

# Complete Hyperlinked Exit Velocity and Speed Training Plan - Summer 2025

Elite Exit Velocity Phase 1 and Baseball Speed System

## Week 1: June 2–8, 2025

### Monday Workout - June 2, 2025

#### Morning Session: Linear Speed + Lower Power

Exercise	Sets	Reps	Weight	Distance	Rest	Notes
Everyday Dynamic Warmup	1	-	-	15 yds	-	From Speed System
A Skip	2	-	-	15 yds	60s	Top Speed Complex
B Skip	2	-	-	15 yds	60s	Top Speed Complex
Repeated Skips for Distance	2	-	-	15 yds	60s	Top Speed Complex
Spellman Three Part Series	4	1	-	15 yds	90s	Set up cones if no partner
Chest Supported Sprint Start	6	1	-	20 yds	60s	1 min break between sprints
Rotational Band Snap	4	4	-	-	60s	Perform each side, from Exit Velocity

#### Evening Session: Lower Strength + Mobility

Exercise	Sets	Reps	Weight	Distance	Rest	Notes
Roll Over Reach	2	10	-	-	30s	Movement Prep
Pigeon Pump	1	10	-	-	30s	Movement Prep
Eccentric Reverse Lunge	4	4	Moderate	-	2 min	Perform each side, from Exit Velocity
Nordic Curl	3	8	-	-	1 min	Strict on descent, from Exit Velocity
Sled March	3	-	Moderate	15 yds	1 min	From Exit Velocity
World's Greatest Stretch	2	10	-	-	30s	Mobility, from Speed System
Quadrapped Hip Car	2	10	-	-	30s	Mobility, from Speed System

Table 2: Total Workout Time: Record duration for each session

## Tuesday Workout - June 3, 2025

### Morning Session: Change of Direction + Upper Power

Exercise	Sets	Reps	Weight	Distance	Rest	Notes
Everyday Dynamic Warmup	1	-	-	15 yds	-	From Speed System
A Skip	2	-	-	15 yds	60s	Top Speed Complex
Repeated Skips for Height	2	-	-	15 yds	60s	Top Speed Complex
5-10-5 Shuffle	2	2	-	-	90s	4 total, perform each side
Kneeling 3-Way Slam	3	10s	Light	-	15s	Aggressive, from Exit Velocity
Half Kneeling Shot Put	2	4	Moderate	-	60s	Perform each side, from Exit Velocity

### Evening Session: Upper Strength + Core

Exercise	Sets	Reps	Weight	Distance	Rest	Notes
T-Spine Crescent Moon	2	10	-	-	30s	Movement Prep
Prone Scorpion	2	10	-	-	30s	Movement Prep
Eccentric Bench Press	4	5	Moderate	-	2 min	From Exit Velocity
Dumbbell Z Press	3	8	Moderate	-	1 min	From Exit Velocity
Inverted Row	3	8	-	-	1 min	From Exit Velocity
Hollow Hold	3	30s	-	-	30s	Core, from Speed System
Reverse Crunch	2	10	-	-	30s	Core, from Speed System

Table 4: Total Workout Time: Record duration for each session

## Wednesday Workout - June 4, 2025

### Morning Session: Speed + Lower Primer

Exercise	Sets	Reps	Weight	Distance	Rest	Notes
Everyday Dynamic Warmup	1	-	-	15 yds	-	From Speed System
Pigeon Pump	2	10	-	-	30s	Movement Prep
Roll Over Reach	2	10	-	-	30s	Movement Prep
Half Kneeling Start	5	1	-	15 yds	90s	5 per side, from Speed System
Hurdle Stick	3	6	-	-	60s	Perform each side, from Exit Velocity

### Evening Session: Strength + Mobility

Exercise	Sets	Reps	Weight	Distance	Rest	Notes
Hip Airplane	2	10	-	-	30s	Movement Prep
Landmine Hip Shift	2	10	-	-	30s	Movement Prep
Eccentric Front Squat	4	5	Moderate	-	2 min	From Exit Velocity
Single Leg Dumbbell RDL	3	8	Moderate	-	1 min	From Exit Velocity
Glute Bridge Adduction	2	10	-	-	30s	Mobility, from Speed System
Reverse Squat	2	10	-	-	30s	Mobility, from Speed System

Table 6: Total Workout Time: Record duration for each session

## Friday Workout - June 6, 2025

### Morning Session: Contrast Speed + Lower Power

Exercise	Sets	Reps	Weight	Distance	Rest	Notes
Everyday Dynamic Warmup	1	-	-	15 yds	-	From Speed System
A Skip	2	-	-	15 yds	60s	Top Speed Complex
Banded Harness Sprint	6	1	-	15 yds	2 min	Pair with Steal Start
Baseball Steal Start	6	1	-	15 yds	2 min	From Speed System
Static Box Jump	1	8	-	-	60s	Push height, from Exit Velocity

