



WRESTLING USA

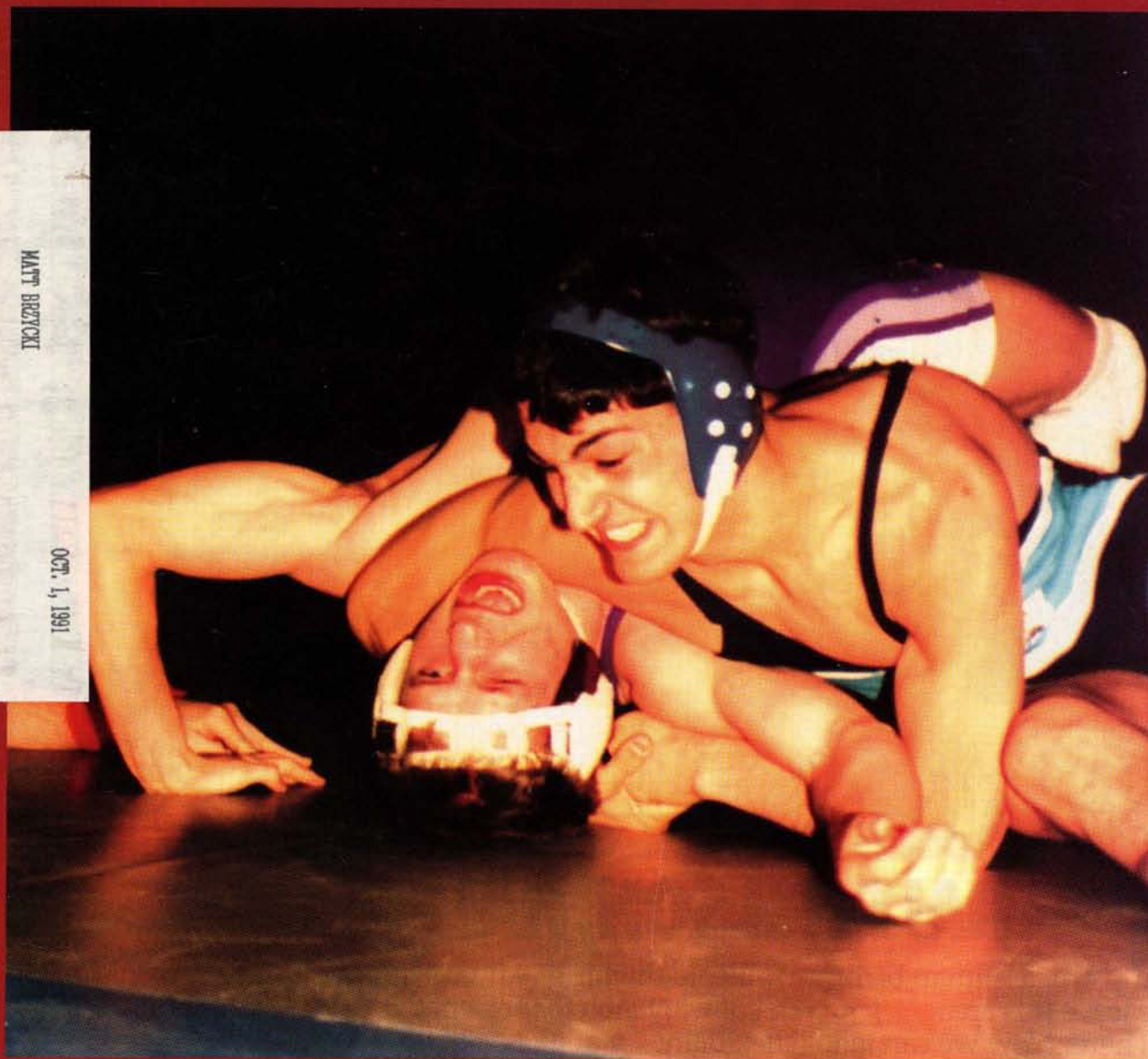
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MATT BRZYCKI
1010 RIVER ROAD
PISCATAWAY
NJ 08854

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**The 1991-92 Season Begins This Summer
Freestyle Wrestling: Analysis of Ground Wrestling
Spiral Ride To Half-Nelson/Wrist Grasp**

The 1991-92 Season Begins This Summer!



