

IN-SEASON PROGRAM

Here is a sample week from the Wesleyan University wrestling in-season strength and conditioning program. Wrestlers are told to rest one minute between sets except for the core circuit, which is to be completed with no rest.

Day 1

Olympic/combo lift (DB or weight bar):

Choose one from:

Clean (from thigh, knee, or floor) 3x5-6

Snatch 3x5-6

Push Press 3x5-6

Push Jerk 3x5-6

Split Jerk 3x5-6

Clean/Push Jerk or Push Press 3x4

Clean/Front Squat 3x4

Clean/Split Jerk 3x4

Split Clean 3x5-6

Pair A x 3: Flat bench press x 6-10
& upright row x 6-10

Lower-body: DB lunges forward or backward 2x16

Pair B x 2: Tricep extension x 12 & Bicep curls x 12

Core circuit x 3: Crunch sit up x 15 followed immediately by low back extension x 15

Day 2

Olympic/combo lift: same as Day 1

Pair A x 3: Incline bench with bar x 6-10 & lat pull down x 6-10

Lower body: Leg press 3x6-10

Pair B x 2: Tricep extension x 12 & Bicep curls x 12

Core circuit x 3: Medicine ball twisting chops x 15 followed immediately by stability ball extensions x 15