



MICRO-HEAVY PROGRESSIVE TRAINING GUIDELINE – 6 WEEK

This is a 6-week progressive offseason hitting program. It is based on 4 sessions per week, every other day. This program can be used before a regular hitting session but not after. It can be incorporated with an offseason strength program but should be started before the lifting program. Each swing should be at max effort or game speed on a hitting tee or side toss. As with all training, complete a *dynamic warm-up before starting any hitting program.

**Dynamic Warm-Up:* Run, stretch, perform all pre-work required to be rotationally explosive and ready to HIT.

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2” Micro-Heavies (3.5 oz, 5.5 oz, 7.5 oz, 9.5 oz)

Week 1		
Sets	Swings	Ball Weight
3	5	3.5 oz
3	5	5.5 oz
1	5	7.5 oz
1	5	9.5 oz

Week 2		
Sets	Swings	Ball Weight
4	5	3.5 oz
4	5	5.5 oz
2	5	7.5 oz
2	5	9.5 oz

Week 3		
Sets	Swings	Ball Weight
5	5	3.5 oz
4	5	5.5 oz
3	5	7.5 oz
3	5	9.5 oz

Week 4		
Sets	Swings	Ball Weight
6	5	3.5 oz
5	5	7.5 oz
4	5	9.5 oz

Week 5		
Sets	Swings	Ball Weight
7	5	3.5 oz
3	5	7.5 oz
5	5	9.5 oz

Week 6		
Sets	Swings	Ball Weight
9	5	3.5 oz
6	5	9.5 oz

Disclaimer: These instructions are to be used as a general guideline only. It is your responsibility to evaluate the progress of your athlete. Any training program can result in injury. Use your own discretion for moving your athlete through different weights.

NOTE: If you have purchased a single weight set, you may modify the above regimen to suit your goals. Ideally, we recommend adding the other weight sets to complete the collection and follow along with the pros.