

HAMPSHIRE WRESTLING PRE-SEASON TRAINING PROGRAM

Essentials

1. Equipment for individuals:

A pair of good running shoes, hand grippers, a beaded jump rope & a journal should be in your gym bag at all times.

2. Attitude – **“The Maniac Pack” – *Your extreme is our warm up!*** You have to live this to believe it. To believe it is to know your capabilities. To know your capabilities is to have the confidence to go beyond your opponent to succeed.
3. Trust – Experience is the foundation of trust. Follow the program and you will experience results.
4. Execution – Become an expert at the basic techniques; be stronger, faster and smarter to win. **Nothing fancy just victory.**

Weight Training - This work out has been designed specifically for wrestlers.

1. **Goal: To develop all the major muscle groups, muscle balance with an emphasis placed on hip, thighs and pulling muscles.**
2. M-W-F, circuit training. This is a strength building system. You are not to use light weights with high reps. You are to look to build strength and mass. **Utilizing the proper technique in executing the lifts is critical to this end.**
3. You will keep a journal of your lifts, including how many reps per set and the weight. I will check. **Those without journals will run extra.**
4. Group by size to minimize plate changes. If you can do more reps with the weight you have on the bar or dumb bell, then you need to increase the weight to meet the rep requirements.

*All lifts should be 3 sets – 10 -8 -5 reps starting at 85% of you max. You should establish a new max after lifting for the past 3 weeks.

MondayChest:

1. Incline Bench (bar bell)
2. Flat Bench Dumbbell press
3. Butterflies (machine)
4. Flat Bench (straight bar) Press
5. Flat Bench Dumbbell Flies

Triceps

1. Skull Crushers – French curls
2. Cable push downs (v-grip)
3. Dips
4. Tricep extensions

Abs -

1. 4 sets of 25 V-Sits
2. 4 sets of 25 Oblique sits
3. 3 sets of 25 Hyperextensions

WednesdayBack:

1. Lat Pull downs
2. Dead lift
3. Up right rows
4. Cleans
5. Incline Rows

Biceps & Forearms

1. Standing Alternating Dumb bell curls
2. Seated Wrist curls - facing up **or** (Wrist blaster)
3. Pull ups
4. Seated Wrist curls - facing down **or** (Wrist blaster)
5. Chin ups

Abs -

1. 4 sets of 25 V-Sits
2. 4 sets of 25 Oblique sits
3. 3 sets of 25 Hyperextensions

FridayShoulders:

1. Clean & Press
2. Dumb bell skier
3. Arm rotators with light dumbbells
4. Standing Butterflies
5. Seated Delt flies
6. Standing Alternating Front Raises

Legs:

1. Machine Leg Press
2. Hack Squats
3. Leg Curls
4. Toes Raises

Abs -

1. 4 sets of 25 V-Sits
2. 4 sets of 25 Oblique sits
3. 3 sets of 25 Hyperextensions

Cardio-Training

Goal: To be in better physical condition than any of our opponents. This means preparation to go the distance.

Running

1. Tuesdays & Thursdays bring running shoes!
2. We will use two methods to condition. You will need to push your lungs and heart to maximize this work out.
3. **The focus is on breathing and mental toughness during this training.**

Tuesdays & Thursdays

1. Hit the pavement. Get running outside at least 2 miles. Push yourself to better your times and complete a sub 10 mile time.
2. Sprints – alternate on your runs to sprint 1 minute jog 2 minutes. Push yourself through to mental toughness
3. Jump rope – get a jump rope and hit 5 sets of 100 jumps. A set counts when you hit all 100 in a row. Push yourself to increase your reps – Mental toughness
4. Hill run – DON'T JUST RUN FLAT!! Hit the hills and inclines to work both your cardio and legs.
5. Swim - Get in the pool and get laps done. This will strengthen your whole body and get your body working as one.

You determine how successful you will be by the work that you are willing to put in. Your goals will be achieved and surpassed only by the amount of work that you put in the desire that you have to beat them. Don't let today get in the way of tomorrow. Set your goals high and work every day for achievement. Training is mental toughness, desire, and heart. How far will you take yourself past your goals?

Set your goals

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