By Matt Brzycki
Strength Coach
Princeton University

The summer represents an excellent time for your wrestlers to relax and enjoy a well-deserved rest from the rigors of schoolwork. However, it's also important that they continue to strength train and condition during these months for three reasons. First of all, they can make extremely significant strength gains over the course of the summer. Secondly, they won't waste valuable time working themselves back into shape when September arrives since they'll already be in shape. Finally, it will be easier for them to maintain a relatively stable bodyweight throughout the summer.

As a coach, there are several things that you can do to assist your athletes in their summer training. One approach is to give them a summer conditioning program in which you prescribe exactly what you want them to do each day.

This article will detail a comprehensive, efficient and productive conditioning program for wrestling that can be used throughout the summer of 1991. As a matter of fact, it's the same program that I'll be giving to this year's Princeton University Wrestling Team!

The Summer Program

In order for an athlete to wrestle at his full potential, it is important for him to be as highly conditioned as possible. This should be no surprise to any wrestler who has ever experienced aching muscles, burning lungs and a pounding heart after a grueling match!

The exact purpose of a summer conditioning program should be to progressively overload the energy systems which are specific to wrestling. So, there's no need for a wrestler to run countless miles since we are not trying to make him into a cross-country runner. However, we are trying to

make him better prepared for the sport of wrestling.

This fifteen week program consists of three weekly workouts which are to be performed every other day. The program is divided into three distinct phases which emphasize various energy systems.

A Conditioning Calendar (Figure #1) details what the athletes are to do during the summer months on a daily basis in terms of both lifting and running. By no means is the running program carved in stone! There are simply too many individual differences — such as body proportions, body size, body composition, rate of adaptation to training, chronological age, level of maturation, motivation, emotional makeup and muscle fiber type — to create a standardized conditioning program that is appropriate for everyone in a particular athletic population.

For this reason, I've developed five separate Conditioning Schedules (Figure #2). As such, my suggestion is to follow the general guidelines that are presented but you (or your athletes) may adjust the distances and/or running times as needed to account for individual variations.

Fitness Assessment

Each five week phase begins with a 1.50 mile run to assess one's general level of fitness. An athlete's current level of fitness will dictate which of the five Conditioning Schedules he is to utilize.

To find out which Conditioning Schedule to use, you must estimate your oxygen uptake by following these steps:

1. Convert your running time into seconds.
2. Divide your running time (in seconds) into 28,962. (Dust off those calculators!)

