

In-Season Strength Training

Monday/Tuesday

Dead Lift - 4 Sets of 4 (Use 1-2 lighter sets to warm up body to movement)

Between each set they have 10 pull-ups

Notes:

- We get their 5 rep max at the beginning of the season and use that number for the 4x4.
- We keep it on a chart and if they finish the 4x4 with good form we will bump it 5 lbs for the next time.
- They are in groups of 2-3. We split the group and have half of the team to this on Monday and the other half on Tuesday. This thins out the group in the weight room and also gives us more space to live wrestle the half that isn't lifting.

Complex Finisher:

1. Thruster
2. Upright Row
3. Push Press
4. Curl
5. Hang Clean

Notes:

- We have them lifting in groups that are close to the same weight.
- Have them start by putting roughly half the body weight of the average size wrestler in the group on bar (heavy weights put 25-35 on each side of bar)
- We keep track of the weight each group is using and adjust up or down if needed. (This should be pretty tough though. Lessen weight if form is grossly suffering or if they are only getting a few reps in the 20 seconds.
- Encourage partners to cheer on and encourage them to have the bar in constant motion.
- Not allowed to set the bar down.

Progression

- **Week 1-3** 20 Seconds on 10 seconds off (get as many reps as possible in 20 seconds.)
- **Week 4-6** Increase one of the exercises to 30 seconds of work each week.
- **Week 7-8** Go back to 20 Seconds on 10 seconds off but increase the weight 5-10 lbs
- **Week 9-10** Use increased weight and complete circuit doing 5 reps of each exercise, then 3 reps of each and then 1 rep of each.
- **Week 11-12** Add 5-10 lbs and complete circuit doing 5 reps of each exercise, then 3 reps of each and then 1 rep of each.
- **Weeks 13-14** Perform the Week 1 routine.

Finish with Wall Walk

Wednesday/Thursday

Execute with partner 30 second periods rotating Stations

1. Jump Rope
2. Pull Ups
3. Foot Fires
4. Medicine Ball Slams
5. Band Shots
6. Wrist Rollers
7. Pushups w/ Dumbbell Rows
8. Burpees
9. Push Ups
10. Shins to Feet
11. Leg Lifts w/ Flutterers
12. Goblet Squats

Overall Notes:

Why at the end of practice?

1. Warmed up
2. Increase injury if done before practice (strength training is controlled, wrestling is not)
3. Don't need a huge work load to get the job done.
4. Incorporate specialized exercises, body weight exercises, foot speed etc.. Into warm-ups and conditioning drills
5. Don't perform day before competition.
 - a. If absolutely necessary then use body weight exercises and don't go to max effort
6. Set a program and stick to it. Worse thing is to try and wing it, you'll end up skipping and doing other things.