

Overload-Underload Training

the information you need to start a successful overload-underload training program:

INCREASE YOUR BAT SPEED OR THROWING VELOCITY BY 5-10 mph.

GUARANTEED!!!!

There have been many studies done showing the benefits of overload/underload training in order to increase batspeed and throwing velocity. Dr. Coop DeRenne, along with many others, has proven that "weighted implement training", when used in the correct formula, increases both. We have spent countless hours researching and reading about strength training, overload training, speed training, mechanics and other types of training. This should get you started on your way to increased pitching and hitting power.

HITTING TRAINING TIPS:

Always swing as hard as you can! This will improve your batspeed and speed up your results. If you're not swinging hard, you're overload-underload training will not be as beneficial.

PITCHING TRAINING TIPS:

Work on spins! Weighted ball training is great for improving movement on your fastball and off-speed pitches. Be careful, but take time to concentrate on your spins, and you'll increase your pitches' movement.

Hitting Program:

Off Season Hitting Regimen
Three to Four Times a Week

Bat Weight Sequence:

Standard - Heavy - Light - Standard

Beginner Sample:

25 swings with standard bat
25 swings with heavy bat
25 swings with light bat
25 swings with standard bat

Advanced Sample:

50 swings with standard bat
50 swings with heavy bat
50 swings with light bat
50 swings with standard bat

Pitching Program:

Off Season Pitching Regimen
Two to Three Times a Week

Weighted Ball Training Sequence:

standard - heavy - light - standard

Week 1-3: 54 pitches (9-18-18-9)

Week 4-6: 60 pitches (10-20-20-10)

Week 7-9: 66 pitches (11-22-22-11)

Week 10-12: 75 pitches (12-25-25-12)

Warm-Up Sequence:

- 1 - (baseball pitchers only) warm up with football for 5 minutes
- 2 - warm up long toss 5-6-4-5 sequence (standard - heavy - light - standard)
- 3 - begin training sequence
- 4 - end training cooling down with standard ball

Bat Weight Table:

Standard: Under Over:

18	=	15	21
19	=	15	23
20	=	16	24
21	=	17	25
22	=	18	26
23	=	19	27
24	=	19	29
25	=	20	30
26	=	21	31
27	=	22	32
28	=	22	34
29	=	23	35
30	=	24	36
31	=	25	37
32	=	26	38
33	=	26	40

The 12 Must Do's of Overload/Underload Training

1. Use "weighted implements" varying from 15-20%
2. Change the weight of the implements
3. Find some way to measure your batspeed or velocity
4. Swing or throw as hard as you can every time
5. Have a target to swing at or throw to every time
6. Check your mechanics periodically
7. Make yourself a simple chart
8. Combine this training with some type of weightlifting
9. Use the sequence of Standard - Heavy - Light - Standard
10. Include live (if possible) batting practice or bullpen work in your weekly schedule
11. Hit weighted balls - call us for details
12. Don't stop once your season starts!

For additional information please call *Howell To Sports* at 856-381-8888 or e-mail ed@howelltosports.com
Check out our site at www.howelltosports.com

Ball Weight Table:

Standard Baseball: 5 oz.

Standard Softball: 7 oz.

This program is age dependent!

Our suggestion is to stick with the 4, 5 and 6 oz. baseballs and the 6, 7 and 8 oz softballs unless you are an advanced pitcher (at least 15 years old)

We know there are programs out there that suggest using very heavy balls but the research we've done indicates these weights are sufficient to improve velocity.