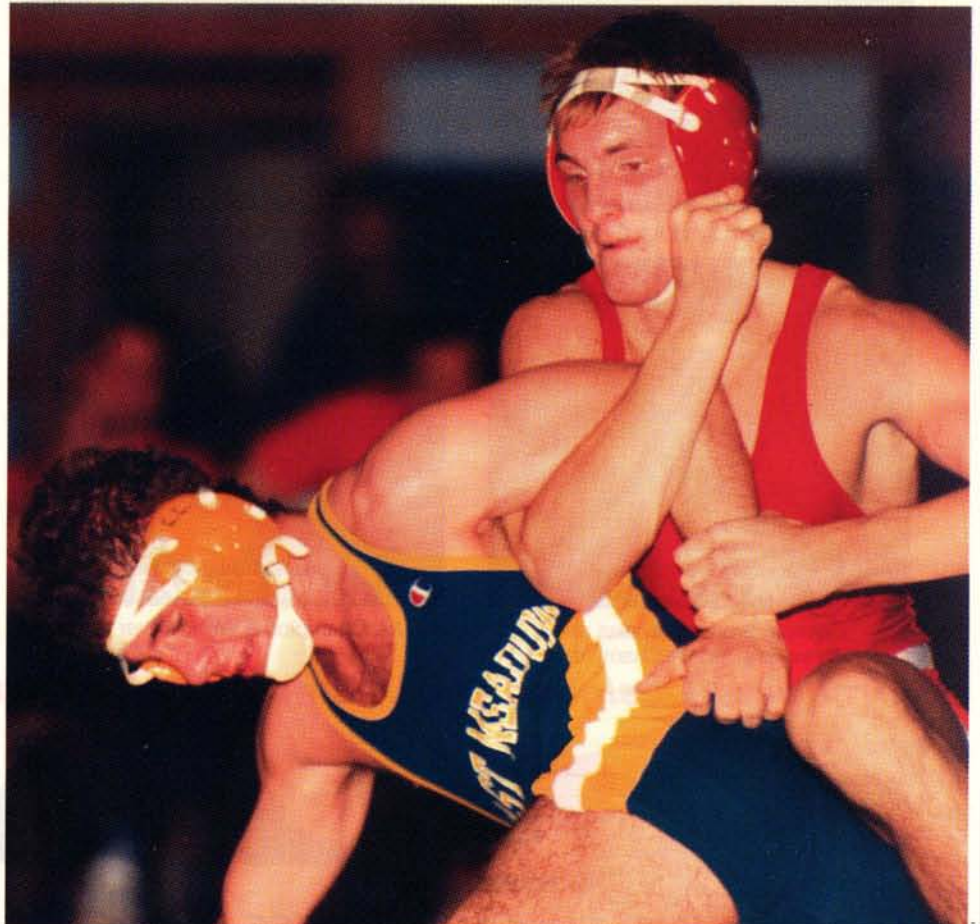


Photo - New York Final - 155 lb. Brett Lassen, Jr. (Connetquot) vs. Eric Petruzzo (East Meadow High School. Lassen won 12-5. Photo by Peter Venier

3. Add 3.5.

For example, suppose that it took you 10:00 (or 600 seconds) to finish the 1.50 mile run. Dividing 600 into 28,962 gives you about 48.27. Adding 3.5 gives you 51.77. This means that you consumed about 51.77 milliliters of oxygen for every kilogram that you weighed during each minute of your 1.50 mile run. Referring to Table #1, you'll see that this value (51.77) falls between the range of 51.5-56.4. This indicates that you should follow Conditioning Schedule II (up until your next fitness assessment). Note that these fitness assessments are scheduled three times during the summer months — on June 4, July 9 and August 13.

Conditioning Test

Each five week phase ends with a Conditioning Test to determine the wrestler's level of conditioning. This particular test is specific to the sport of wrestling. The test begins with an 880 yard run. After a three minute recovery period, he must run 440 yards. Following another three minute recovery, he must run another 440 yards. After a two minute recovery, he must run a final 200 yards. In short, the Conditioning Test would be: run 880 yards, rest 3:00, run 440 yards, rest 3:00, run 440 yards, rest 2:00 and run 220 yards. The athlete should try to complete each run within the times prescribed in his particular Conditioning Schedule. Referring to Figure #2, an individual using Conditioning Schedule II should run the 880 in 2:45 - 3:03, the first 440 in 1:20 - 1:29, the second 440 in 1:27 - 1:36 and the 220 in 0:39 - 0:43. Note that Conditioning Tests are scheduled on July 6, August 10 and September 14.

Conditioning Phase I

Regardless of the predominant energy system(s) necessary to perform a given sport, a properly organized conditioning program should begin with an aerobic phase to overload the oxygen intake, transport and utilization systems in order to build a solid training foundation. Therefore, this first five week phase is designed to develop the aerobic pathways.

Photo - New York East Meadow Tournament. 167 lb. Final, Danny Majcher (E Meadow) vs. John Randozzo (Connetquot)
Photo by Peter Venier

If you look at June 18 on the Conditioning Calendar, you will notice that Workout "D" is scheduled. To find out what Workout D entails, refer to the Conditioning Schedules in Figure #2. Note that Workout D involves a 2.00 mile run and that the prescribed running times are listed below each of the five Conditioning Schedules. So, an individual using Conditioning Schedule II should try to run the 2.00 miles in 12:10 - 13:24.

