

HARRISON WRESTLING



Strength and Conditioning Program

Introduction:

This is the Harrison High School Wrestling basic workout schedule. These are the most basic, entry level workouts that can be completed on your own (at home) or during spring and summer lifting sessions at the school. These are long and intense workouts that should take between 1 – 1.5 hours to complete. This is a three day lifting program to be completed in a 7 day period of time.

REST:

At least 2 days per week should be used for REST. You will improve because you REST; not because you over-train. You may notice that this leaves 2 additional days per week, for working out. These days should be used for interval endurance workouts and/or body weight lift exercises (pushups, pull-ups, air squats, etc.)

NOTE:

Intense weight training and conditioning is done as an addition to weekly wrestling and technique sessions. DO NOT ask to be exempt from sprints, pushups, etc. associated with wrestling practice; the answer is “no”.

Nutrition:

The best gains will be seen by individuals who eat a healthy diet in addition to this workout schedule. Shoot for 5 – 6 small meals or snacks per day with 15 – 25 grams of protein in each. Get plenty of healthy fats (olive oils, etc.) and limit processed carbohydrates and sugars. Our plates should be colorful; but not because there are Skittles on our plate. You can avoid the need to diet next season by remaining lean and healthy during what the Georgia High School Association refers to as the “off-season”. A poor diet will make you fat and lower your ability to perform in the weight room, on the mat, and everywhere else you may go.

HOYAFIT:

We will be instituting a new, circuit oriented, training program. This is an extremely intense set of workouts that will be completed on a 3 days on 1 day off basis. You must receive approval from one of the Coaches to Follow this program and therefore be exempt from the below workout schedule.

Exercise Technique:

Appropriate technique is vital to your strength and fitness gains. If you cannot use proper technique, ask a coach for assistance. Injuries and diminished strength gains result from improper technique. You can click on the exercise to view a demonstration of each exercise.

Day 1

Bench Press

5 Sets: 10 reps, 8 reps, 6 reps, 6 reps, 15 reps

Hang Clean

4 Sets: 10 reps, 8 reps, 6 reps, 6 reps

DB Fly + DB Incline Bench Press

2 Supersets: 10 reps DB Fly with 10 reps DB Incline BP, DB Fly with 10 reps DB Incline BP

Arnold Press (Curl-Press)

2 Sets: 8 – 10 reps, 8 – 10 reps

Triceps Pushdown

2 Sets: 15 reps, 15 reps

Dips

50 reps – As few sets as possible*

Curls

2 Sets: 8 – 10 reps, 8 – 10 reps

Reverse Curls

2 Sets: 8 - 10 reps, 8 – 10 reps

Medicine Ball Sit-ups

2 Supersets: 25 reps (chest), 25 reps (overhead), 25 reps (twist)

Run

40:20 for 1.5 miles **

* Complete more than 50 reps if you can in a single set.

** Run for 40 seconds (ALL OUT EFFORT), walk for 20 seconds, repeat until complete

Day 2

Back Squat

4 Sets: 10 reps, 8 reps, 6 reps, 6 reps

DB Walking Lunges

2 Sets: 50 feet (10 reps each leg)

24" Box Jumps*

3 Sets: 25 reps

Single Arm DB Rows

2 Sets: 8 – 10 reps

Barbell Row

2 Sets: 8 – 10 reps

Pull-Ups

25 Kipping

25 Strict

25 Curl-Ups

25 L Pull-Ups

Squat Cleans

2 Sets: 8 reps, 8 reps

Medicine Ball Sit-ups

2 Supersets: 25 reps (chest), 25 reps (overhead), 25 reps (twist)

Run

5K (3.1 miles)

* Lower the box height if you cannot hit 24"

Day 3

Deadlift

4 Sets: 10 reps, 8 reps, 6 reps, 6 reps

Sumo Deadlift High Pull

3 Sets: 10 reps, 10 reps, 10 reps

Thrusters

3 Sets: 10 reps, 8 reps, 6 reps

Dips

50 reps – as few sets as possible

Close Grip Bench Press

2 Sets: 10 – 12 reps, 10 – 12 reps

Burpees

2 Sets: 25 reps, 25 reps

Shoulder Complex

1 Set: 10 reps (front raise), 10 reps (side raise), 10 reps (bent over flies), 10 reps (upright rows),

10 reps (curl press)

Medicine Ball Sit-ups

2 Supersets: 25 reps (chest), 25 reps (overhead), 25 reps (twist)

Run*

6 min. on, 3 min. off, 4 min. on, 2 min. off, 2 min. on, 1 min. off, 1 min. on, 30 sec. off, 30 sec on.

*ALL OUT EFFORT