

**Case Study**



13 year old, Zak Wilson and his father Kendall are students of the game. They’ve taken their off-season programming to the big league level and the results speak for themselves. Zak has continued to dominate at the AAU/USSSA level playing for the country’s #2 ranked travel ball team, the Florida Meteors 13U.

Kendall stays constant communication with Zak’s pitching and strength & conditioning coaches to ensure there’s a synergistic relationship between all.

This series of throwing workouts was adapted from pitching coach Matt Skrmetta’s long toss program and scaled down by Kendall for a 13 year old pitcher. The strength & conditioning program was designed & supervised by DeLuca’s Training Systems.

January 4, 2010	Total Body Workout (Explosive & Max Strength Focus)
January 5, 2010	Interval Running (Lactate Power)
January 6, 2010	Total Body Workout (Single Leg Strength Focus)
January 7, 2010	Interval Running (Aerobic Recovery)
January 8, 2010	Total Body Workout (Low Intensity & Shoulder Prehab Focus)
January 9, 2010	<u>Throwing</u> 1 set of 15 throws @ 60-ft. 1 set of 15 throws @ 75-ft. 1 set of 15 throws @ 90-ft.
January 10, 2010	<u>Throwing</u> 1 set of 15 throws @ 60-ft. 1 set of 15 throws @ 75-ft. 1 set of 15 throws @ 90-ft.
January 11, 2010	Total Body Workout (Explosive & Max Strength Focus)
January 12, 2010	<u>Throwing</u> 1 set of 20 throws @ 60-ft. 1 set of 20 throws @ 75-ft. 1 set of 15 throws @ 90-ft.  Interval Running (Lactate Power)

HOW TO DEVELOP HOWITZER ARM STRENGTH

January 13, 2010	<p><u>Throwing</u>            1 set of 20 throws @ 60-ft.            1 set of 20 throws @ 75-ft.            1 set of 15 throws @ 90-ft.</p> <p>Total Body Workout (Single Leg Strength Focus)</p>
January 14, 2010	Interval Running (Aerobic Recovery)
January 15, 2010	<p><u>Throwing</u>            1 set of 20 throws @ 75-ft.            1 set of 20 throws @ 90-ft.            1 set of 10 throws @ 110-ft.</p> <p>Total Body Workout (Low Intensity &amp; Shoulder Prehab Focus)</p>
January 16, 2010	<p><u>Throwing</u>            1 set of 20 throws @ 75-ft.            1 set of 20 throws @ 90-ft.            1 set of 10 throws @ 110-ft.</p>
January 17, 2010	Off
January 18, 2010	<p><u>Throwing</u>            2 set of 15 throws @ 75-ft.            1 set of 20 throws @ 90-ft.            1 set of 15 throws @ 110-ft.</p> <p>Total Body Workout (Explosive &amp; Max Strength Focus)</p>
January 19, 2010	<p><u>Throwing</u>            2 set of 15 throws @ 75-ft.            1 set of 20 throws @ 90-ft.            1 set of 15 throws @ 110-ft.</p> <p>Interval Running (Lactate Power)</p>
January 20, 2010	Total Body Workout (Single Leg Strength Focus)
January 21, 2010	<p><u>Throwing</u>            2 set of 15 throws @ 75-ft.            2 set of 15 throws @ 90-ft.            1 set of 20 throws @ 110-ft.</p> <p>Interval Running (Aerobic Recovery)</p>

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January 22, 2010	<p><u>Throwing</u>                  2 set of 15 throws @ 75-ft.                  2 set of 15 throws @ 90-ft.                  1 set of 20 throws @ 110-ft.</p> <p>Total Body Workout (Low Intensity &amp; Shoulder Prehab Focus)</p>
January 23, 2010	Off
January 24, 2010	<p><u>Throwing</u>                  2 set of 15 throws @ 75-ft.                  2 set of 15 throws @ 90-ft.                  2 set of 15 throws @ 110-ft.</p>
January 25, 2010	<p><u>Throwing</u>                  2 set of 15 throws @ 75-ft.                  2 set of 15 throws @ 90-ft.                  2 set of 15 throws @ 110-ft.</p> <p>Total Body Workout (Explosive &amp; Max Strength Focus)</p>
January 26, 2010	Interval Running (Lactate Power)
January 27, 2010	<p><u>Throwing</u>                  2 set of 15 throws @ 75-ft.                  2 set of 15 throws @ 90-ft.                  2 set of 15 throws @ 110-ft.                  1 set of 10 throws @ 120-ft.</p> <p>Total Body Workout (Single Leg Strength Focus)</p>
January 28, 2010	<p><u>Throwing</u>                  2 set of 15 throws @ 75-ft.                  2 set of 15 throws @ 90-ft.                  2 set of 15 throws @ 110-ft.                  1 set of 10 throws @ 120-ft.</p> <p>Interval Running (Aerobic Recovery)</p>
January 29, 2010	Total Body Workout (Low Intensity & Shoulder Prehab Focus)
January 30, 2010	<p><u>Throwing</u>                  2 set of 15 throws @ 75-ft.                  2 set of 15 throws @ 90-ft.                  2 set of 15 throws @ 110-ft.                  1 set of 15 throws @ 120-ft.</p>

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January 31, 2010	<u>Throwing</u> 2 set of 15 throws @ 75-ft. 2 set of 15 throws @ 90-ft. 2 set of 15 throws @ 110-ft. 1 set of 15 throws @ 120-ft.
February 1, 2010	Total Body Workout (Explosive & Max Strength Focus)
February 2, 2010	<u>Throwing</u> 2 set of 15 throws @ 75-ft. 2 set of 15 throws @ 90-ft. 2 set of 15 throws @ 110-ft. 2 set of 15 throws @ 120-ft.  Interval Running (Lactate Power)
February 3, 2010	<u>Throwing</u> 2 set of 15 throws @ 75-ft. 2 set of 15 throws @ 90-ft. 2 set of 15 throws @ 110-ft. 2 set of 15 throws @ 120-ft.  Total Body Workout (Single Leg Strength Focus)