

Carlee Marie

3 Week Workout Plan

For the pitchers ready to kick some serious booty



Before we get to it, let me give you a rundown.

I am SO excited you're ready to commit to 3 weeks of pitching and strength training with me! This program is designed to get you motivated and into the rhythm of pushing yourself and improving your pitching skills each day. There are 4 workouts every week...2 pitching workouts, and 2 strength training workouts. These are all made specially for you to improve your speed, accuracy, and power! There are also options if you are "basement pitching", or if you don't have any equipment.

Ideally, this is what I recommend

As for equipment, it is certainly not necessary, but you WILL get more out of these workouts if you have these items and utilize them in the drills. Here's what I recommend:

- + Jump rope
- + [Resistance band](#)
- + [Small resistance band](#) (only one is necessary of appropriate tension)
- + 5-10 lb. weight
- + Weighted ball (U14+)
- + Two softballs

Make it a goal to get every single workout done...I mean, it's only for 3 weeks!

You totally got this! I even made a checklist for you to make it super easy to remember. :)

CHECKLIST

	WEEK ONE	WEEK TWO	WEEK THREE
<i>Pitching #1</i>			
<i>Strength #1</i>			
<i>Pitching #2</i>			
<i>Strength #2</i>			

Week ONE Focus: Strength

Day ONE: Pitching

- + Stretch + warm up to full pitch
- + Distance walk throughs or weighted ball *
- + Switch lunges *
- + Running drill *
- + Push up drill *
- + Cool down drill: Wrist snaps *

Day TWO: Strength

*** Stretch ***

- + 1 min. jump rope (or jumping jacks)
- + 20 sit ups (can add a 5-10 lb. weight)
- + 20 walking lunges (can add a 5-10 lb. weight and hold above head)
- + 10 burpees
- + 20 russian twists (can add a 5-10 lb. weight) *

* Complete this routine 3 times! *

Day THREE: Pitching

- + Stretch + warm up to full pitch
- + Wrist snaps *
- + One leg drill *
- + Rapid fire (or weighted ball) *
- + Full pitch with cone marking out 7 of your feet's distance from mound (ideal stride length) - 20 pitches
- + Cool down drill: Work on spin of choice

Day FOUR: Strength

*** Stretch ***

- + 1 min. high knees
- + 1 min. plank
- + 40 monster walk with band (20 steps forward, 20 steps backward) *
- + 10 flys with resistance band *
- + 20 squats (10 wide stance, 10 knees/ankles together)

*** Complete this routine 3 times! ***

Week TWO Focus: Speed

Day ONE: Pitching

- + Stretch + warm up to full pitch
- + Rapid fire from "K" (no step) *
- + 20 full pitches - STAY LOOSE
- + Rapid fire full pitch - shoot for 20 in a minute (3 rounds) *
- + Distance walk throughs or weighted ball *
- + Cool down drill: Wrist snaps *

Day TWO: Strength

*** Stretch ***

- + 1 min. jump rope
- + 40 monster walk with band (20 steps forward, 20 steps backward) *
- + 1 min. plank
- + 20 jump lunges
- + 20 straight arm twist with resistance band (10 left side, 10 right side) *

*** Complete this routine 3 times! ***

Day THREE: Pitching

- + Stretch + warm up to full pitch
- + 3, 2, 1 drill *
- + Balance drill *
- + 20 full pitches focusing on arm speed + staying loose
- + Rapid fire full pitch - shoot for 20 in a minute or better than day one this week (3 rounds) *
- + Cool down drill: Distance walk throughs
- +

Day FOUR: Strength

*** Stretch ***

- + 20 jumping jacks
- + 10 burpees
- + 20 squats (10 wide stance, 10 knees/feet together)
- + 2 min. side plank (1 min. each side)
- + 10 pull downs with resistance band *
- + 20 russian twists (can add a 5-10 lb. weight) *

*** Complete this routine 3 times! ***

Week THREE Focus: Accuracy

Day ONE: Pitching

- + Stretch + warm up to full pitch
- + Arm circles into net staying loose *
- + Hit 3 spots in all 4 corners (or hit 3 inside, 3 outside 2X)
- + Batters *
- + +/- drill *
- + 3 hits in a row in your weakest spot/corner/spin pitch
- +

Day TWO: Strength

*** Stretch ***

- + 10 pull downs with resistance band *
- + 20 russian twists (can add a 5-10 lb. weight)
- + 20 switch plank
- + 20 sit ups (can add a 5-10 lb. weight in hands)
- + 10 burpees

*** Complete this routine 3 times! ***

Day THREE: Pitching

- + Stretch + warm up to full pitch
- + Hit 4 different spots in a row
- + Pyramid drill *
- + Batters *
- + Knee drill *
- + Test: How many hits can you get with 10 pitches in each corner/spot

Day FOUR: Strength

*** Stretch ***

- + 1 min. jump rope
- + 10 straight arm twist with resistance band *
- + 40 steps monster walk with band (20 steps forward, 20 steps backward) *
- + 20 jump lunges
- + 10 flys with resistance band *

*** Complete this routine 3 times! ***

**Videos to come*