

## Special Considerations for Training Wrestlers

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1. The extreme demands of wrestling require consideration toward the development of all the energy systems with emphasis on the lactic acid or glycolytic energy system. The nature of most wrestling matches would require 70-90% of the total energy production from this system.
2. More wrestling on the mat will result in the production of higher lactate levels in the upper extremities and higher demand for muscular endurance.
3. Wrestling from a standing position may require more energy from the aerobic system, provided there are limited breaks in the action.
4. Rest intervals are frequent in folk style wrestling. Data was collected on the activity-rest interval relationship during 50 collegiate wrestling matches. The average length of uninterrupted action was 40-50 seconds. Rest varied from 6-45 seconds. Average rest was 10-15 seconds.
5. Injury time outs shed a whole new light on the match. An athlete, who works to gain an edge on the opponent by pushing the intensity level of the match, may lose that edge as an injury timeout provides significant recovery.
6. More consideration for the development of the aerobic system may be appropriate for freestyle wrestling, which is one continuous 5-minute bout.
7. Short, powerful bursts of movement frequently occur throughout the course of a match (Particularly hip-rotary movements).
8. Previous to program design we must consider the potentially most demanding situation the wrestler might be presented with during completion. A wrestler might wrestle as many as six matches in one day during a collegiate tournament and have rest intervals of approximately 60 minutes between matches. This is extremely demanding and requires great endurance and capacity for recovery.
9. More consideration should be given to the application of isometric training in the preparation of wrestlers, particularly in the shoulders, arms and upper back. There are many instances of continuous isometric contraction particularly in defensive positions.

**Note From Ken:** There are numerous different philosophies on strength training. There are even more different strength training programs that are designed based on one or more philosophies. You have to do your homework and determine what program(s) you or your team is going to follow. Although you must follow a specific program for many weeks and months to see results, over time you can experiment with various programs and see what program gives you the best results. Plus, you should vary your training program throughout the year. Each training cycle in your program will vary. Early-season, in-season (peaking), off-season, and pre-season all call for different training methods. Regardless of what program you design or choose, the thoughts above should be taken into consideration.