

Wrestling Strength Plan

Monday: Max Effort Day

Wednesday: Strength-Endurance Day

Friday: Speed Day

Monday: Max Effort Day

- (1) Squat OR Deadlift variation (alt. each week): MAX
- (2) Opposite Squat/Deadlift exercise
- (3) Bench variation: 80% 5x2
- (4) Upper Back exercise 3x10
- (5) Abs exercise 3x10+
- (6) Grip work 2x10+

Friday: Speed Day

- (1) Squat variation 60% 8x2 OR Deadlift variation 60% 10x1 (alt. each week)
- (2) Opposite Squat/Deadlift exercise
- (3) Bench variation: 60% 6x4
- (4) Upper Back exercise 3x10
- (5) Abs exercise 3x10+
- (6) Grip work 2x10+

Wednesday: Strength-Endurance Day

6 x 5-minute Rounds

Strength Training Guidelines:

***Do not max out during the season**

Instead do the Squats 5x2 or Deadlifts 10x1 at 80%

***Constantly look to add weight (using good form)**

Muscles adjust to a constant weight & you won't make future improvements

***Constantly change exercises & weights**

Muscles will adjust to same activities & you won't make future improvements

***Move weight as hard and fast as possible (using good form)**

Each rep- Full Effort/Tunnel Vision- Go to war with the weight!

Train fast to become fast. If you train slow, your fast twitch muscle fibers will not be trained to improve. Maximize Force ($F = M \times A$)

***For muscle- Last set of each exercise (except Bench, Squat, Deadlift) go to failure.**

True Failure- get as many reps as possible, push to the farthest point you can push then hold for 5 seconds. Do the "negative" rep (from farthest point) for 10 seconds, until weight is returned to starting position. *This really tears the muscle for increased muscle mass.*

Frequency: Extreme workouts can occur every 72 hours. Speed Day should be 72 hours before Max Effort Day.

*Every 5th week, Max Effort is 80% for as many reps as possible for Squats & Bench only.

Objectives: *Improve STRENGTH, *Sport Specificity, & *Safety

*Force = Mass x Acceleration (*Newton's 2nd Law*)

*Get as strong as possible for your sport.

*Safety first. Don't get hurt or you'll be out and miss future workouts

EXERCISES

Squat/Hamstrings

Squats (5-12)	Glute Hams (2-12)	Leg Curls with Bands
Sled Pulls (6 trips, 200 feet)		

Deadlift/Lower Back

Good Mornings (5-10)	45 degree Hypers (6-10)	Hypers (3-8)
Reverse Hypers (6-15)		

Abs- standing (You don't lay down when you compete)

Side Bends	Side Deadlifts	Lat Machine Bends
Leg Raises	Landmines	Band Bends

Triceps (off-season only) No Dips or Tricep Bench Push-ups- Bad for shoulders

DB Extensions (reg, incl, decl)	BB Extensions (reg, inc, decl)	JM Press (nipples, throat, forehead)
Ring Pushups		

Upper Back- standing (You don't lay down when you compete. No palms out Pull-ups- bad for shoulders)

Pendlay Rows	Bent Over Rows	T Bar/ V Bar Rows
Wide Rows	DB Rows	Chin-ups/Neutral Grip Pullups

Grip Focus on FINGER strength. Forearm/wrist curls = bigger forearms & hands, but grip doesn't get stronger

Farmer's Carry	DB Head Swings	Towel Pushups/DB Rows
Fat Grip (Pullups/Curls)		

5-Minute Rounds

Farmers Carry	Sled Pull-Push	Sled Exercises
Bar Circuits (don't put bar down)	Rope Climbing (as much as possible)	Wall Squats
Carrying Heavy Object	Wheel Barrow Push	Walking Good Mornings
DB Shoulder Press		

Squat/Deadlift/Bench variations

SQUATS

Mostly use SUMO STANCE for hips

Mostly use BOX (parallel & below parallel) for less soreness & break momentum

Regular	75% Max reps (any variation)	Manta Ray
Zercher	Zercher (off the floor)	Front Squat
Cambered Bar	Parallel Box, Below Parallel Box	Using Bands/Chains

DEADLIFTS

Mostly use SUMO STANCE for hip strength

Regular	Rack Pull (different heights)	3-rep Good Mornings
Backwards Deadlift	Box Deadlift	Snatch Grip Deadlift
Deficit Deadlifts		

BENCH

Keep elbows in- protects your shoulders

Rarely go all the way down to your chest-Protects your shoulders

Protect your shoulders using more Floor press/Board press/Rack lockout

Regular	Decline	Incline
3-Rep Dumbbells	*Floor Press	*2,3,4 Board Press
*DB Floor Press	*Rack Lockouts (different heights)	Using bands/chains