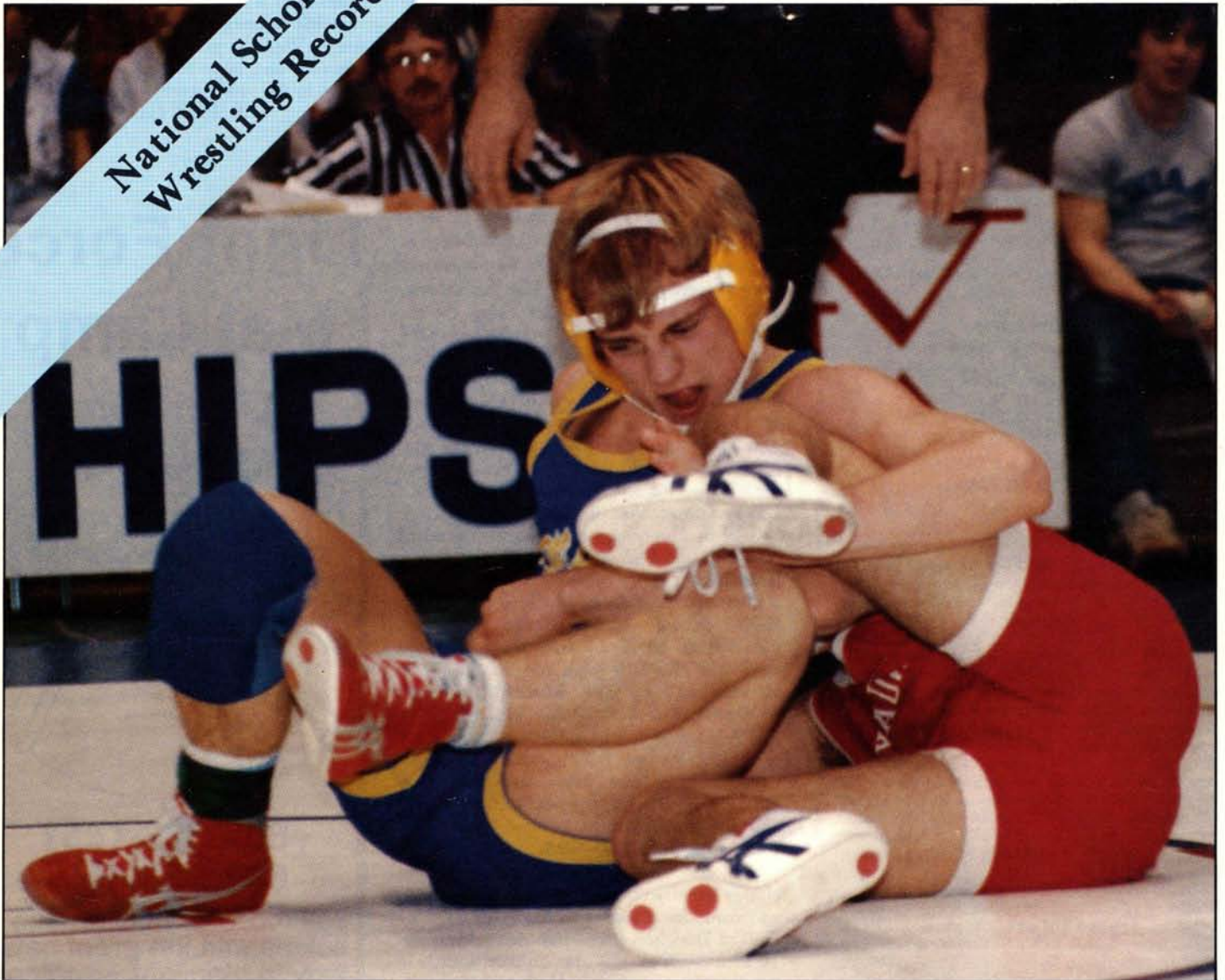




WRESTLING USA

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*National Scholastic
Wrestling Records*



- ★ The Ultimate "State Champion" ★
- ★ Summer Conditioning Program For Wrestling ★
- ★ The Importance of Cardio-Respiratory Sport,
Specific Fitness in Wrestling ★

COACHING TIPS

COACHING TIPS

A technique that has excellent potential for interscholastic as well as freestyle wrestling.

Japanese Under Arm Spin Series

By Dr. Ken Cox

is a regular feature of Wrestling U.S.A. It's an opportunity for coaches, trainers, athletes, educators, etc. to share some helpful information with readers across the country. Tips, techniques, insights, special training, conditioning and equipment are all good meat for Coaching Tips.

