pitchers during the off-season. Many pitchers been using Overload/Underload training to drastically improve their throwing velocity as well as strengthen their arms for the wear and tear of a professional season.

There are numerous success stories out there but I think the point has been made that baseball players of virtually any level could stand to gain benefits from Overload/Underload training.
The bottom line is all players will gain velocity (peak) or average, and most likely both. Most players should be able to make gains of 4–8 mph easily; however, that will again depend on age and skill level. To become fast and explosive, you must train to be fast and explosive. Quality always wins over quantity.

Is Overload/Underload Training safe for younger kids?

Overload/Underload Training is completely safe as long as the athlete is prepared for it. It wouldn’t be the first thing I would work on. As said in the Disclaimer at the beginning the body movements are more important to learn and master first.

How much can I realistically gain in 1-2 months?

It is nearly impossible to predict how much improvement players will make on an individual basis. A professional hitter with a barrel velocity of 84 mph will have a lot less room to improve than, say, a high school sophomore swinging 50 mph. I have seen HS hitters gain over 10mph+ in bat speed and exit velocity working on this program and have seen some of my pro hitters gain 5mph+ in both categories as well.
Utilizing overload underload training principals have proved to drastically increase bat speed without altering the mechanics of a hitter's swing. Utilizing the overload bats to increase strength and power, and the underload bat to generate speed result in a well-rounded hitter with an optimized swing. The increase in bat speed allows a hitter to start his swing later in the pitch giving him more time to calculate the location of the baseball as it crosses into the zone.

We’ve got 3 workouts here but not really a narrative how to use them or what the timing and program would be like - need to have a detailed map about how this works.

LISLE
WORKOUT
WEIGHT PROGRESSION LOW TO HIGH

10 Game Like Dry Swings with very light bat (15oz) - Like broom stick or Wiffle Ball bat
10 Swings Tee with extra-light bat (20-23oz)
10 Swings Tee with light bat (25-28oz)
10 Swings Tee with your bat (30-31oz)
10 Swings Tee with 4oz added
10 Swings Tee with 9oz added
10 Swings Tee with hand loaded bat/weight
10 Swings Tee with 12oz added
10 Swings Tee with 16oz added
10 Swings Tee with your bat

LEVEL 1: OFF TEE
LEVEL 2: OFF FRONT TOSS
Can scale by increasing/decreasing reps
WORKOUT
WEIGHT PROGRESSION HIGH TO LOW

15 Swings Tee with 16oz Added 75% speed warm-up body
15 Swings Tee with 12oz Added
15 Swings Tee with 9oz Added
15 Swings Tee with 4oz Added
15 Swings Tee with Hand Loaded Bat
15 Swings with your bat & heavy balls
10 Swings with your bat

LEVEL 1: OFF TEE
LEVEL 2: OFF FRONT TOSS
Can scale by increasing/decreasing reps
WORKOUT
OVERLOAD/UNDERLOAD TRAINING

10 Swings with Hand Weighted Bat
10 Swings Light Bat (25oz)
10 Swings Tee with Weight (choice: 4,9,12,16oz)
10 Swings Tee with your bat (30-31oz)
10 Swings with Hand Weighted Bat & Heavy Balls
10 Swings Light Bat (25oz) & Light Balls
10 Swings Tee with your bat (30-31oz)
10 Swings Tee with (choice: 4,9,12,16oz) & Heavy Balls
10 Swings Tee with your bat (30-31oz) & light balls
10 Swings Tee with your bat & baseballs

LEVEL 1: OFF TEE
LEVEL 2: OFF FRONT TOSS
Can scale by increasing/decreasing reps
There are many ways to implement overload/underload training programs but this is one that I’ve seen have the best results.

A great way to implement this program is 3-4 days a week with 100% reps in the off-season and maybe 2-3 days a week with less reps in season. It’s a great 6-12 week program in the off-season getting you ready right before the season like Spring Training for your swing.

A great off-season schedule for this program is:

- Monday: Regular Hitting
- Tuesday: Workout #1
- Wednesday: Regular Hitting
- Thursday: Workout #2
- Friday: Regular Hitting
- Saturday: Workout #3
- Sunday: Rest Day

In season, you can cater to your current schedule finding a way to add the reps.

A fun way to do this program is testing bat speed and exit speed each week. You should see results in 2-3 weeks.

Utilizing the overload helps to increase strength and power, while the overload/underload training helps to generate bat speed. Using my SwingBuild program with sound mechanics along side this Bat Speed program will result in a well rounded hitter with an optimized swing.
TELL US YOUR STORY

We’d love to hear about your success using the Bat Speed Training Program or other drills in The Hitting Vault. Send up before and after photos of your MPH radar readings. Where did you start and where are you now.

Email us at frontoffice@thehittingvault.com
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Participating in any type of sports has inherent risk of injury. The risk of injury from participation in a fitness regimen and/or from the performance of any exercise is significant, including the potential for catastrophic injury or death. You should and must consult a medical professional before undertaking any fitness regimen or exercise program, including any exercises or techniques set forth or described on this website. Any text, pictures, and description set forth in this website or in other online or in-person services is for educational purposes only (e.g., the information illustrates and explains various fitness-related and exercises techniques) and does not advise that you or any other website user undertake or perform any particular technique or exercise.

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