Conditioning Phase II

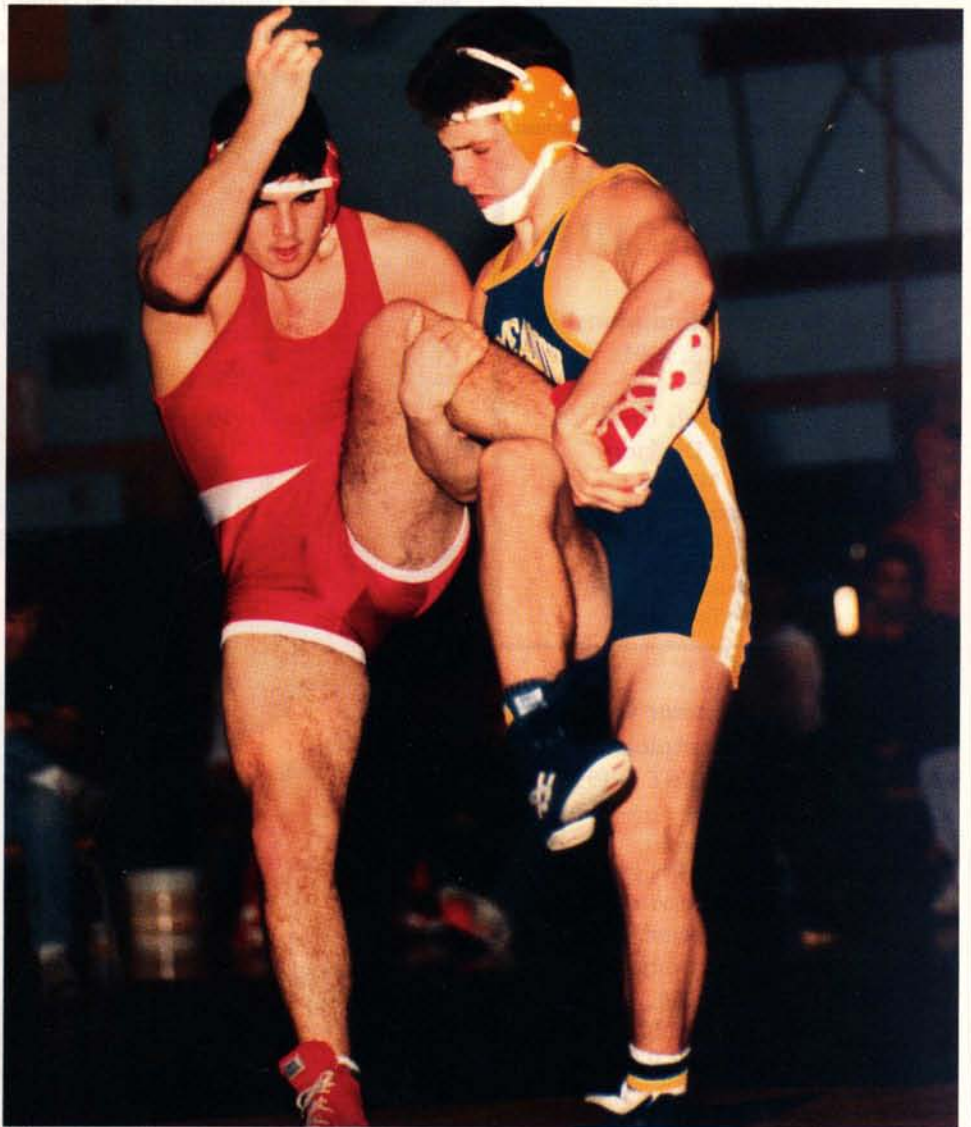
During this phase of conditioning, your wrestlers will concentrate on their anaerobic pathways. This is mainly accomplished through short-term, high-intensity efforts (i.e. sprinting at maximal speeds). According to exercise physiologists,

the anaerobic pathways are involved about 90 percent of the time in the sport of wrestling.

