

OFF-SEASON PROGRAM

Here is a sample week from the Wesleyan University wrestling off-season strength and conditioning program. Wrestlers are told to rest 30 to 60 seconds between each paired exercise.

Day 1

Area: Upper-body pushing Type: Max reps

Olympic lift: Push press or jerk 3x8 or squat jump 3x10

Pair A x 3: Flat bench press x 12-15 & single-leg squat opposite hand toe touch x 10 each side

Pair B x 3: Incline bench press x 12-15 & stability ball leg curl x 20

Pair C x 3: Bar dip x 12-15 & Medicine ball side throw x 10 each side

Pair D x 4: Standing single-leg tricep extension x 12-15 each leg & wrist curls x 12 both flexion and extension

Interval training x 10 min.

Day 2

Area: Lower-body Type: Speed/power

Olympic lift: Clean and push press 3x6

Pair A x 4: Front squat x 6-8 & stability ball push up x 10

Pair B x 3: Dumbbell walking lunges x 16 & bent-arm row with twist x 16

Pair C x 3: Stiff-legged dead lift x 6-8 & medicine ball twist chop x 8 each side

Dumbbell standing calf raise 4x6-8

Interval training x 10 min.

Day 3

Area: Upper-body pulling Type: Max strength

Olympic lift: Barbell or dumbbell clean 4x4

Pair A x 4: Lat pulldowns x 3-5 & single-leg front reach x 6 each side

Pair B x 4: Upright row x 3-5 & stability ball push up x 10

Pair C x 4: Bent over row x 3-5 & standing DB overhead rotational press x 10

Pair D x 4: Two-legged bicep curls x 8 & wrist curls x 4 (flexion x 2, extension x 2)

Interval training x 12 min.