

DAY: **Monday**, _____, **20** **Get Better, EVERYDAY!**

Morning Time: __: __ Ptr. _____ Strength <input type="checkbox"/> Conditionin <input type="checkbox"/> Technique <input type="checkbox"/> Wrestling <input type="checkbox"/>	Afternoon Time: __: __ Ptr. _____ Strength <input type="checkbox"/> Conditionin <input type="checkbox"/> Technique <input type="checkbox"/> Wrestling <input type="checkbox"/>	Evening Time: __: __ Ptr. _____ Strength <input type="checkbox"/> Conditionin <input type="checkbox"/> Technique <input type="checkbox"/> Wrestling <input type="checkbox"/>
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Strength Training

Area: Upper / Lower / Mixed Time Spent __: __

Focus: Power Endurance Strength 2nd wkout __: __

Notes: _____

Goals: _____

Conditioning

Activity: Sprints Distance Jumps Time Spent __: __

Focus: Base Endurance Interval 2nd wkout __: __

Notes: _____

Goals: _____

Technique

Area: Neutral / Top Bottom Time Spent __: __

Focus: Skill Drill / Strategy 2nd wkout __: __

Notes: _____

Wrestling

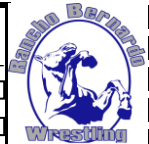
Partners: 1. ____ 2. ____ 3. ____ Time Spent __: __

Activity: Match Grind Situational 2nd wkout __: __

Notes: _____

DAY: **Tuesday**, _____, **20** **Know! You did all you could!**

Morning Time: __: __ Ptr. _____ Strength <input type="checkbox"/> Conditionin <input type="checkbox"/> Technique <input type="checkbox"/> Wrestling <input type="checkbox"/>	Afternoon Time: __: __ Ptr. _____ Strength <input type="checkbox"/> Conditionin <input type="checkbox"/> Technique <input type="checkbox"/> Wrestling <input type="checkbox"/>	Evening Time: __: __ Ptr. _____ Strength <input type="checkbox"/> Conditionin <input type="checkbox"/> Technique <input type="checkbox"/> Wrestling <input type="checkbox"/>
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Strength Training

Area: Upper / Lower / Mixed Time Spent __: __

Focus: Power Endurance Strength 2nd wkout __: __

Notes: _____

Goals: _____

Conditioning

Activity: Sprints Distance Jumps Time Spent __: __

Focus: Base Endurance Interval 2nd wkout __: __

Notes: _____

Goals: _____

Technique

Area: Neutral / Top Bottom Time Spent __: __

Focus: Skill Drill / Strategy 2nd wkout __: __

Notes: _____

Wrestling

Partners: 1. ____ 2. ____ 3. ____ Time Spent __: __

Activity: Match Grind Situational 2nd wkout __: __

Notes: _____

DAY: **Wednesday**, _____, **20** **MISSION STATE MEDALS!**

Morning Time: __: __ Ptr. _____ Strength <input type="checkbox"/> Conditionin <input type="checkbox"/> Technique <input type="checkbox"/> Wrestling <input type="checkbox"/>	Afternoon Time: __: __ Ptr. _____ Strength <input type="checkbox"/> Conditionin <input type="checkbox"/> Technique <input type="checkbox"/> Wrestling <input type="checkbox"/>	Evening Time: __: __ Ptr. _____ Strength <input type="checkbox"/> Conditionin <input type="checkbox"/> Technique <input type="checkbox"/> Wrestling <input type="checkbox"/>
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Strength Training

Area: Upper / Lower / Mixed Time Spent __: __

Focus: Power Endurance Strength 2nd wkout __: __

Notes: _____

Goals: _____

Conditioning

Activity: Sprints Distance Jumps Time Spent __: __

Focus: Base Endurance Interval 2nd wkout __: __

Notes: _____

Goals: _____

Technique

Area: Neutral / Top Bottom Time Spent __: __

Focus: Skill Drill / Strategy 2nd wkout __: __

Notes: _____

Wrestling

Partners: 1. ____ 2. ____ 3. ____ Time Spent __: __

Activity: Match Grind Situational 2nd wkout __: __

Notes: _____

DAY: **Thursday**, _____, **20** **Everything is Earned!**

Morning Time: __: __ Ptr. _____ Strength <input type="checkbox"/> Conditionin <input type="checkbox"/> Technique <input type="checkbox"/> Wrestling <input type="checkbox"/>	Afternoon Time: __: __ Ptr. _____ Strength <input type="checkbox"/> Conditionin <input type="checkbox"/> Technique <input type="checkbox"/> Wrestling <input type="checkbox"/>	Evening Time: __: __ Ptr. _____ Strength <input type="checkbox"/> Conditionin <input type="checkbox"/> Technique <input type="checkbox"/> Wrestling <input type="checkbox"/>
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Strength Training

Area: Upper / Lower / Mixed Time Spent __: __

Focus: Power Endurance Strength 2nd wkout __: __

Notes: _____

Goals: _____

Conditioning

Activity: Sprints Distance Jumps Time Spent __: __

Focus: Base Endurance Interval 2nd wkout __: __

Notes: _____

Goals: _____

Technique

Area: Neutral / Top Bottom Time Spent __: __

Focus: Skill Drill / Strategy 2nd wkout __: __

Notes: _____

Wrestling

Partners: 1. ____ 2. ____ 3. ____ Time Spent __: __

Activity: Match Grind Situational 2nd wkout __: __

Notes: _____

DAY: Friday, _____, 20__

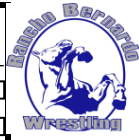
NO REGRETS!!