Generally, this conditioning phase involves sprints at distances of 440 yards or less. Aerobic/endurance training should be continued twice per week throughout this phase to maintain an aerobic base.

If you refer to July 13 on the Conditioning Calendar, you'll see that Workout "I" is scheduled on this date. Workout I is detailed in the Conditioning Schedules. If an athlete is using Conditioning Schedule II, this particular workout would be as follows:

4x440 yd in 1:27 - 1:36
1x220 yd in 0:42 - 0:46
1x110 yd in 0:19 - 0:21



Appropriate rest periods between sprints are necessary so that an athlete can perform each sprint with maximal speed. Generally, the recovery intervals between sprints depend upon the distance of the sprint. For instance, the recovery period for an 880 should be about the same length as the time that it took to run it; the recovery period for a 660 and 440 should be about twice as long as the time that it took to run them; finally, the recovery period for a 220 and a 110 should be three times as long as the time that it took to run them. So, for Workout I an athlete should run 440 yards with a goal of 1:27 - 1:36. After resting about 4:00, he would then run another 440 yards with the same goal of 1:27 - 1:36. Another 4:00 recovery would follow. The remainder of workout I would be: run 440 yards in 1:27 - 1:36, rest about 4:00, run 440 yards in 1:27 - 1:36, rest about 4:00, run 220 yards in 0:42 - 0:46, rest about 3:00 and run 110 yards in 0:19 - 0:21.

TABLE #1: DETERMINING YOUR CONDITIONING SCHEDULE FROM YOUR PREDICTED OXYGEN UPTAKE VALUE

Oxygen Uptake Use Schedule	34.0-38.4	38.5-43.4	43.5-51.4	51.5-56.4	56.5-61.0
	V	IV	III	II	I

Conditioning Phase III

The anaerobic and aerobic energy systems are integrated in this phase of conditioning. Exercise physiologists suggest that a blend of the anaerobic and aerobic pathways are involved roughly 10 percent of the time in wrestling. In general, this is accomplished by running distances between 660 to 880 yards. Pure aerobic work is continued once a week throughout this phase of conditioning.

The First Step

Athletes cannot wrestle at higher levels of competition without strength training and conditioning on a regular basis during the off-season. Giving your athletes a summer program will encourage them to prepare for future seasons. You now have the basis for an effective and productive conditioning program for wrestling. But it's up to you to take that first step. Remember, the 1991 - 92 season begins this summer!

Photo - NCAA Division I, 150 lb. semi-finals. Penn State's Tim Wittman takes down Northern Iowa's Gary Steffensmeier, Steffenmeier won 5-4. Photo by Peter Venier

A.A.U. YOUTH CHAMPIONSHIPS

Grand National Championships
JULY 10-13, 1991

Kellogg Arena, Battle Creek, MI
Tournament Director:

Warren Wilson
29217 Commonwealth,
Roseville, MI 48066
Phone: 313-775-5244

Must Qualify Through Your AAU
Association Tournament

**National AAU Junior Olympic
Dual Meet Championships**
JULY 30 - AUGUST 3, 1991

Tallahassee, FL

Must be born in 1973, 1974, 1975, 1976
participation by association teams only

Meet Director:
Michael L. Smith,
PO Box 146,
Newport, PA 17074
Phone 717-567-9212

