

**Preparing for the upcoming season**

Wrestling is a demanding sport. It is important as you approach the upcoming season that you take your preparation with some thought. Wrestling is not only physically demanding, but a very mental sport as well. I have put together a list of a few items that will help you become the best you can be.

**Stretching (Daily)** warm-up prior to stretching (**example** running in place, stationary bike, light 10 minute jog, elliptical, etc...)

* Hamstrings
* Quads
* Achilles
* Lower back
* Torso
* Shoulders

**Running for distance (every other day)** this will help with endurance and stamina

* First week run 2 miles
* Add a mile each week

**High Intensity Interval Training BPM150 (every other day)** to help with your “wind”, combine 2 of these items for a workout

* Core Exercises: **3 sets of** 10 star jumps / 20 sit-ups / 20 leg lifts (from 6” to 90° / 20 cycles (1,2,3-1) / 30 second planks / 30 air squats)
* Running hills (10 sets) every other hill alternate 15 push-ups and 15 sit-ups
* 30 minute running stairs at a stadium
* 30 minute elliptical training and add in sprinting for 30 seconds every 5 minutes
* 30 minute riding stationary bike or riding a bike (try to sprint for 30 seconds every 5 minutes)

**Learning**

* Watch collegiate wrestling on internet, You Tube or Big 10 channel
* Watch new techniques on the internet (i.e., takedowns, bottom wrestling, top wrestling, etc.)
* Motivational videos

**Diet**

To prepare for the upcoming season, you can start by paying a little closer attention to what you put in your body every day. Here are some ideas to get you going in the right direction:

* Only Drink Water
* Try to eat every 2.5-3 hours throughout the day 5-6 small meals
* Prep ahead meals so it is easy to consume multiple meals throughout the day
* Eat high protein foods
* Minimize fruit intake
* Maximize vegetable intake
* Minimize dairy intake
* Try not to eat fake/processed foods (i.e., cookies, chips, soft drinks, cake, candy, all items located in the middle of a grocery store)

**Mental Toughness**

**Mental toughness** is the ability to resist, manage and overcome doubts, worries, concerns and circumstances that prevent you from succeeding, or excelling at a task or towards an objective or a performance outcome that you set out to achieve.

**Goal**



**Goal Setting**