### Evening Session: Lower Strength + Core

Exercise	Sets	Reps	Weight	Distance	Rest	Notes
Reverse Squat	2	10	-	-	30s	Movement Prep
Slider Groiner	2	10	-	-	30s	Movement Prep
Yielding Isometric Back Squat	4	5	Moderate	-	2 min	From Exit Velocity
Reverse Sled Drag	3	-	Moderate	15 yds	1 min	From Exit Velocity
Single Leg Deceleration Box Squat	3	6	-	-	1 min	Perform each side, from Exit Velocity
Side Plank	3	30s	-	-	30s	Core, perform each side, from Speed System

Table 8: Total Workout Time: Record duration for each session

## Saturday Workout - June 7, 2025

### Morning Session: Speed + Upper Primer

Exercise	Sets	Reps	Weight	Distance	Rest	Notes
Everyday Dynamic Warmup	1	-	-	15 yds	-	From Speed System
Pull Up Bar Dead Hang	2	15s	-	-	30s	Movement Prep
Banded Pec Stretch	2	15s	-	-	30s	Movement Prep
5-10-5 Carioca	2	2	-	-	90s	4 total, perform each side
On-Cable Push Pull	3	4	Moderate	-	60s	Perform each side, from Exit Velocity

### Evening Session: Upper Strength + Mobility

Exercise	Sets	Reps	Weight	Distance	Rest	Notes
Banded Lat Stretch	2	15s	-	-	30s	Movement Prep
Banded On Wall T-Spine	2	10	-	-	30s	Perform each side
Yielding Isometric Bench Press	4	5	Moderate	-	2 min	From Exit Velocity
Neutral Grip Pull Ups	3	8	-	-	1 min	From Speed System
Face Pull	3	10	Light	-	1 min	From Speed System
Wall V	2	60s	-	-	30s	Mobility, from Speed System

Table 10: Total Workout Time: Record duration for each session

## Weeks 5–12: Training Summary (June 30–August 24, 2025)

### Weeks 5–8: Intensification (June 30–July 27, 2025)

**Focus:** Build power and speed with heavier weights and explosive drills, maintaining moderate volume to prepare for peak performance. Emphasize bat speed and sprint mechanics for showcases.

**Key Exercises:**

- *Lower Body:* Yielding Isometric Back Squat, Banded Harness Sprint, Nordic Curl, Static Single Leg Box Jump.
- *Upper Body:* Floor Press, On-Cable Push Pull, Force Separation Med Ball Throw, Neutral Grip Pull Ups.
- *Speed:* Sled Sprint (15 yds), 5-10-5 Carioca, Spellman Three Part Series, Half Kneeling Start.

**Exit Velo Test:** July 9, 2025 (Week 6, Wednesday morning). Set up tee, take 5 max-effort swings, record highest exit velocity on video.

**Adjustments:**

- Increase strength weights by 5–10% from Weeks 1–4 if form allows.
- Reduce speed drill sets to 3–5 for higher intensity.
- Extend rest for strength (3 min) and sprints (2 min).
- Incorporate contrast pairs (e.g., Reverse Band Split Stance Jump after Split Squat).

### Weeks 9–12: Peak Performance (July 28–August 24, 2025)

**Focus:** Maximize exit velocity and sprint speed with low-volume, high-intensity efforts. Optimize performance for showcase season with max-effort lifts and sprints.

**Key Exercises:**

- *Lower Body:* Split Pin Squat, Baseball Steal Start (60 yds), Counter Move Split Stance Box Jump, Trap Bar Deadlift.
- *Upper Body:* Overcoming Isometric Overhead Press, Medball Drop to Repeat Chest Pass, Chest Supported Row, Landmine D2 Pattern.
- *Speed:* Banded Piston Run (10 yds), Four Cone Shuffle, Wide Receiver Start, Three Cone Series.

**Exit Velo Tests:** August 6, 2025 (Week 9, Wednesday morning); August 20, 2025 (Week 12, Wednesday morning). Set up tee, take 5 max-effort swings, record highest exit velocity on video.

**Adjustments:**

- Reduce strength reps to 4–6 and speed sets to 2–4 for max effort.
- Increase rest intervals for strength (3–4 min) and sprints (2–3 min).
- Focus on quality in power drills (e.g., max height in box jumps).
- Add arm-specific mobility (e.g., Banded Pec Stretch) to support throwing.

### General Notes

- **Tracking:** Record weights, sprint times, and exit velo scores daily. Compare test results (June 18, July 9, August 6, August 20).
- **Recovery:** Ensure 7–9 hours sleep; foam roll on rest days (Thursday, Sunday).
- **Nutrition:** High-protein diet to support strength gains. Maintain slight caloric deficit for weight loss if needed.
- **Equipment:** Gym with sleds, bands, dumbbells, barbells, cones, sprint space. Use jogs for sled if unavailable.
- **Game Play:** Schedule training around games, prioritizing recovery on game days.