

THE 4-WEEK PLAN - BY TREY HANNAM

1. BASED ON YOUR GOALS, WHERE ARE YOU RIGHT NOW?

Current: _____

Short-term goal (4 weeks): _____

Long-term goal (2-3 years): _____

2. BASELINE TEST

Same tests in week 1 and end of week 4. Having a defined number is great for purpose and accountability.

TEST	WK 1	WK 4	TEST	WK 1	WK 4
Exit velocity			Body weight		
Bat speed			GPA in school		
Grip Strength			Can hit a target in BP out of 10 pitches		

3. THE WEEK

- Hit 5-6 days, Games are not hitting days.
- Lift with a purpose for 4 days.
- Track calories all 7 days in MyFitnessPal. Weekends count. Weekends are where this falls apart.

Current weight: _____ lbs. Weight goal: _____ lbs.

4. EVERY DAY HAS A FOCUS AND A SCORE

Write down your focus before each session. One thing, not five. Score it yes or no when you're done.

Example for score ("I stuck to my plan." "My process was good." "I won 2 or 3 hitting challenges")

	MON	TUE	WED	THU	FRI	SAT	SUN
Week 1							
Week 2							
Week 3							
Week 4							

Miss one day, make it up later that week. Never miss two in a row.

5. SUNDAY IS FOR GRADING YOURSELF

- What did I do well, and what do I need to improve?
- Did I stick to my plan or do random things?
- What can I improve on next week?

6. WHAT FINISHED LOOKS LIKE

24 hitting sessions. 16 lifts. 28 days focused on and tracked. 

FINISH IT AND YOU EARN A FREE VIDEO CALL

After these 4 weeks, email me at Trey@treyhannam.com and tell me how you improved from this 4 week plan and what you learned about yourself!

98% OF PLAYERS WON'T FINISH THIS.

Most players will start this but not finish it. Make a plan, stick to it with good focus. This is how you separate yourself.