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Send initial ideas, rough or finished articles to Wrestling U.S.A.

A running program which will overload your energy system and better prepare you for wrestling.

Summer Conditioning Program For Wrestling

By Matt Brzycki
Assistant Strength Coach, Rutgers

A. Introduction

This past April 27, 1985, I had the privilege to be invited by Dr. Bill Connor, athletic director at Pacific University in Forest Grove, Oregon, to be the guest lecturer at the Pacific Wrestling Coaches Clinic. During the first five-hour block of instruction I discussed the "Soviet Wrestling System." During the sixth and final hour we conducted a traditional "show and tell" session, where clinic participants and Pacific University wrestlers discussed and demonstrated some of their favorite techniques. Two senior members of the Pacific University team, Tim Durkin (Anaconda) and Mike Ranieri (Great Falls) demonstrated the "Japanese Under Arm Spin Series". Both wrestlers were 1980 Montana prep champions and learned the series from their respective coaches, Barry Huot at Anaconda and Floyd Vaughan and Brendt Noon at Great Falls. During the past four years at Pacific they had the opportunity to perfect this series under Dr. Mike Clock, who has led the Bulldogs to 17 consecutive Northwest Conference team championships and continual high national (NAIA) rankings. This series impressed me as having excellent potential for interscholastic as well as freestyle wrestling.



B. Japanese Under Arm Spin Series

1. Regular Under Arm Spin

From the neutral position (See page 6) the offensive wrestler secures a left arm tie-up with his opponent's right arm (photo 2). From here the offensive wrestler pivots on the ball of the left foot and steps through with the right leg (photo 3-front angle). It is important to emphasize that the offensive wrestler must secure a tight grip with his hands and drop his hips on the rotation and maintain good balance (photo 4-back angle). From this position the offensive wrestler pulls downward (photo 5-rear angle) and begins his rotation (photo 6) and continues his rotation (photo 7) to the mat. Again, maintaining a tight grip on his opponent's right arm is crucial in executing this throw. To complete this maneuver the offensive wrestler (photo 8) moves from a right angle (photo 9) to an upper four-quarter or tripod pinning combination (photo 10).

2. Counter Whizzer Throw

From the neutral position (photo 1), the opponent (R) attempts

continued page 6

In order to effectively prescribe a conditioning program, coaches must identify the major energy system(s) utilized to perform a given sport or activity. Basically, there are three metabolic systems available: (1) the phosphagen (or ATP-PC) system; (2) the lactic acid system (anaerobic glycolysis); and (3) the oxygen (or aerobic) system. Since the primary energy system(s) for an activity can be estimated on the basis of performance time, it follows that wrestling requires the use of the anaerobic pathways, namely at ATP-PC and lactic acid energy systems. Thus, a training regimen for wrestling should strive to develop the physiological capacities of these particular systems.

Program Organization

The main purpose of our running program is to progressively overload the energy systems required for wrestling, thereby stimulating biochemical adaptations which are specific to the sport. Accordingly, our program is divided into three distinct phases which emphasize the various energy systems: (1) Aerobic; (2) Anaerobic and Aerobic; and (3) Anaerobic. Briefly, the twelve week program consists of three weekly workouts to be performed every other day.

A summary of our program is provided in figure 1. (see page 8).

Phase I: Aerobic

Regardless of the major metabolic system(s) necessary to perform a given sport, a properly organized running program should begin with an aerobic phase to overload the oxygen intake, transport and utilization systems in order to build a base of conditioning. Once a solid aerobic foundation has been established through long distance running, anaerobic work may start gradually.

This four-week phase begins with a twelve minute run to assess each athlete's initial level of conditioning. The next workout is a 2800 meter run (roughly 1.75 miles). Thereafter, the prescription for each session alternates times and distances according to the goal: the times increase by one minute per week and the distance by 200 meters per week (see figure 1 on page 8).