DAY: Saturday, _____, 20__ Believe in it and you will Achieve it!

Morning Time: __: __ Ptr. _____ Strength <input type="checkbox"/> Conditionin <input type="checkbox"/> Technique <input type="checkbox"/> Wrestling <input type="checkbox"/>	Afternoon Time: __: __ Ptr. _____ Strength <input type="checkbox"/> Conditionin <input type="checkbox"/> Technique <input type="checkbox"/> Wrestling <input type="checkbox"/>	Evening Time: __: __ Ptr. _____ Strength <input type="checkbox"/> Conditionin <input type="checkbox"/> Technique <input type="checkbox"/> Wrestling <input type="checkbox"/>
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Morning Time: __: __ Ptr. _____ Strength <input type="checkbox"/> Conditionin <input type="checkbox"/> Technique <input type="checkbox"/> Wrestling <input type="checkbox"/>	Afternoon Time: __: __ Ptr. _____ Strength <input type="checkbox"/> Conditionin <input type="checkbox"/> Technique <input type="checkbox"/> Wrestling <input type="checkbox"/>	Evening Time: __: __ Ptr. _____ Strength <input type="checkbox"/> Conditionin <input type="checkbox"/> Technique <input type="checkbox"/> Wrestling <input type="checkbox"/>
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Strength Training

Area: Upper Lower Mixed Time Spent __: __

Focus: Power Endurance Strength 3rd wkout __: __

Notes: _____

Goals: _____

Conditioning

Activity: Sprints Distance Jogs Time Spent __: __

Focus: Base Endurance Interval 3rd wkout __: __

Notes: _____

Goals: _____

Strength Training

Area: Upper Lower Mixed Time Spent __: __

Focus: Power Endurance Strength 3rd wkout __: __

Notes: _____

Goals: _____

Conditioning

Activity: Sprints Distance Jogs Time Spent __: __

Focus: Base Endurance Interval 3rd wkout __: __

Notes: _____

Goals: _____

Technique

Area: Neutral / Top Bottom Time Spent __: __

Focus: Skill Drill / Strategy 3rd wkout __: __

Notes: _____

Wrestling

Partners: 1. ____ 2. ____ 3. ____ Time Spent __: __

Activity: Match Grind Situational 3rd wkout __: __

Notes: _____

Technique

Area: Neutral / Top Bottom Time Spent __: __

Focus: Skill Drill / Strategy 3rd wkout __: __

Notes: _____

Wrestling

Partners: 1. ____ 2. ____ 3. ____ Time Spent __: __

Activity: Match Grind Situational 3rd wkout __: __

Notes: _____

DAY: Sunday, _____, 20__

ALL IN! NO BOWING!

Morning Time: __: __ Ptr. _____ Strength <input type="checkbox"/> Conditionin <input type="checkbox"/> Technique <input type="checkbox"/> Wrestling <input type="checkbox"/>	Afternoon Time: __: __ Ptr. _____ Strength <input type="checkbox"/> Conditionin <input type="checkbox"/> Technique <input type="checkbox"/> Wrestling <input type="checkbox"/>	Evening Time: __: __ Ptr. _____ Strength <input type="checkbox"/> Conditionin <input type="checkbox"/> Technique <input type="checkbox"/> Wrestling <input type="checkbox"/>
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Strength Training

Area: Upper Lower Mixed Time Spent __: __

Focus: Power Endurance Strength 3rd wkout __: __

Notes: _____

Goals: _____

Conditioning

Activity: Sprints Distance Jogs Time Spent __: __

Focus: Base Endurance Interval 3rd wkout __: __

Notes: _____

Goals: _____

Technique

Area: Neutral / Top Bottom Time Spent __: __

Focus: Skill Drill / Strategy 3rd wkout __: __

Notes: _____

Wrestling

Partners: 1. ____ 2. ____ 3. ____ Time Spent __: __

Activity: Match Grind Situational 3rd wkout __: __

Notes: _____

Weekly Wrap-up

Number of Hours Spent

Strength Training: __ Workouts for __ Hours

Conditioning: __ Workouts for __ Hours

Technique: __ Workouts for __ Hours

Wrestling: __ Workouts for __ Hours

Total Training Time

__ Workout, for
__ Hours

Practice or Competition Notes:

Scouting of Opponents:

Injury Rehab:

Aim and Goals for next week

We Can... We Will... We Must...