

Alpha Wolf News

Vista Ridge High School Wolves Wrestling, Colorado



Diet Habits

Fueling your body to perform and heal is critical for success



Exercise Habits

Proper form will reduce risk of injury and promote consistent gains



Sleep Habits

Your body heals while sleeping, which is critical for gaining strength

Strength Training for Wrestling

We train to be powerful in common wrestling positions, while reducing the risk of injury when in those positions

There are many perspectives, methodologies and approaches to strength training. We will follow a strength training plan that is evidence based, safe, easy to follow, and complimentary to the seven (7) Basic Skills of wrestling. <http://content.themat.com/CoachesCorner/7-Basic-Skills-Guide.pdf>

1

SQUATS & LUNGES

4 of the 7 Basic Skills: Position, Level Change, Penetration, and Lifting

2

ROWS & PRESSES

4 of the 7 Basic Skills: Position, Motion, Lifting, and Arch & Turn

3

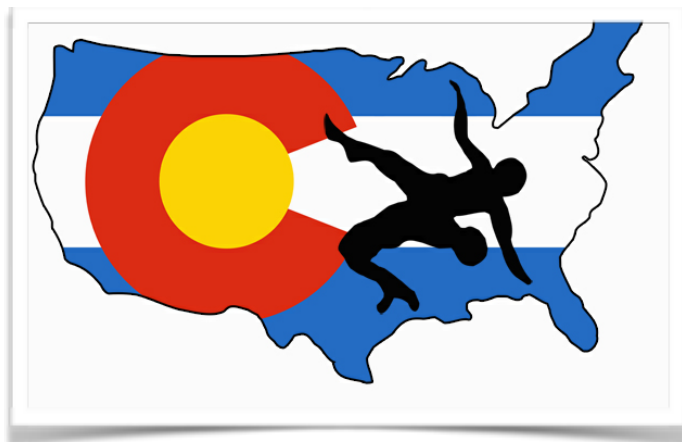
CLEANS & DEADLIFT

4 of the 7 Basic Skills: Position, Level Change, Penetration, and Lifting

Progressive Overload to compliment the 7 Basic Skills

Progressive overload involves a systematic and consistent increase in the demand we place on our body

The core of our progressive overloading strength training program will focus on the basic barbell lifts that compliment the 7 basic skills of wrestling. We will keep it simple for the initial 12-week introduction program, February 27 through May 19, to focus on proper form and address any rehab requirements from the regular season. The next 12-week program, May 22 through August 11, will focus on strength and mass building through progressive overloading that seeks to add 5 pounds each day. We will customize the strength program to each individual wrestler's goals in subsequent weeks, as well as adjust to counteract plateauing. The final 12-week program, August 14 through November 3, will focus on pre-season requirements to increase power and explosion, while customizing for individual weight certification goals.



“Strength training will compliment the 7 basic skills of wrestling.”

The core exercises include the following:

- Squat
- Deadlift
- Bench Press
- Barbell Row
- Overhead Press
- Hang Clean
- Hang Clean & Press
- Barbell Curls
- Lunges
- Pull-ups
- Dips

PROPER FORM AND POSITION IS CRITICAL TO YOUR SUCCESS

The Kindle version of the book Starting Strength: Basic barbell training (3rd edition) by Mark Rippetoe is only \$9.99 on Amazon

<https://www.amazon.com/Starting-Strength-Basic-Barbell-Training/dp/0982522738>

Additional free information about Starting Strength can be found at <http://startingstrength.com>

Watch the University of Iowa Wrestling Strength Training Program at <http://www.flowrestling.org/video/9592-iowa-lift#.WKvB6hjMy2w>