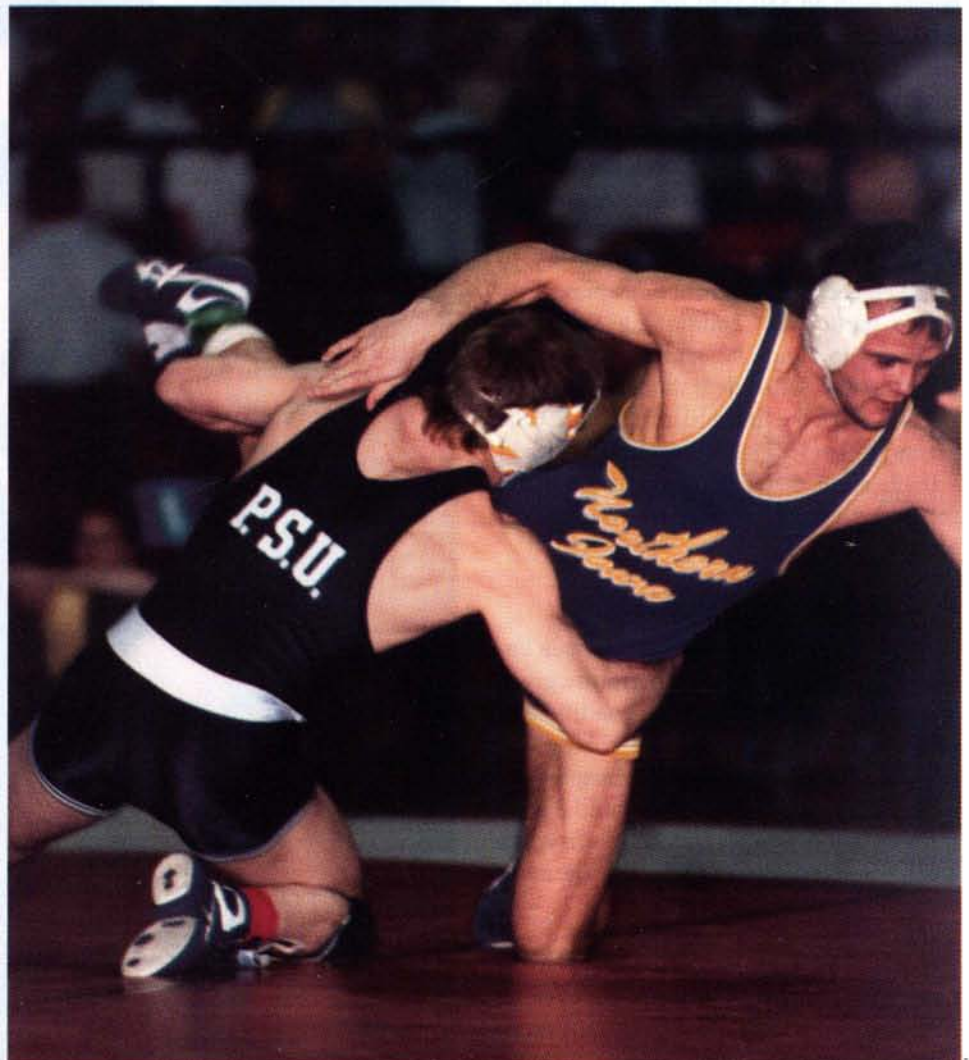


FIGURE #1: CONDITIONING CALENDAR

JUNE 1991

SUN	MON	TUE	WED	THURS	FRI	SAT
						1 OFF
2 OFF	3 LIFT	4 A	5 LIFT	6 B	7 LIFT	8 C
9 OFF	10 LIFT	11 C	12 LIFT	13 C	14 LIFT	15 D
16 OFF	17 LIFT	18 D	19 LIFT	20 D	21 LIFT	22 E
23 OFF	24 LIFT	25 E	26 LIFT	27 E	28 LIFT	29 F
30 OFF						

AUGUST 1991

SUN	MON	TUE	WED	THURS	FRI	SAT
				N	LIFT	3 O
4 OFF	5 LIFT	6 N	7 LIFT	8 P	9 LIFT UPPER BODY ONLY	10 G
11 OFF	12 OFF	13 A	14 LIFT	15 Q	16 LIFT	17 R
18 OFF	19 LIFT	20 S	21 LIFT	22 T	23 LIFT	24 U
25 OFF	26 LIFT	27 V	28 LIFT	29 W	30 LIFT	31 X