Phase II: Anaerobic and Aerobic

The anaerobic and aerobic energy systems are integrated in this four week phase of conditioning, during which interval training is introduced. Various training methods can be considered as



continued page 8

FIGURE 1

Phase I: Aerobic

Week One Workout	Prescription
1	12:00 run
2	2800m run
3	12:00 run
4	3000m run
Week Two	
5	13:00 run
6	3000m run
7	14:00 run
Week Three	
8	3200m run
9	14:00 run
10	3400m run
Week Four	
11	15:00 run
12	3400m run

Phase II: Anaerobic and Aerobic

Week Five Workout	Prescription
13	3600m run
14	16:00 run
15	3600m intervals*
16	3800m run
Week Six	
17	17:00 run
18	3800m intervals*
19	4000m run

Week Seven

20	18:00 run
21	4000m intervals*
22	4200m run
Week Eight	
23	19:00 run
24	4200m run intervals*

Phase III: Anaerobic

Week nine Workout	Prescription
25	20:00 run
26	sprints**
27	4400m intervals*
28	21:00 run
Week Ten	
29	sprints**
30	4600m intervals*
31	22:00 run
Week Eleven	
32	sprints**
33	4800m intervals*
34	23:00 run
Week Twelve	
35	sprints**
36	5000m intervals*

*see figure 2 on page 9 for specific interval workouts

**see figure 3 on page 9 for specific sprint workouts

Summer Conditioning continued

interval training, in which repeated bouts of high intensity exercise are alternated with periods of relief (a walk or slow jog) until the prescription is completed. Prescriptions differ in the distance of the work intervals, the length and type of the relief intervals, and the number of repetitions of each work interval.

Intermittent periods of work and relief permit a partial recovery of the ATP-PC energy system which is normally exhausted in a relatively short period of time during a continuous run. Therefore, interval training allows an athlete to work at a higher intensity for a longer duration with less physiological stress by delaying the onset of fatigue associated with anaerobic glycolysis.

Specific interval workouts are detailed in figure 2. Please note that a prescription described as "9x100 (300)" means that nine 100 meter runs are to be performed with a 300 meter jog during each relief interval (i.e., the athlete runs 100 meters, jogs 300 meters, runs 100 meters, jogs 300 meters etc.).

Phase III: Anaerobic

During this four-week phase of training, the anaerobic pathways are affectively overloaded in order to develop the ATP-PC system. This is accomplished by repeating sprints at maximal speed. Long distance running should be continued throughout

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this phase once per week to maintain an aerobic base.

Figure 3 lists specific sprint routines. A prescription of "4x150 (150)" means that four 150-meter sprints are to be executed with a 150-meter walk between each sprint.

This summer conditioning program can be repeated again once it is complete. However, since an aerobic foundation has already been established, there is no need to repeat the first four weeks of the training cycle.

Summary

Your athletes will be better able to recover and withstand the rigors of practice and competition when they develop the specific metabolic pathways involved in wrestling. Additionally, a running program represents an excellent way of keeping the body weight down during the off-season. Brief sessions of high intensity strength training should also be performed three times weekly in conjunction with this or any other running program.

Wrestling USA Of The Year Awards

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FIGURE 2

Specific Internal Workouts

Prescription	Total Training Distance
Workout 15 9x100 (300)*	3600m
Workout 18 1x200 (200) 8x100 (300) 1x100 (100)	3800m
Workout 21 2x200 (200) 8x100 (300)	4000m
Workout 24 8x100 (300) 1x100 (100)	4200m
Workout 27 3x200 (200) 8x100 (300)	4400m
Workout 30 3x200 (200) 8x100 (300) 1x100 (100)	4600m
Workout 33 4x200 (200) 8x100 (100)	4800m
Workout 36 4x200 (200) 8x100 (100) 1x100 (100)	5000m

*read as follows: nine 100-meter runs with a 300-meter jog during each relief interval

FIGURE 3

Specific Sprint Workouts

Prescription	Total Training Distance
Workout 26 4x150 (150)* 6x100 (100) 8x40 (40) 8x10 (10)	1600m
Workout 29 4x150 (150) 7x100 (100) 10x40 (40) 10x10 (10)	1800m
Workout 32 4x150 (150) 8x100 (100) 12x40 (40) 12x10 (10)	2000m
Workout 35 4x150 (150) 8x100 (100) 12x40 (40) 12x10 (10)	2000m

*read as follows: four 150-meter sprints with a 150-meter walk between each repetition.

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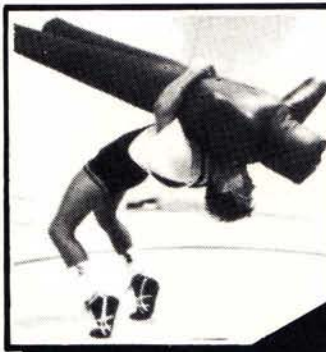


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