

# NON-LINEAR SCHEDULE

Each workout in the Wesleyan University wrestling off-season strength training program targets one area of the body and one type of work. The area of the body stays consistent while the type of work rotates through Days 1, 2, and 3 each week. The cycle continues again with Week 4 repeating Week 1 and so on.

Area of Focus	Week 1	Week 2	Week 3
Day 1: Upper-Body Pushing	Max Reps	Max Strength	Speed/ Power
Day 2: Lower Body	Speed/ Power	Max Reps	Max Strength
Day 3: Upper-Body Pulling	Max Strength	Speed/ Power	Max Reps