JULY 1991

SUN	MON	TUE	WED	THURS	FRI	SAT
	1 LIFT	2 F	3 LIFT	4 Happy Independence Day	5 LIFT (UPPER BODY ONLY)	6 G
7 OFF	8 OFF	9 A	10 LIFT	11 H	12 LIFT	13 I
14 OFF	15 LIFT	16 H	17 LIFT	18 J	19 LIFT	20 K
21 OFF	22 LIFT	23 J	24 LIFT	25 L	26 LIFT	27 M
28 OFF	29 LIFT	30 L	31 LIFT			

SEPTEMBER 1991

SUN	MON	TUE	WED	THURS	FRI	SAT
1 OFF	2 HAPPY LABOR DAY	3 Y	4 LIFT	5 W	6 LIFT	7 X
8 OFF	9 LIFT	10 Z	11 LIFT	12 P	13 LIFT	14 G
15 OFF	16 WELCOME BACK WRESTLERS!	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

FIGURE #2: CONDITIONING SCHEDULES

WORKOUT/ DISTANCE	PRESCRIBED RUNNING TIMES BASED ON PREDICTED OXYGEN UPTAKE				
	I	II	III	IV	V
	FITNESS ASSESSMENT TO DETERMINE GOALS FOR RUNNING TIMES				
A/ 1.50 mi					
B/ 1.50 mi	8:24- 9:06	9:07- 10:03	10:04-12:04	12:05- 13:47	13:48-15:50
C/ 1.75 mi	9:48- 10:38	10:39- 44	11:45-14:04	14:05- 16:05	16:06-18:28
D/ 2.00 mi	11:12-12:09	12:10-13:24	13:25-16:05	16:06- 18:23	18:24-21:06
E/ 2.25 mi	12:36-13:39	13:40-15:05	15:06-18:06	18:07- 20:41	20:42-23:44
F/ 2.50 mi	13:59-15:10	15-16:45	16:46-20:07	20:08-22:59	23:00-26:23
G/ 1X880 yd	2:30- 2:44	2:45- 3:03	3:04- 3:43	3:44- 4:18	4:19- 4:59
1X440 yd	1:13- 1:19	1:20- 1:29	1:32- 1:49	1:50- 2:06	2:07- 2:27
1X440 yd	1:20- 1:26	1:27- 1:36	1:37- 1:56	1:57- 2:13	2:14- 2:34
1X220 yd	0:35- 0:38	0:39- 0:43	0:44- 0:53	0:54- 1:01	1:02- 1:12
H/ 2.75 mi	15:23-16:41	16:42-18:26	18:27-22:07	22:08-25:17	25:18-29:01
I/ 4X440 yd	1:20- 1:26	1:27- 1:36	1:37- 1:56	1:57- 2:13	2:14- 2:34
1X220 yd	0:38- 0:41	0:42- 0:46	0:47- 0:56	0:57- 1:04	1:05- 1:15
1X110 yd	0:17- 0:18	0:19- 0:21	0:22- 0:26	0:27- 0:30	0:31- 0:35
J/ 3.00 mi	16:47-18:13	18:14-20:06	20:07-24:08	24:09-27:35	27:36-31:39
R/ 4X440 yd	1:20- 1:26	1:27- 1:36	1:37- 1:56	1:57- 2:13	2:14- 2:34
1X220 yd	0:38- 0:41	0:42- 0:46	0:47- 0:56	0:57- 1:04	1:05- 1:15
2X110 yd	0:17- 0:18	0:19- 0:21	0:22- 0:26	0:27- 0:30	0:31- 0:35
L/ 3.25 mi	18-19:44	19:45-21:47	21:48-26:09	26:10-29:53	29:54-34:17
N/ 3X440 yd	1:20- 1:26	1:27- 1:36	1:37- 1:56	1:57- 2:13	2:14- 2:34
