

ONE YEAR PLANNING CHART

TRAINING CYCLES AND PRACTICE

The following chart is presented to integrate the basic conditioning and technique information into a high school season program. The season is divided into EARLY, MID, and LATE SEASON. The level of the program will determine the extent to which these guidelines are followed. The percentages recommend the amount of time that should be spent on each parameter during the different months. These percentages are flexible and should reflect the individual needs of the wrestler.

Activity	EARLY SEASON			MID SEASON		LATE SEASON		
	September	October	November	December	January	February	March	
WARM UP - Stretching - Flexibility - Spinning - Running	N 0	20 min.	15 min.	15 min.	15 min.	15 min.	15 min.	
TECHNIQUE INSTRUCTION - Low intensity quality drilling 2.10 minutes - Speed quality 15 sec.' 2 min.	F 0 R M A L	25 min.	5 min.	10 min.	15 min.	15 min.	25 min.	
SCRIMMAGE - Low intensity long duration 2 min. . 15 min. - high intensity short duration 15 sec. .2 min.	P R A C T I C E S	10 min. 10 min.	15 min. 5 min.	20 min. 10 min.	15 min. 15 min.	15 min. 20 min.	10 min. 20 min.	
CONDITIONING - Ropes - Hill - Stairs - Distance work - Sprint work - Two man strength exercises - Weight training (endurance) - Wrestling specific games	90 min.	35 min.	25 min.	20 min.	10 min.	10 min.	10 min.	