

JOHANSEN BASEBALL

#BEDIFFERENT

13 WEEK HITTING PROGRAM

Phase	Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
First week	Week 1	Velo Day	Proprioception A	Velo Day	off	Constraint	Proprioception B	BP/Live
Movements	Week 2	Proprioception A	Velo Day	Constraint	off	Velo Day	Adjustability	BP/Live
	Week 3	Proprioception A	Proprioception B	Velo Day	off	Constraint	Velo Day	BP/Live
	Week 4	Velo Day	Velo Day	Proprioception A	off	Velo Day	Proprioception A	BP/Live
Movements & Timing	Week 5	Velo Day	Proprioception B	Constraint	off	Proprioception B	Velo Day (opt)	BP/Live
	Week 6	Adjustability	Constraint	Velo Day	off	Constraint	Adjustability	BP/Live
	Week 7	Proprioception A	BP/Live	Proprioception B	BP/Live	Velo Day	Proprioception A	BP/Live
Rhythm & Timing	Week 8	Adjustability	BP/Live	Proprioception B	BP/Live	Adjustability	Constraint	BP/Live
	Week 9	Adjustability	BP/Live	Velo Day	off	Constraint	Adjustability	BP/Live
	Week 10	Velo Day	BP/Live	Proprioception B	BP/Live	Constraint	Adjustability	BP/Live
Control	Week 11	Proprioception A	Adjustability	BP/Live	BP/Live	Velo Day	Adjustability	BP/Live
	Week 12	BP/Live	Proprioception B	BP/Live	BP/Live	Adjustability	Adjustability	BP/Live
	Week 13	BP/Live	BP/Live	Velo Day	off	BP/Live	BP/Live	BP/Live