

Over the holidays when you do not have wrestling practice, you must be working out with the plan suggested in this packet EVERYDAY for at least 1 hour; ideally 1.5 – 2 hours. Remember that your calories burned for these personal training will not be as great as regular wrestling practice; which means your caloric intake for your diet indicated on your calorie calculator will be overstated. You can expect to burn about 250 – 400 calories with the personal training plan suggested. If you would like to burn more, increase your road work.

The training plan is assuming you do not have access to a wrestling mat. If you can find mat space, on top and/or replacing the warm up routine below, incorporate shadow wrestling, neck stretches, sprawl & shoot, and warm up exercises that required a mat.

Be creative with the equipment you have and space available. For example: find a park which may have play equipment that can be used for strength training; find hill, stairs to add resistance for your road work; if it's not safe to run fast, substitute with climbing the ladders, etc....

Every day, you must do the following:

1. Warm up
2. Road work
3. Anaerobic alactic & Anaerobic glycolysis interval training (short energy & medium energy)
4. Choice of Upper Body or Lower Body Training
5. Mental training
6. Cool down and static stretching

### Warm Up

Total time = 10 - 15 minutes

1. Jog with elbow circles
2. Side steps (inside & outside)
3. Touch the mat
4. Stance (inside & outside)
5. Heel/Butt & Feet touches
6. [KBands Training Wrestling Warm Up](#) (Watch video and copy)

### Road Work

Total time = 15 minutes

1. Jog slow speed x 2 minutes
2. Jog medium speed x 1 minute
3. Jog fast speed x 1 minute
4. Sprint 10 seconds + jog for 20 seconds x 2 times
5. Jog medium speed x 2 minutes
6. Jog fast speed x 2 minutes
7. Sprint 10 seconds + jog for 20 seconds x 2 times

### Anaerobic alactic & Anaerobic glycolysis interval training (short energy & medium energy)

Total time = 30 minutes

1. 6 second activity\* with 30 second rest x 4 sets
2. 10 second activity\* with 30 second rest x 4 sets
3. 12 second activity\* with 60 second rest x 4 sets

Take a break until heart rate comes down to normal. Then, continue below:

1. 60 second activity\* with 90 second rest x 6 sets

\*For each "activity" do the following exercises hard (make sure to mix them up):

- In-in-out-out (or chop your feet)
- Climb the ladder
- Side step drill
- Mountain climbers
- High jumps
- Switches

### Choice of Upper Body or Lower Body Training

Total time = 10 - 15 minutes

Do upper body one day, then lower body the next day, then repeat...

#### Upper Body

1. Judo push ups/regular pushups/wide or narrow pushups x maximum
2. Leg raises x 50 times (or maximum)
3. Hand-to-hands x 30 times (or maximum)
4. [Jackknife sit ups](#) x 20 times (or maximum)
5. Pull-ups x maximum
6. [Planks](#) x 30 seconds x 2

#1-6 x 3 sets (each time, reduce quantity by 15% - 30% if necessary)

#### Lower Body

1. Squats x 50 times (or maximum)
2. Hand plank with kick and arch x 30 times (15 on each side) (or maximum)
3. Lunges x 50 times (25 on each side) (or maximum)
4. [Plyometric jumps](#) (or high jumps) x 10 (or maximum)
5. Plyometric jumps (one leg) x 10 (5 on each side) (or maximum)

#1-5 x 3 sets (each time, reduce quantity by 15% - 30% if necessary)

## Mental Training

Visualize and run through as much of the following moves as realistically as possible mentally (always set up your shots):

Hand fighting (fighting collar ties, getting under hook, 2 on 1, faking, etc...)

Double leg series and counters

- double leg all the way down
- double leg straight to ankle lace

Single leg series and counters

- single leg all the way down with knee trip
- single leg finishing from the bottom
- single leg straight to lace from feet and bottom
- single leg, whizzer, counter on feet
- single leg, whizzer, counter on bottom

High crotch series

- high crotch, switch to double
- high crotch, to single and run the pipe
- high crotch, counter with crotch lift
- high crotch, run the pipe to barrel roll

Fireman's carry series

- fireman's carry all the way down
- fireman, sprawl, dragout
- fireman, sprawl, re-shoot

Front headlock

- sprawl, front head lock, jerk and spin
- sprawl, cross face, pancake
- sprawl, front headlock, head shuck
- sprawl, front head lock, inside cradle

Par Terre

- outside cradle
- arm bar
- ankle lace
- half nelson
- defending the half nelson
- defending the ankle lace
- defending the arm bar
- getting out of a pin

Throws

- Headlock
- Arm throw
- defending the headlock

## Cool down and Static Stretching

Total time = 5 - 10 minutes

Walk around, taking deep breaths

Do some static stretching.