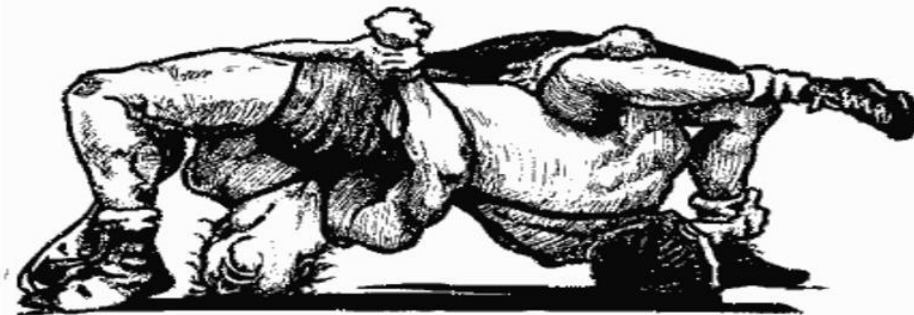


# Strength Training For Wrestlers All-Access Pass



**In-Season & Out-of-Season  
Programs for:**

**Youth–Middle School–High School**

**By Daryl Weber**

# Strength Training for Wrestlers – All-Access Pass (Sample)

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**This is a Sample Excerpt from:**

## **[Strength Training for Wrestlers – All Access Pass](#)**

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### **In-Season Strength Training**

It is important to continue to stick to some sort of strength program during the wrestling season. Even during phases where wrestlers are losing weight (which should be done in the proper manner and be focused on losing body fat) they should be sticking to a strength program.

### **Frequency:**

Typically during the season I would recommend strength training 2x per week.

### **When to Strength Train:**

I have found that it is hard for high school and middle school athletes to regularly train twice a day. This is why I like to do my strength training at the end of practice. I have found that some athletes are motivated and disciplined enough to strength train before school, focus all day at school and then have a good practice after school. These athletes are the exception, but the most wrestlers will perform better by strength training after school. If you have do have a highly-driven athlete that you are confident can handle a two-a-day regimen go for it but keep a close eye on school work, practice room performance, and competition performance.

### **What to do:**

I have had success with having two different types of workouts throughout the week. Early in the week our team will do a slower and heavier lift and later in the week will have one geared more toward a circuit style and heavy on body weight resistance. Early in the week athletes seem to have more energy, can handle bigger lifts with more weight, and later in the week often respond better to the quicker lifts.

### **Example Lifts:**

#### **Early Week Lift:**

Big Upper Body Lift & Big Lower Body Lift – 2-3 Sets of 3-5 reps after 1-3 warm up sets where they work out to the appropriate weight. Use the chart to determine a good weight for the rep count based off one rep maxes.

Pick 1-2 auxiliary lifts or body weight exercises to get a pump with. 2 sets of 10 on these exercises and possibly a max out on a body weight lift for the last set.

This lift shouldn't take more than 20-25 minutes.

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### ***This is what it might look like:***

**Dead Lift:** 2 light sets working up to 75% of 1 rep max for 3 sets of 3 reps

**Bench Press:** 2 light sets working up to 75% of 1 rep max for 3 sets of 3 reps (Rep out the last set)

**Straight Bar Curls:** 2 sets of 10 reps

**Pull ups:** 30 reps in the least amount of sets possible.

### **Wednesday/Thursday Lift:**

This lift is going to be a circuit type. A lot will depend on what you have available. Set up stations so you can put two wrestlers at each station and have them rotate through alternation on each exercise and then move onto the next.

You can increase or decrease the duration and intensity of the workout by changing time periods, number of exercises or resistance.

### ***This is what it might look like:***

30 second periods per station getting as many reps as possible. 2 wrestlers per station. Each does the 30 second period and then they move to the next.

### **Sample Stations:**

- Shots with band
- Pull ups
- Foot Fires
- Cuban Press w/ band
- Kettlebell Push Ups
- Shins to Feet (sitting on haunches and quickly jump to feet)
- Wrist roller
- Curls w/ heavy band
- Thrusters w/ Kettlebells or Dumbbells
- Lateral Raises w/ band
- Clap Pushups
- Burpees

6 minutes total work

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### **In-Season Notes:**

This is a general guideline but this type of program will allow your wrestlers to continue to lift heavier weights at least once per week and also provide another strength training session later in the week that won't be quite as taxing but still count towards your strength efforts.

Remember these are general programs and they can and should be tweaked for individuals or best situations for your team.

Having two heavier lifts a week can be beneficial some weeks but I wouldn't do too many weeks with two circuits. It is good to continue to handle heavier weights throughout the season as long as you drop the sets and reps. The lighter load will not tear down the athlete too much and the heavier weights will help drastically to keep strength up.

Your competition schedule will also determine when and what lifts might be important. Ideally, you should not do heavy lifting the day before a competition. If you have limited time during a week because of multiple competitions, then you may want to do the circuit type workout twice that week. This workout could be performed the day before a match.



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