

## **The Recovery Period**

### **The First Step in Off-season Training for Wrestlers**

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Let me start off by saying "**congratulations**" you have made it through another season. With that being said its now time to start the recovery period of the off-season and to do that we need to follow five simple steps.

1. Do nothing for the first 2-4 weeks after the season ends.
2. Take care of any injuries that were suffered.
3. Review your wrestling tapes
4. Review previous training program and identify any muscular weaknesses
5. MAKE A PLAN FOR NEXT YEAR

Now that we have listed the five things we need to do, let's take a look at each one individually.

#### **1. Do nothing for the first 2-4 weeks after the season end.**

Wrestling season just ended and your body needs a recovery period where there no stresses from the psychological and physical demands of training and competing.

The focus of this recovery period should be:

1. Rest
2. Relaxation
3. Avoid formal training
4. Enjoying not wrestling. Have some fun and most of all relax.

#### **2. Take care of any injuries that were suffered.**

During the season we all get bumps and bruises. Now is the time to take care of them. Whether you need take a visit to your family doctor, see a chiropractor, or been seen by a physical therapist now is the time to do it. Remember this recovery period is one month long. Most of you should be able to back to 100% depending on your injuries before its time to start "Off-season Training."

#### **3. Review your wrestling tapes.**

Forget about how the season ended. Its time to start looking at the areas you need to improve during this off-season. Example is if you have a great takedown but cannot hold anyone down, then get with your coaches and get signed up for some camps and start improving. Also if you don't have the funding to attend a camp, check out the videos we have listed at [www.grapplersgym.com](http://www.grapplersgym.com) from Coach Dave Mills and Tom Krepps. I guarantee that after watching them and practicing the techniques on them you will be a better wrestler.

What is important is look at those tapes and find ways you need to improve. And yes everyone can improve on something.

#### **4. Review previous training program and identify any muscular weaknesses.**

We all need to improve on our training. What is important is how we improve. When you review your wrestling tapes take a moment and also look at why you lost the matches you lost. Do you need to get stronger? Are you looking to wrestle the same weight class next year? And last but not least&. Were you happy with the results from this years training program?

If you answer "NO" to any of those questions then you need to take some time and write down what you felt you were lacking and improve on them.

Next step is to look in the mirror. Stand in front of the mirror with your shirt off spread your arms out like eagle and tell me what you see.

Are you one of the following people WHO?

- Have big biceps and no deltoids?
- Have the upper body of a Greek god and the lower body of a chicken?
- When you turn around do you have round front and side deltoids but flat rears?
- Can bench press your body weight but can't do a pull-up

**Did you know that many of the injuries you get can be prevented and most (not all) are caused by some type of muscular imbalance which creates instability and weakness your joints.**

#### **5. MAKE A PLAN FOR NEXT YEAR**

**Visit the following link to learn more about making your plan.**

**<http://www.grapplersgym.com/members/85.cfm>**

#### **Finally.**

If you follow the steps I mentioned above and take the full four weeks to rest and recover you will find that your body will be more energized and ready to train then ever before.

Trust me when I say this - you will see greater strength and conditioning gains and at the same time will have more fun training if you do what I mentioned above

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