

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. **Most ideally, do one quick 30 minute workout in the morning (warmup + road work only), and a main workout in the afternoon.** 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)
7. Yoga Sun Salutation routine

### 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 techniques we have covered as realistically as possible mentally (close your eyes and visualize) and physically (like shadow wrestling or even just moving your arms, hands, feet). Don't forget to set up your shots!

### Cool down and Static Stretching

Total time = 5 - 10 minutes

Walk around, taking deep breaths

Do some static stretching.

### Extra Stuff

Watch some wrestling on YouTube (United World Wrestling) channel. You can watch actual matches (like the Olympics, World Championships) and some of the documentaries they have.