

# Week 1

Access from Laptop or web browser

Type	Reps	# of 5-lb Bands	# of 15-lb Bands
Dry Swings	10	-	1
Check Swing Drill	10	2	-
Tee	20	2	1
Front Toss	10	2	1
Front Toss	10	-	2

	Completed	Notes
Day 1		
Day 2		
Day 3		
Day 4		

Baseline Test Results			
Max # of Bands	Bat Speed	Time in the Zone	Power Efficiency

## Week 2

Access from Laptop or web browser

Type	Reps	# of 5-lb Bands	# of 15-lb Bands
Dry Swings	5	1	1
Dry Swings	10	-	2
Tampa Bay Trigger	10	2	-
Tee	20	1	2
Front Toss	10	-	2
Front Toss	10	2	2

	Completed	Notes
Day 1		
Day 2		
Day 3		
Day 4		

Baseline Test Results			
Max # of Bands	Bat Speed	Time in the Zone	Power Efficiency

# Week 3

Access from Laptop or web browser

Type	Reps	# of 5-lb Bands	# of 15-lb Bands
Dry Swings	5	-	2
Dry Swings	10	2	2
Bottom-Hand Drill	10	1	1
Tee - Outside	10	2	2
Tee - Inside	10	2	2
End Loaded Side Toss	10	-	-
Front Toss	10	-	3

	Completed	Notes
Day 1		
Day 2		
Day 3		
Day 4		

Baseline Test Results			
Max # of Bands	Bat Speed	Time in the Zone	Power Efficiency

# Week 4

Access from Laptop or web browser

Type	Reps	# of 5-lb Bands	# of 15-lb Bands
Dry Swings	5	1	2
Dry Swings	10	1	3
Top-Hand Drill	10	-	1
Tee - Outside	10	-	3
Tee - Inside	10	-	3
End Loaded Front Toss	10	-	-
Pitch	10	2	3

	Completed	Notes
Day 1		
Day 2		
Day 3		
Day 4		

Baseline Test Results			
Max # of Bands	Bat Speed	Time in the Zone	Power Efficiency

# Week 5

Access from Laptop or web browser

Type	Reps	# of 5-lb Bands	# of 15-lb Bands
Dry Swings	5	2	1
Dry Swings	10	-	3
Dry Swings	5	1	4
3/4 Drill	10	1	1
End Loaded Tee	10	-	-
Side Toss	10	1	3
Max Out	Until Failure	Your Max	Your Max

	Completed	Notes
Day 1		
Day 2		
Day 3		
Day 4		

Baseline Test Results			
Max # of Bands	Bat Speed	Time in the Zone	Power Efficiency

# Week 6

Access from Laptop or web browser

Type	Reps	# of 5-lb Bands	# of 15-lb Bands
Dry Swings	5	2	3
Dry Swings	10	2	4
Tee	5	2	4
Front Toss	10	1	4
Front Toss	10	-	-
Pitch	10	1	3
Ptich	10	2	4
Pitch	10	-	5

	Completed	Notes
Day 1		
Day 2		
Day 3		
Day 4		

Baseline Test Results			
Max # of Bands	Bat Speed	Time in the Zone	Power Efficiency

# Week 7

Access from Laptop or web browser

Type	Reps	# of 5-lb Bands	# of 15-lb Bands
Top Hand Drill	10	1	1
Bottom Hand Drill	10	1	1
Tee	10	1	3
End Loaded Side Toss	10	-	-
Front Toss	10	-	4
Front Toss	10	1	5
Ptich	10	2	4
Pitch	10	1	5

	Completed	Notes
Day 1		
Day 2		
Day 3		
Day 4		

Baseline Test Results			
Max # of Bands	Bat Speed	Time in the Zone	Power Efficiency

# Week 8

Access from Laptop or web browser

Type	Reps	# of 5-lb Bands	# of 15-lb Bands
Dry Swings	5	1	4
Dry Swings	10	2	5
Follow Thru Drill	10	2	2
End Loaded Tee	10	-	-
Side Toss	10	2	3
Front Toss	10	1	5
Pitch	10	-	6
Max Out	Until Failure	Your Max	Your Max

	Completed	Notes
Day 1		
Day 2		
Day 3		
Day 4		

Baseline Test Results			
Max # of Bands	Bat Speed	Time in the Zone	Power Efficiency



# Week 9

Access from Laptop or web browser

Type	Reps	# of 5-lb Bands	# of 15-lb Bands
Trigger Drill	5 - 10	-	1
Top Hand Drill	5 - 10	1	2
Bottom Hand Drill	5 - 10	1	2
Check Swing Drill	5 - 10	Build to Max	Build to Max
3/4 Drill	5 - 10	-	3
Follow Through	5 - 10	Build to Max	Build to Max
Max Out	Until Failure	Your Max	Your Max
End Loaded - Front Toss	10	-	-

	Completed	Notes
Day 1		
Day 2		
Day 3		
Day 4		

Baseline Test Results			
Max # of Bands	Bat Speed	Time in the Zone	Power Efficiency

# Week 10

Access from Laptop or web browser

Type	Reps	# of 5-lb Bands	# of 15-lb Bands
Dry Swings	10	2	5
Dry Swings	10	1	6
Tee - Inside	10	1	5
Tee - Outside	10	1	5
Front Toss	10	1	5
Front Toss	10	2	5
Ptich	10	1	6
Pitch	10	2	6

	Completed	Notes
Day 1		
Day 2		
Day 3		
Day 4		

Baseline Test Results			
Max # of Bands	Bat Speed	Time in the Zone	Power Efficiency