3X220 yd	0:38- 0:41	0:42- 0:46	0:47- 0:56	0:57- 1:04	1:05- 1:15
3X110 yd	0:17- 0:18	0:19- 0:21	0:22- 0:26	0:27- 0:30	0:31- 0:35
N/ 3.50 mi	19:35-21:15	21:16-23:28	23:29-28:10	28:11- 32:11	32:12-36:56
O/ 3X440 yd	1:20- 1:26	1:27- 1:36	1:37- 1:56	1:57- 2:13	2:14- 2:34
4X220 yd	0:38- 0:41	0:42- 0:46	0:47- 0:56	0:57- 1:04	1:05- 1:15
2X110 yd	0:17- 0:18	0:19- 0:21	0:22- 0:26	0:27- 0:30	0:31- 0:35
P/ 2.0 mi jog	12:48-13:53	13:54-15:19	15:20-18:23	18:24-21:01	21:02-24:07
Q/ 2X880 yd	2:43- 2:57	2:58- 3:16	3:17- 3:56	3:57- 4:31	4:32- 5:12
2X440 yd	1:20- 1:26	1:27- 1:36	1:37- 1:56	1:57- 2:13	2:14- 2:34
2X220 yd	0:38- 0:41	0:42- 0:46	0:47- 0:56	0:57- 1:04	1:05- 1:15
R/ 2X440 yd	1:18- 1:24	1:25- 1:34	1:35- 1:54	1:55- 2:11	2:12- 2:32
6X220 yd	0:38- 0:41	0:42- 0:46	0:47- 0:56	0:57- 1:04	1:05- 1:15
3X110 yd	0:17- 0:18	0:19- 0:21	0:22- 0:26	0:27- 0:30	0:31- 0:35
S/ 3.75 mi	20:59-22:46	22:47-25:08	25:09-30:10	30:11-34:29	34:30-39:34
T/ 1X880 yd	2:37- 2:51	2:52- 3:10	3:11- 3:50	3:51- 4:25	4:26- 5:06
1X660 yd	2:01- 2:11	2:12- 2:26	2:27- 2:56	2:57- 3:22	3:23- 3:53
2X440 yd	1:20- 1:26	1:27- 1:36	1:37- 1:56	1:57- 2:13	2:14- 2:34
4X220 yd	0:38- 0:41	0:42- 0:46	0:47- 0:56	0:57- 1:04	1:05- 1:15
U/ 2X440 yd	1:18- 1:24	1:25- 1:34	1:35- 1:54	1:55- 2:11	2:12- 2:32
7X220 yd	0:38- 0:41	0:42- 0:46	0:47- 0:56	0:57- 1:04	1:05- 1:15
2X110 yd	0:17- 0:18	0:19- 0:21	0:22- 0:26	0:27- 0:30	0:31- 0:35
V/ 3.75 mi	20:53-22:40	22:41-25:02	25:03-30:04	30:05-34:23	34:24-39:28
W/1X880 yd	2:35- 2:49	2:50- 3:08	3:09- 3:48	3:49- 4:23	4:24- 5:04
1X660 yd	2:00- 2:10	2:11-2:25	2:26- 2:55	2:56- 3:21	3:22- 3:52
1X440 yd	1:17- 1:23	1:24- 1:33	1:34- 1:53	1:54- 2:10	2:11- 2:31
6X220 yd	0:38- 0:41	0:42- 0:46	0:47- 0:56	0:57- 1:04	1:05- 1:15
X/ 2X440 yd	1:16- 1:22	1:23- 1:32	1:33- 1:52	1:53- 2:09	2:10- 2:30
8X220 yd	0:38- 0:41	0:42- 0:46	0:47- 0:56	0:57- 1:04	1:05- 1:15
1X110 yd	0:17- 0:18	0:19- 0:21	0:22- 0:26	0:27- 0:30	0:31- 0:35
Y/ 4.00 mi	22:23-24:17	24:18-26:49	26:50-32:11	32:12-36:47	36:48-42:12
Z/ 4.00 mi	22:15-24:09	24:10-26:41	26:42-32:03	32:04-36:39	36:40-42:04